P129 (continued)

Objective: The purpose of this study was to determine whether, among adolescents, there was an association between socioeconomic status (SES) and two behaviors related to risk of obesity: screen time and moderate-to-vigorous-physical activity (MVPA).

Design, Setting, Participants, and Intervention: Analyses were conducted on baseline data for 146 adolescents enrolled in a larger intervention study (46% male, 48% Hispanic/Latino).

Outcome Measures and Analysis: Screen time behavior was assessed by self-report questionnaire, and disaggregated to distinguish between gaming, gaming plus social media, and video watching. SES was assessed with a parent questionnaire and MVPA was assessed using an Actigraph accelerometer.

Results: Chi-Square analysis revealed that SES was unrelated to both screen time and MVPA. However, an analysis of gender differences in screen time revealed significant gender differences in videogame use. In response to a question about time spent in computer gaming, more females (41.10%) reported zero gaming compared to males (18.30%, $p < .01$). Additionally, significant gender differences in video media use were also revealed. Twice as many males reported zero time spent watching movies/videos as compared to females (16% vs. 8%, $p < .05$).

Conclusions and Implications: Extending prior research on screen behavior among adolescents, this study disaggregated screen time to reveal interesting gender differences in the ways that adolescents apportion their screen time. These data may inform interventions targeting screen time to tailor strategies by gender. As screen-based media use plays a more significant role in our everyday lives it is all the more important for us to understand the extent to which boys and girls are exposed to its various forms.

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P130 Prepregnancy Weight in Japanese Women Correlates With Dietary and Nutrient Intake During Pregnancy

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Objective: Low birth weight is a significant public health problem globally. In Japan, this issue is associated with women being underweight. Particularly, inadequate weight gain due to suboptimal dietary or nutrient intake during pregnancy is a concern. Therefore, we evaluated the relationship of prepregnancy BMI with dietary and nutrient intake during pregnancy.

Design, Setting, and Participants: Using a cross-sectional study design, we analyzed two-day food records, dietary questionnaires, and clinical records from health checkups for 132 Japanese women at the 20th week of gestation.

Outcome Measures and Analysis: Subjects were classified into three groups based on prepregnancy BMI as underweight, normal weight, and overweight. Associations of BMI with dietary and nutrient intake were examined using analysis of covariance.

Results: Mean prepregnancy BMI was 20.6 ± 2.9 kg/m² (mean $\pm$ SD). Of the subjects, 21% were underweight and 70.5% and 8.3% were normal and overweight, respectively. On controlling for age, occupation, and total energy intake, BMI was positively associated with protein, iron, magnesium, and folic acid intake levels. In addition, the average number of servings (SV) of protein was lower in underweight women (4.7 ± 0.4 SV) than in their normal (6.1 ± 0.2 SV) or overweight counterparts (6.1 ± 0.6 SV). Though underweight women were more likely to be concerned about their diet, their self-efficacy for meal preparation was lower.

Conclusions and Implications: We should encourage prepregnancy underweight women to ensure appropriate and adequate dietary intake and weight gain throughout pregnancy.

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P131 An Assessment of Nutrition and Physical Activity Among Black College Women

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Objective: Transitioning to college represents a critical time period in which healthy eating can become a challenge and physical activity levels decline. Those that do not meet the guidelines for dietary intake and physical activity are at a higher risk for diseases such as diabetes and obesity. To better understand some behaviors that may contribute to these diseases this study examined the dietary intake and physical activity behaviors of black college women.

Design, Setting, and Participants: Participants were recruited using flyers placed in common areas on Florida A&M University's campus. Prior to completing the 30-item questionnaire the participants received a letter of introduction which contained all elements of consent.

Outcome Measures and Analysis: Analyses of the data was completed using Statistical Package for the Social Sciences (SPSS) version 22.

Results: A total of 157 participants completed the questionnaire. On average the participants were graduate students, lived off campus and had a Body Mass Index between 18.5-24.9. Since entering college almost 47% of the participants agreed that their diet has become worse and 25% of the of the participants indicated that they participate in physical activity at least two days per week. In the case of diet and classification 67.7% of the juniors reported that their diet is worse since entering college (p -value < 0.05).

Conclusions and Implications: This study sheds light on the dietary intake and physical activity behaviors of black women that attend Florida A&M University. It also provides a foundation to develop a culturally sensitive health education program that addresses the levels of the socioecological model.

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