P222 Individual and Environmental Correlates of Adolescents' Energy-Dense Snack Food Consumption

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Objective: This study among an ethnically/racially diverse adolescent population was designed to identify the most important individual and environmental (home/family, peer, school, neighborhood, media) influences associated with intake of energy-dense snack foods.

Design, Setting, and Participants: Surveys and food frequency questionnaires were completed in 2009-2010 by 2,540 adolescents (54% girls, mean age=14.5±2.0, 80% nonwhite) in Minneapolis-St. Paul, Minnesota schools as part of EAT 2010. Data representing characteristics of adolescents' environments were collected from parents/caregivers, friends, school personnel, Geographic Information System sources, and online media (e.g. network websites).

Outcome Measures and Analysis: Daily servings of energy-dense snack food was estimated by reported consumption of 21 common snack food items, such as potato chips, cookies, and candy. Multiple regression models examined factors related to estimated daily servings and controlled for adolescent age, ethnicity/race, and socioeconomic status.

Results: The total variance in energy-dense snack food intake explained by individual and environmental characteristics was 28%. When the contexts were considered separately, individual attitudes and behaviors (e.g., snacking while watching television) were most predictive of snack food intake and explained 23% of variance; home/family (e.g., home food availability) and peer (e.g., friends' snack food consumption) characteristics respectively explained 17% and 10% of variance; school, neighborhood, and media characteristics (e.g., classroom food policies) were least predictive of adolescent snack food intake and respectively explained 10%, 8%, and 8% of variance.

Conclusions and Implications: Results emphasize the need for refining future studies of school, neighborhood, and media environments to explain additional variance in snack food consumption and the importance of working with adolescents, their families, and friends to address proximal factors as part of interventions designed to promote healthy snack food choices.

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P223 Mindfulness-Based Pilot Study to Reduce Childhood Obesity Risk in Underserved Urban Children: Preliminary Findings

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Objective: To explore the feasibility and acceptability of a mindfulness-based pilot intervention focused on reducing obesity risk in school-aged children residing in a low-income New York City neighborhood.

Design, Setting, and Participants: Forty-nine children (mean age 10.0 ± 0.7, 54% female, 85% African-American/Black) attending a Harlem, New York-based school participated in a two-group quasi-experimental study. The intervention group comprised of children participating in afterschool programming (n=24), while children who only attended during the school day comprised the control group (n=25). The intervention group received a 9-session mindfulness-based pilot intervention, which was offered weekly; each session was two hours in duration.

Outcome Measures and Analysis: Primary outcomes included mindful eating and resilience, measured at baseline and post-test. Data were analyzed using Wilcoxon Rank Sum test. Brief interviews with a subsample of the intervention group were conducted to determine acceptability of the pilot intervention.

Results: Preliminary analyses suggest there were no significant differences between pre- and post-survey responses for composite scores or related domains for mindful eating and resilience, in both the intervention and control groups. Qualitative data indicate that majority of the children enjoyed the intervention and thought it could be useful for other youth.

Conclusions and Implications: As prevalence of childhood obesity remains high, it is important to seek innovative and wide-reaching approaches to connect with children. A comprehensive mindfulness-based intervention may provide a unique opportunity to engage and impact overall health of underserved, urban school-age children. However, further research should be explored to determine if a mindfulness-based intervention could promote health in underserved, urban, school-age children.

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P224 College Student's Meal Management and Fast Food Ordering Behaviors

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Objective: To investigate college students' fast food meal management behaviors related to intake/weight.

Design, Setting, and Participants: Data was collected from 264 college student at a large private university through an online survey.

Outcome Measures and Analysis: Meal intention & behavior scores, meal management, fruit/vegetable intake, average fast food (FF) consumption, use of and reasons for ordering via collective-online FF ordering-apps. One way ANOVA was used to determine the relationship between total FF intake and scores for meal intention and behavior; fruit/vegetable intake and meal management.

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Results: No significant differences were found between FF consumption and fruit/vegetable intake, BMI, meal intention or behavior scores. Significant differences were found between FF consumption and total number of eating occasions. A majority of participants reported preparing food (70.8%), and eating out/takeout/delivery (65.9%) at least once on an average week-day or weekend-day and over half reported cooking for themselves (55.7%) or get meals where they lived (55.3%). Over half of the participants in every category of FF ordering frequency reported at least sometimes using a collective-ordering FF ordering-app. The top three reported reasons for ordering out were taste/craving (71.5%), convenience (51.9%) and environmental factors (40.4%) with no differences between genders in the top 3 factors.

Conclusions and Implications: While college students manage their meals in a variety of ways, FF ordering is prevalent. The high prevalence does not vary with gender, BMI, meal behavior/intention scores, or fruit/vegetable intake. Student's ordering of FF is highly influenced by taste/craving and convenience. The role of collective-ordering FF online -apps in college student's FF habits should be further investigated.

Funding: Syracuse University

P225 An Exploratory Look at Paternal Support for the Breastfeeding Mother During the Transition to Non-Parental Childcare

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Objective: Father involvement is a key source of social support for the breastfeeding mother, influencing both initiation and duration. Herein, the role of paternal support for breastfeeding mothers, particularly during the infant's transition to non-parental childcare, was investigated. We hypothesized that non-parental childcare represents an important barrier to breastfeeding continuation and that father support prior to and during this transition will impact breastfeeding outcomes.

Design, Setting, Participants, and Intervention: Utilizing Bronfenbrenner's Ecological Model as a theoretical framework for the development and evolution of the breastfeeding decision, we developed a semi-structured interview that was then reviewed and edited by experts in the field of infant and child development. Twenty-five first-time mothers recruited from the on-going STRONG Kids 2 cohort were interviewed.

Outcome Measures and Analysis: The types of paternal support that may be important for the breastfeeding mother during the key transition of their child to non-parental care will be identified using Thematic Analysis.

Results: Preliminary examination of the data shows the emergence of two key areas: a critical lack of knowledge

on breastfeeding on part of mothers and fathers; and gate-keeping behavior on behalf of mothers thereby limiting father involvement in, and access to, the breastfeeding relationship.

Conclusions and Implications: Further examination of results will provide novel insight into the role of paternal support for breastfeeding mothers during a critical transition period within the family system. This knowledge will be instrumental in guiding the development of education efforts for families and childcare providers aimed at supporting the continuation of breastfeeding during the transition to non-parental care.

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P226 Opportunities to Support Rural Community Health Coalitions in Indiana

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Objective: To evaluate the support needs of rural community health coalitions in Indiana.

Design, Setting, and Participants: The Community Health Engagement Program of the Indiana CTSI and Purdue University are implementing a multiphase initiative to improve coalition effectiveness. Six rural county community health coalitions were interviewed (n=11) and surveyed (n=36) to understand challenges and opportunities to support coalitions.

Outcome Measures and Analysis: Qualitative interviews and were coded for themes. The coalition self-assessment survey was used to assess leadership, decision making processes, communication, conflict management, staffing, member participation, recruitment, and resources on a scale of 0-100. Descriptive statistics [medians, interquartile ranges (IQR)] were calculated for the overall sample and by coalition.

Results: Coalition participation was mostly voluntary, with many expressing that benefits outweighed costs or barriers to participation. Fifty-four percent of respondents expressed some dissatisfaction with how the coalition operates. Most (56%) respondents thought there was significant representation from groups in the population. However, interviews highlighted the desire for input from more people who can influence decision making. Score ranges were lower for "the coalition is improving health outcomes," "my skills and abilities are effectively used by the coalition," [median (IQR) 56 (84, 26); 56 (49, 86) respectively]. Themes highlighted leadership challenges, desires for diverse membership, and the need for action that has a lasting impact.

Conclusions and Implications: Although more research is needed, findings highlight opportunities to provide additional support to coalitions to maximize member involvement, recruitment, and retention. Leadership training could be important in increasing coalition effectiveness.

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