P232 Factors Associated With Emotional Eating and Mindless Eating Among Third to Fifth Grade Students

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Objective: To examine factors associated with emotional eating and mindless eating among third to fifth grade students.

Design, Setting, and Participants: A cross-sectional survey was conducted with a convenience sample of 287 third-to-fifth graders primarily consisting of Hispanic and non-Hispanic white students from two low-income schools.

Outcome Measures and Analysis: Emotional eating was assessed by using the validated Eating in Emotional Situations Questionnaire (EESQ), which includes 11 emotional situations. Mindless eating was assessed by adapting the validated mindful eating questionnaire (MEQ) for adults. A validated, age-appropriate survey was used to examine food consumption. Participants' demographic information, such as grade, race/ethnicity and gender, was also obtained. Independent t-tests, one-way ANOVA and Pearson's correlation were used for statistical analysis.

Results: More than half (52.7%) of the sample reported eating in three or more emotional situations and 17% to eating in six or more emotional situations. There was a significant correlation between mindless eating and emotional eating among participants. Third graders reported significantly more mindless eating behaviors compared to fifth graders. Mindless eating was significantly associated with sugar-sweetened consumption, as well as sweet snack consumption while emotional eating was not associated with palatable food intake. Neither ethnicity nor gender was associated with mindless eating or emotional eating.

Conclusions and Implications: Mindless eating behaviors may contribute to palatable food consumption among children. More research is needed to identify factors leading to mindless and emotional eating. Interventions focusing on mindful eating may foster healthy eating behaviors among elementary school children.

Funding: USDA NIFA AFRI

P233 Motivations About Fruit and Vegetable Consumption Do Not Translate to Increased Intake Among International College Students

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Objective: To evaluate international students' motivations to consume fruit and vegetable (FV), to determine if motivations translated to consumption, and to determine

perceived changes in consumption since arriving in the US.

Design, Setting, and Participants: International students ($n = 71$) from a large urban university responded to an online questionnaire about attitudes and behaviors related to FV intake.

Outcome Measures and Analysis: FV intake was assessed with the National Institutes of Health's Quick Food Scan (a food frequency questionnaire). The Validated Food Choice Questionnaire (FCQ) was used to assess motives related to consumption. Pearson's correlation coefficient assessed the relationship between total daily servings of FV and FCQ constructs. The relationship between perceived changes in FV intake and years living in the US was assessed with a chi-square test.

Results: Participants (53% male) reported a mean daily intake of 2.3 ± 1.9 FV servings. When examining motivations for food choices, the constructs for health, convenience, sensory appeal, and natural content were most influential, but there were no significant correlations between FV intake and these constructs. About half of the participants reported decreased intake in fruits (52%) and vegetables (48%) upon coming to the US, primarily due to cost. Participants living in the US for less than 1 year ($n = 38$, 54%) were more likely to report lower fruit intake, compared to those living in the US for more than 1 year ($n = 32$, 46%), ($\chi^2 = 6.32$, $p = .043$).

Conclusions and Implications: All students, including international students, could benefit from college-based nutrition education and environmental support to help increase FV consumption.

Funding: None

P234 What We Like and What It's Worth: Preferences and Values of WIC Foods and WIC Food Packages

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Objective: Studies have shown that value of WIC food packages may play a role in program participation. The objective of this study was to assess preferences and values of WIC foods and WIC food packages.

Design, Setting, and Participants: In-person surveys were conducted with 95 WIC parents/caregivers of 3-6 month old infants about WIC services and preferences. Participants were recruited at 8 WIC clinics in urban and rural areas in Illinois.

Outcome Measures and Analysis: Using a 5-point likert scale (very much like – very much dislike) caregivers were asked to rate their preferences for each food provided in WIC and about the monthly value of each WIC food package in dollars (women's package, infant's package, and child package). Data was analyzed using SPSS.

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