P239 (continued)

(72%) are obese, with nearly half meeting criteria for extreme obesity. At baseline, researchers found key dietary guideline deviation for mean total calories, percent of calories from sugar, and sodium (above) and fruit, vegetable, and fiber (below) intakes. Obese/severely obese children consumed significantly more sugar-sweetened beverages ($p=.039$) and total calories from sugar ($p=.010$) and significantly less protein as a percentage of total calories ($p=.037$) when compared to normal/overweight children.

Conclusions and Implications: Findings highlight specific dietary concerns and programmatic needs of low-income families with obese children.

Funding: None

P240 Perceived Stress, Caffeine Consumption, and GPA of Undergraduate Students at a Large Public University

Emma Simpson, BS, e.simpson@uky.edu, University of Kentucky, 203 Funkhouser Building, Lexington, KY 40506-0054; T. Stephenson, PhD; D. Brewer, PhD, RD, LD; A. Schwartz, MS, RD, LD; S. Bastin, PhD, RD, LD, CCE

Objective: Evidence suggests that college students may increase caffeine consumption to cope with the stress and demands of college. The relationships between perceived stress, caffeine consumption, and grade point average (GPA) were examined in students at a large public university.

Design, Setting, and Participants: A self-reported, longitudinal survey was administered to 235 students (30 male, 205 female), ages 20.89 $\pm$ 3.72 years, taking undergraduate courses at the university. Students were surveyed to determine perceived stress (using Cohen's perceived stress questionnaire), caffeine consumption, workload in and outside of the classroom, and GPA.

Outcome Measures and Analysis: Surveys were administered at the beginning of the semester and again at midterm.

Results: At the beginning of the semester, 88% of students reported having consumed caffeine in the past week; by midterms, this was 90%. Average caffeine consumption increased from 3.31 $\pm$ 2.13 to 3.89 $\pm$ 2.34 servings per week (svgs/wk) between the start of the semester and midterms. Caffeine consumption was highest in seniors (4-6 svgs/wk) and those with GPA's between 3.1-3.2 (7-8 svgs/wk). In addition, based on a 40-point scale, average stress increased from 15.95 $\pm$ 6.34 at the beginning of the semester to 18.89 $\pm$ 6.94 at midterms. Students categorized as "high stress" had the highest average caffeine consumption of 7-8 svgs/wk.

Conclusions and Implications: The majority of college students reported consuming caffeine on a regular basis with consumption positively correlated to perceived stress. Because of potential negative health effects associated with excessive caffeine consumption, students should be educated about caffeine and provided with tools to better cope with stress.

Funding: None

P241 Old Tradition, New Perspective: Provider Opinions on the Effectiveness of Yoga as a Treatment Method for Eating Disorders

Cassidy Slood, cassidy.slood@jacks.sdstate.edu, South Dakota State University, 30245 565th Avenue, Winthrop, MN 55396; M. Brandenburger, MS, PhD, DC, RD, LN

Objective: To evaluate provider perceptions of the utilization of yoga among facilities treating disordered eating behaviors.

Design, Setting, Participants, and Intervention: Providers at multi-disciplinary eating disorder (ED) treatment centers ($n = 17$) completed an electronic, eight-item quantitative questionnaire to estimate availability of and support for alternative treatment methods. A semi-structured, qualitative provider interview was conducted as a follow up.

Outcome Measures and Analysis: Statistical results from the questionnaire were supplemented with a summary of the follow up interview, which informed the quantitative data for a better understanding of implications and opportunities for further research.

Results: Yoga, recreation therapy, and art therapy were the most common forms of alternative therapies offered by treatment centers, with most patients participating in recreation and art therapies. Providers compare the outcomes of yoga to those of therapeutic meals, indicating support for yoga therapy as a means of reducing eating disorder behaviors, thoughts, and attitudes.

Conclusions and Implications: Yoga is offered as an alternative therapy at many ED treatment centers, suggesting provider support. More research is needed to better understand the utilization and effectiveness of yoga as a treatment method, as well as the training of yoga instructors practicing in ED treatment programs.

Funding: None

P242 Feeding for the Future: Child Care Providers' Feeding Practices and Access to Training

Katherine Speirs, PhD, kspeirs@illinois.edu, University of Illinois at Urbana-Champaign, 904 West Nevada Street, Urbana, IL 61801; E. Dahlberg; P. Gonrong; R. Liu; A. Tepede

Objective: Early care and education is an important setting for promoting healthy eating. However, child care providers lack knowledge about and training in feeding practices that promote the development of healthy eating habits. This study explores providers' use of health-promoting feeding practices and access to training.

Design, Setting, and Participants: Three hundred twenty-four Head Start teachers, center-based and home-based providers completed a survey.

Outcome Measures and Analysis: Questions from the NapSACC (Ward, et al, 2014) assessed feeding practices. Providers self-reported participation in training about

Continued on page S103