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subjects in the same intake quartile was highest for energy(82.0%) and lowest for vitamin A(56.0%). With regard to validity analysis, Spearman correlation coefficients ranged from 0.27(for PUFA) to 0.79 (for energy). The proportions of subjects in the opposite categories between the first FFQ and 3-day diet recall data were generally low from 0.00% (for fat) to 36.2% (for sodium). Average subjective levels of the website's usability, visual effect, understanding, and familiarity were all found over 4 points out of 5 points.

Conclusions and Implications: The developed web-based dietary evaluation system can serve as a valid and attractive tool for administering FFQ to Korean adolescents.

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P259 Barriers and Facilitators to Weight Maintenance After Reaching a Goal Weight Within a Meal Replacement Program

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Objective: To identify barriers and facilitators of weight maintenance after reaching a goal weight in meal replacement program (MRP) participants.

Design, Setting, and Participants: Seven focus groups of ≤ 8 clients were conducted to discuss barriers and facilitators to weight maintenance prior to reaching a point of saturation. Participants were thirty-two MRP participants (31-82 yrs old) who had reached their goal weight via a proprietary MRP that included an element of health coaching.

Outcome Measures and Analysis: Data were analyzed with NVivo10 qualitative software using content analysis theory to identify emerging themes.

Results: "Program logistics" was the most commonly discussed program barrier, which included subthemes of nutrition and physical activity education, support from health coaches, and confidence in health coach knowledge. "Outside influence" emerged as the second most robust barrier discussed, which included work environments and social interactions. "Interpersonal relationships" emerged as a primary weight maintenance facilitator, which encompassed interactions from family, friends, and coworkers. Health coaches also emerged as a facilitator of weight maintenance in terms of support, knowledge, and consistency.

Conclusions and Implications: While different themes emerged as the most prominent barriers and facilitators to weight maintenance, strengths and weaknesses were noted within each theme highlighting the vast variation in participant needs. MRPs should consider adding a program screening tool to learn about the needs of program participants in order to tailor the

program to each individual and thus, maximize weight maintenance.

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P260 The Undiet Revolution: Impact of a Nutrition and Mindful Eating Intervention on Eating Behaviors and Weight Loss

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Objective: This study assessed the efficacy of a mindful eating and nutrition education program on eating behaviors and weight loss.

Design, Setting, Participants, and Intervention:

This program incorporated nutrition education taught by Registered Dietitians in addition to a mindful eating component. Twelve overweight adult women (average BMI =30; average age 52 years) from Colorado Springs enrolled in a 12-week educational intervention (The Undiet Revolution) consisting of 1.5 hours each week. Topics included mindful eating and movement, basic nutrition education, cooking demonstrations, grocery store and greenhouse tours, and stress.

Outcome Measures and Analysis: Anthropometrics were measured on a Tanita scale at baseline, 6 and 12 weeks. Mindful eating behaviors were evaluated at baseline and 12 weeks using the Framson Mindful Eating Survey (1-4 scale), and other surveys used by Peak Nutrition Clinic. Data were analyzed using non-parametric statistical tests (Significance at $p \leq 0.05$), SPSS 23.

Results: Seven women completed the study. Weight did not change over time. There was a statistically significant increase in eating awareness (2.3+/-0.6 vs 3.1+/-0.8, $p=0.028$), ability to stop when full (disinhibition) (2.4+/-0.6 vs 3.1+/-0.4, $p=0.028$), and emotional eating in response to negative states (2.2+/-0.88 vs 3.01+/-0.93, $p=0.018$ between baseline and 12 weeks. Although not significant, eating while distracted and eating based on environmental cues also improved.

Conclusions and Implications: The Undiet Revolution appeared to improve eating behaviors and mindfulness but not weight loss. Although sample size was a limiting factor, the results proved encouraging for healthier eating patterns.

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P261 Behavioral Correlates of Empirically-Derived Dietary Patterns Among University Students

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