015 (continued)

Conclusions and Implications: The FVRQ is a simple, accurate instrument for assessing FV consumption among elementary students that is low-cost to administer and analyze.

Funding: FoodCorps, Inc.

016 Examining the Influence of Time Constraints on Diet Quality

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Objective: Much of the current research and policy aimed at understanding and mitigating disparities in diet quality between low-income and higher-income consumers has focused on food price and availability as barriers to healthy eating. Data on how consumers allocate their time could elucidate the relationship between food choice and the food environment, and also help researchers and policy-makers understand relationships between time constraints and dietary quality. This research examines the influence of time constraints on the nutritional quality of purchased foods.

Study Design, Setting, Participants, Intervention: This observational study analyzes data on food purchases from USDA's Food Acquisition and Purchase Survey of a nationally representative group of U.S. households.

Outcome Measures and Analysis: Our outcome measure was dietary quality, measured using the Healthy Eating Index 2010. Multivariate models assessed the influence of an objective (time spent in round-trip travel to work) and perceived (feeling too busy to prepare healthy food) time constraint on the quality of foods purchased by households.

Results: The perceived time constraint is found to be associated with a 2.5-point reduction in HEI score. Further, this relationship exists for higher-income households (those above 400% of the poverty line) and not low-income households.

Conclusions and Implications: Perceptions of being time-constrained influence the healthfulness of purchased foods while the objective time constraint does not. This relationship holds only for higher-income households, suggesting that they are better able to substitute money for time and likely eat out more often than time-constrained, low-income households. We recommend policy solutions, such as menu labeling and nutrition education that highlights time management skills and healthier convenience food substitutions.

Funding: None

017 Association Between Eating Competence, Fruit and Vegetable Intake, and Body Mass Index Among Undergraduate College Students

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Objective: To examine the association between eating competence (EC), healthy eating [as indicated by fruit and vegetable intake (FVI)] and body mass index (BMI), and to determine if EC and FVI predict BMI.

Study Design, Setting, Participants: A sample of undergraduate students from a major southeastern university were recruited from undergraduate classes selected at random ($n = 421$).

Outcome Measures and Analysis: Participants completed an anonymous, one-time survey (47 questions) comprised of four sections: EC levels, FVI, child feeding intentions and demographics. Summary statistics, chi-square tests, ANOVAs, and multiple regression analyses were conducted ($\alpha = .05$).

Results: Students were 89.3% white and 55.6% female. The majority of participants (61.0%) were categorized as "competent eaters." Only 11.4% of participants consumed more than four cups of fruits and vegetables per day. Most participants (62.6%) were classified as normal weight, but 34.8% were overweight or obese. Controlling for other variables in the model, EC and gender were significantly negatively associated with BMI, but FVI was not [$F(4,400) = 5.95$, $p < .001$, $R^2 = .056$].

Conclusions and Implications: Whereas the findings from this cross-sectional study cannot show cause and effect, BMI tended to be higher among male students and those with lower EC scores. FVI was not associated with BMI, although it has been found to be in other studies. Further exploration of this phenomenon is warranted, as a focus on educating individuals to be eating competent may be more beneficial for weight control than encouraging FVI in and of itself.

Funding: None

018 Analyses of DRD2/ANKK1 Polymorphisms Reveal a Potential Role of Dopamine Pathways in Eating Competence

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Objective: Examine the relationship between eating competence (EC) and polymorphisms of DRD2/ANKK1, a dopamine gene with A1 allele associated with neuropsychological executive function.

Study Design, Setting, Participants: Baseline measures from a RCT of a nutrition/exercise intervention implemented with pre-menopausal, overweight/obese, central Pennsylvania females meeting behavioral/medical exclusion criteria.

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