P1 A Categorization of Adolescents' Dietary Intake Data in the National Longitudinal Study of Adolescent to Adult Health

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Objective: The National Longitudinal Study of Adolescent to Adult Health (Add Health) is a survey study with a nationally representative sample of high school youth with four follow-ups, yet dietary variables in previous studies have been used inconsistently. The objective of this study was to determine categories of dietary variables in Add Health.

Study Design, Setting, Participants: Cross-sectional secondary analysis study, using Add Health data with nationally representative sample. Participants were 14,738 students from 132 schools (Wave II).

Outcome Measures and Analysis: An extensive list of food items were extracted from the Wave II survey questions (1996) that included daily yes/no intake responses on 56 food items and four weekly frequency questions. Twenty questions asked types of food or preparation style (i.e. fried). Analysis consisted of recoded mutually exclusive food items specified by type. Descriptive statistics, factor analysis, and correlation coefficients were used.

Results: The analysis yielded 16 unique food item categories that included and combined low-fat/diet options into one: fruits, vegetables, beans/nuts, sugar-sweetened beverages, diet beverages, processed-packaged snacks, fast food, fish/seafood, other protein sources, bread/rice/other starch, butter/other fat, dairy and low-fat foods. Single-item weekly frequency questions were significantly correlated with food categories, but the coefficients were low ($r < 0.03$; $p < 0.05$). Further factor analysis indicated that there were two main food components: healthy foods and unhealthy high-fat/junk foods.

Conclusions and Implications: The results from this study may allow for more comprehensive analysis to determine relationships between dietary categories and other outcome variables such as weight status.

Funding: None

P2 A Retrospective Study on Changes in Food Preferences from Childhood to Present in Japanese High School Students

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Objective: The study is a retrospective study which investigates changes in food preferences of high school students from childhood to present day.

Method: Subjects included 1,300 students aged 16-18 years. They answered a questionnaire regarding foods they disliked at present and in their childhood; they selected a list of 55 foods, along with 35 questions regarding their food habits. The distribution was categorized into four patterns of food preferences based on whether a particular student had disliked a particular food item during childhood (+) or not (-), and during high school days at present (+) or not (-). Food preference at present was examined for all the other items by using a logistic regression analysis after adjusting for sex and age.

Results: In total, 66.9% of subjects reported (+: childhood) to (+: present), 12.5% reported (+) to (-) and 6.5% reported (-) to (+). In the (+) to (+) group, a significant decrement was observed in the number of disliked foods from childhood (6.1 ± 5.6) to present day (4.3 ± 4.3) ($p < 0.001$, by t-test). No dislike for any food item at present was related to no dislike for any food item during childhood ($12.57 [8.3-19.1]$) (odds ratio [95% confidence interval]) and talking positively about food ($1.28 [1.11-1.49]$) and inversely related to limited use of smartphone whilst eating ($0.86 [0.75-0.98]$).

Conclusion: Less dislike for foods in high school students was related to good food habits at present day as well as less dislike foods during childhood.

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P3 An Examination of the Differences of Characteristics Which are Psychologically Related to Disordered Eating of Female High School Athletes in Aesthetic and Non-Aesthetic Sports

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Objective: A baseline study was conducted. There appears to be significant pressure for athletes in aesthetic sports to be thin, especially as physical and aesthetic aspects greatly influence judgements in competitions. Remarkable mental distress and extreme weight control are risk factors for eating disorders. The purpose of this study was to investigate the psychological characteristics in female adolescent aesthetic athletes.

Design, Setting, Participants: The sample consisted of 12 female aesthetic athletes and 19 female non-aesthetic athletes, aged between 15 and 18 years. The psychological characteristics were assessed using POMS 2[®]-Y (Profile of Mood States 2nd Edition-Youth) scores before and after the games. Disordered eating was assessed using AEBS (Abnormal Eating Behavior Scale).

Outcome Measures and Analysis: The data were analyzed using correlation analysis, t-test and two-way ANOVA.

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