P3 (continued)

Results: The pre-game scores of POMS 2®-Y negative items in the baton twirling players were significantly higher than those in hand ball players. On the other hand, the post-game scores showed no significant differences between the two groups. Correlations were found between the scores in most of the negative items of POMS 2®-Y and AEBS total score.

Conclusions and Implications: We suggested that aesthetic athletes had more negative mood states related to disordered eating than non-aesthetic athletes before games. Nutrition education should be conducted with an emphasis on these psychologically characteristics in aesthetic athletes.

Funding: None

P4 Associations Between Elementary School Children's Self-Efficacy for Eating Fruits and Vegetables (FV): Observed Fruit and Vegetable Intake and Skin Carotenoid Concentration

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Objective: To evaluate associations between elementary school children's self-efficacy for eating FV, observed lunch-time FV intake, and skin carotenoid concentrations.

Study Design: Children (n=603) in two elementary schools in grades 1-6 were invited to participate. Self-efficacy for eating FV was assessed using a six-item interviewer-assisted questionnaire. Lunch-time FV intake was assessed over three days using digital observation. Skin carotenoid concentrations were measured using a portable Raman spectroscopy device. Pearson correlation coefficients and linear regression were used to examine associations of interest.

Results: Average lunch-time fruit intake, vegetable intake, and skin carotenoid concentration were 13 grams (+/- 20 grams), 33 grams (+/- 31 grams) and 30607 units (+/- 14026 units), respectively. Vegetable intake and skin carotenoid concentration were significantly correlated with self efficacy (vegetable $r=0.23$, $p < 0.0001$; skin carotenoid $r=0.22$, $p < 0.0001$) but fruit consumption was not ($r = .04$, $p = 0.49$). The range of self-efficacy scores was 6-18, with higher scores representing higher self-efficacy. A linear regression model controlling for weight, gender, and grade predicted that for every unit increase of self efficacy, skin carotenoids increased by 1011 units ($p = 0.004$).

Conclusion: Self-reported self-efficacy for eating FV is associated with higher vegetable intake and skin carotenoid concentrations in elementary school aged children. As items in the self-efficacy questionnaire asked about children's confidence in their ability to eat FV, it is unclear if self efficacy drives healthy eating or if healthy eating drives self efficacy. Future studies should experimentally increase children's dietary self-efficacy and evaluate the effects of this manipulation on FV consumption.

Funding: NIH

P5 Broader Implications of Nutrition Education on High School Success Markers

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Objective: To explore the impact of out-of-school-time nutrition education on markers of academic success by considering students' attendance, days tardy, and GPA.

Study Design, Setting, Participants, Intervention: As part of the Growing Together Youth Empowerment Project (YEP), students from William L. Sayre and Paul Robeson High Schools participated in group nutrition education 15 hours per week in the after-school setting with a community service component. Both of these School District of Philadelphia schools are in communities that experience high rates of poverty, violence, and chronic disease.

Outcome Measures and Analysis: GPA, days absent, and days tardy between September 7, 2016 and February 6, 2017 were analyzed and averaged using report cards of 23 students from Sayre and 18 students from Robeson. Data for the student body was provided by administrative staff at each school. The results reflect the different methods used by schools to collect data.

Results: On average, YEP Sayre students were present 86% of days and tardy 23.3%; this compares to Sayre's average attendance rates of 53% of students present and 23.2% tardy. YEP Robeson students missed an average of 6.1 days and were tardy 3.8 days compared to 7.05 days absent and 2.87 days tardy. GPA comparison data was only available at Robeson with YEP students averaging 2.4 and all students averaging 2.35.

Conclusions and Implications: Nutrition education is often ancillary to high school curriculum. This study demonstrates that nutrition education can have broader impacts when compared to students not in the program, particularly around the development of 21st Century Skills. This has implications for developing programs aimed at improving outcomes for high school students in under-resourced urban areas.

Funding: Supplemental Nutrition Assistance Program - Education, Office of Minority Health

P6 Classroom Characteristics and Their Association with Nutrition Education Program Outcomes: A Multi-level Analysis of FoodMASTER Intermediate

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Objective: To examine the relationship between student and classroom-level characteristics on nutrition knowledge after completion of the FoodMASTER Intermediate

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