P20 (continued)

an intervention that aims at improving FV intake in college students.

Funding: University of Dayton Research Institute

P21 Cost Increase to Follow USDA MyPlate Diet in College-Aged Students

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Objective: The perceived high cost of healthier food items is a common barrier for individuals seeking to improve personal dietary patterns. FRUVEDomics Pilot Study examined food costs of college students enrolled in a non-diet free-living intervention. The 8-week dietary intervention focused on half the plate being fruits and vegetables, based on the USDA MyPlate.

Method: Meal receipts were obtained weekly from participants (n=48) enrolled in the 8-week dietary intervention. Three participants were excluded from the analysis, based on exclusion criteria of medication use and campus dining meal plan (n=45). Diet compliance of intervention was rated by researchers based on fruit and vegetable intake from the participant's dietary food log, receipt matching, food pictures, weekly 1 hour RDN consult.

Results: Diet compliant individuals, on average, spent \$95.73 per week compared to non-compliant individuals spending \$66.24 per week. A two sample t-test with unequal variances between compliant and non-compliant participants found compliant participants spent a statistically higher amount on food (p=0.0123). A regression analysis controlling for age, sex, BMI, and Appalachian or non-Appalachian, also found statistical significance between compliant and non-compliant individuals (<0.0001).

Conclusion: Young adults compliant with the USDA MyPlate guidelines, focusing on fruit and vegetable intake, increased food cost spending by ~ \$29.00 per week. These findings can contribute to research incentive design, program planning cost, and counseling of this population.

Funding: USDA

P22 Description of Content, Sales, and Consumer Demographics of Vending Machines on a College Campus

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Objective: Gather formative research on current contents, sales, and consumer characteristics of vending machines on a college campus.

Study Design and Setting: This study gathered content data from a purposive sample of 12 vending machines on campus (classrooms n = 5; residential n = 4; office n = 3) during a two-week period. Cross-sectional data were collected for sales and consumer characteristics at eight of the vending machines over a specific 4-hour period on one weekday.

Outcome Measures and Analysis: The Nutritional Environmental Measures Survey for Vending (NEMS-V) was used to measure proportion of 'healthy' items. Sales were recorded using purchase counts by half-hour. Intercept surveys gathered student customer demographics and vending usage. Data were analyzed to provide descriptive statistics.

Results: Content assessment indicated 6.3% of all vending items were 'healthy'. A total of 99 purchases were made from all machines, with the most popular location being residential (M = 15 purchases per machine) and times being between 1:00 and 2:00 p.m. (40% of total purchases). Of the 111 students who completed the intercept surveys, a majority were female (58.4%), white (86.5%) and averaged 21.2 (± 3.1) years of age. Almost half (45%) of students purchased items from vending machines on campus one time per month or less. The most common reasons for purchase and choice were hunger (61.3%; 42.3%) and cravings (34.2%; 59.5%). Most students reported they would change usual vending purchases if there were healthier options (60.4%) or changes in price (60.4%).

Conclusions and Implications: The formative research from this study may be useful in developing interventions to improve the healthy vending options on a college campus.

Funding: USDA

P23 East Asian International Students' Perceptions, Attitudes, and Behaviors in Relation to US Food and the Food Environment

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Objective: To understand East Asian international students' changes in food consumption and the reasons why, and how they relate to their awareness and concerns about U.S. food system issues.

Study Design, Settings, Participants: A cross-sectional design using an online survey administered to East Asian international students (n=511; female 67.1%; mean age 24.8

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