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concerning the personal and social value of vegetables in the diet. Subsequently a university social responsibility rubric was used to score statements where student described the influence that sharing vegetable likes and dislikes had on personal rules and biases. Using a standard rubric allowed for both assessment at the class level and aggregation of multi-class performance data at the university level.

Conclusions and Implications: Signature assignments enhance teaching and learning and contribute to university analytic studies on student success in achieving identified learning outcomes.

Funding: None.

Nutrition Across the Life Cycle

P42 Associations Among Diet Variety, Mealtime Behaviors, and Diet Quality in Children with Autism Spectrum Disorder

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Background (Background, Rationale, Prior Research, and/or Theory): Increased food selectivity in children with autism spectrum disorder (ASD) may lead to limited food variety and risk for certain micronutrient deficiencies. Despite evidence of limited food repertoire and picky eating behaviors in this population, little is known about diet variety and its relationship with other indicators.

Objective: This study aims to assess diet variety and its associations with mealtime behaviors and diet quality in children with ASD.

Study Design, Setting, Participants, Intervention: A cross-sectional study was conducted with parents of 37 children aged 2 to 17 years with ASD in Florida.

Outcome Measures and Analysis: A 24-hour recall phone interview and a mealtime behavior survey were completed by each parent. An Overall Variety score was created by counting total number of calorie-containing food and beverage items. Variety sub-scores were calculated for healthy foods, moderation foods (foods to limit), neutral foods, and fruit and vegetables, based on USDA recommendations. Diet quality was assessed using the Revised Children's Diet Quality Index (RC-DQI). Descriptive statistics, correlations, and Mann-Whitney U tests were performed.

Results: Overall variety scores ranged 8–21 (mean = 14.8 ± 4.0). Scores for healthy foods, moderation foods, neutral foods, and fruit and vegetable had means of 6.8 ± 3.7 , 4.9 ± 3.0 , 3.0 ± 2.0 , and 3.0 ± 2.4 , respectively. Diet quality was correlated with overall variety ($r = 0.39$), healthy foods ($r = 0.50$), and fruit and vegetable scores ($r = 0.49$; all $P < .05$), but not with moderation foods or

neutral foods scores. Children with above-median healthy foods variety had significantly higher diet quality scores ($P = .004$). Total mealtime behavior score was not correlated with overall variety. "Picky eaters" had significantly higher moderation foods scores, compared to "non-picky eaters" (5.9 ± 3.3 vs. 3.1 ± 1.9 , $P = .02$).

Conclusions and Implications: Children may eat more variety of foods when healthier options are offered, which may lead to better diet quality. Nutrition education programs to improve food selectivity and picky eating behaviors in children with ASD should focus specifically on increasing healthy foods instead of using moderation foods.

Funding: University of South Florida.

P43 Exploring Mealtime Behaviors and Attitudes of Families with Preschoolers

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Background (Background, Rationale, Prior Research, and/or Theory): Frequent, positive, and healthy family mealtimes have the potential to improve children's diet and weight status, making them a possible intervention target. However, few studies focus on family mealtimes with preschool-aged children.

Objective: To examine mealtime behaviors and attitudes of low-income families with preschool-aged children in rural Colorado.

Study Design, Setting, Participants, Intervention: This descriptive, cross-sectional study targeted families from six Head Start/preschool centers.

Outcome Measures and Analysis: A 49-item questionnaire was adapted from previously published surveys and included topics on mealtime location, frequency of eating out, mealtime atmosphere, technology use, and mealtime attitudes. English and Spanish versions were sent to parents via child's backpacks. Descriptive statistics and Pearson's chi square tests were performed.

Results: The majority of respondents ($n = 119$) were mothers (82%); 48% identified as Hispanic; 39% had a high school degree or less; 83% were at or below 185% of poverty; and 18% of households were single parent. Most reported eating dinner as a family 7 days/week (77%) and eating at a table frequently (74%). There was a low frequency of eating out, with most families averaging 1–3 times/month. Hispanic parents reported setting more limits on technology use during meals ($X^2(3, n = 112) = 8.47, P = .037$). Parents with lower education ate dinner in the living room more often ($X^2(7, n = 115) = 14.062, P = .05$), had children who watched more television during meals ($X^2(3, n = 116) = 12.91, P = .005$), and ate less frequently at fast-casual restaurants

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($X^2(2, n = 116) = 6.66, P = .036$). Single-parent households more often allowed children to use the following during meals: electronic devices ($X^2(3, n = 117) = 9.63, P = .022$), toys ($X^2(3, n = 117) = 8.44, P = .038$), or books ($X^2(3, n = 117) = 10.22, P = .017$).

Conclusions and Implications: Most study participants reported some healthful mealtime behaviors (i.e. eating dinner together and at a table). However, these benefits may be attenuated by other behaviors, such as use of technology at mealtimes. The impact of technology on social interactions between family members during meals requires further exploration.

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P44 Feasibility of a Family Meal Intervention to Address Nutritional Wellbeing, Emotional Wellbeing and Food Insecurity of Families with Adolescents

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Background (Background, Rationale, Prior Research, and/or Theory): Observational research suggests that family meals have significant benefits for children. However, interventions to successfully increase family meals are difficult to implement.

Objectives: To assess the feasibility of a family meal intervention to address nutrition, emotional wellbeing, and food insecurity among families with adolescents.

Study Design, Setting, Participants, Intervention: Nine adolescents and a parent/caregiver were recruited from an outpatient youth health clinic. Families were provided with meal plans, recipes and ingredients to prepare five family dinners weekly, for four weeks. Participants completed baseline and follow-up surveys and open-ended interviews.

Outcome Measures and Analysis: Frequency of family meals, adolescent cooking, vegetable consumption, parent and adolescent mental health, and household food insecurity. Interview data were analyzed to add context to findings.

Results: Mean age of participating adolescents was 15 years and five were female. Participating adolescents were ethnically diverse and economically disadvantaged. Families reported the intervention was acceptable: frequency of family meals increased by 2 meals per week and adolescents reported more frequent cooking (0.9 times per week at baseline, 4.5 at follow-up). Among parent/caregivers and adolescents, 4 of 9 reported increases to vegetable consumption and most reported improvements to mental wellbeing. Specifically, eight parent/caregivers reported reductions in depression, anxiety and stress and seven adolescents reported improvements to wellbeing. Participants commented on better family communication and fewer arguments during the intervention. Household food

insecurity reduced during the intervention (means 8.2 and 0.2 at baseline and follow-up, respectively). As one parent noted, "our budget is quite tight... and having the meals was good because you knew you were getting a lot more vitamins and vegetables."

Conclusions and Implications: Providing families with meal plans, recipes and ingredients is an acceptable way to improve family meals. Future research and interventions may consider the family meal as a way to engage with families on wider issues, including wellbeing and food insecurity.

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P45 Friends' Eating Behaviors are Associated with Emerging Adults' Eating Behaviors Over Time and Differs by Friend Type

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Background (Background, Rationale, Prior Research, and/or Theory): Friends' eating behaviors are associated with healthy and unhealthy adolescent eating behaviors. Most studies that have examined these relationships are cross-sectional, and no studies have examined these relationships among college populations when there are significant, concurrent changes in social networks and eating behaviors. Research is needed on how different types of friends/peers may impact eating behaviors.

Objective: To examine and differentiate the impact of friend/peer type on college students' eating behaviors overtime.

Study Design, Setting, Participants, Intervention: Web-based longitudinal surveys were administered four times (August, November, January, April) during 2015–2016 among diverse college students ($n = 358$; 68% female; 47% non-white) participating in the SPARC study at an urban university.

Outcome Measures and Analysis: Students' and students' friends and peers in residence halls eating behaviors (evening meal, fast food, restaurant, dining hall, home cooking, fruit and vegetable, and added sugar intake) were measured with validated tools including the Dietary Screening Questionnaire. Friends/peers were measured via friend nomination surveys [best friend ($n = 329$), friend group ($n = 349$)] and residence life data [residence hall floor ($n = 336$), and residence hall ($n = 358$)]. Structural equation models (SEM) were used to assess the association between students' eating behaviors, and friends'/peers' eating behaviors, after accounting for prior eating behaviors. SEM paths were constrained equal due to lack of variability over time.

Results: Students' evening meal and dining hall consumption was associated with their best friend, friend group, residence hall floor, and residence hall, evening meal and dining hall consumption ($P < .05$). Students' home cooked meals and fast food consumption was associated with best friends, friend groups, and residence hall floors home

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