P43 (continued)

($X^2(2, n = 116) = 6.66, P = .036$). 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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