P45 (continued)

cooked meals and fast food consumption ($P < .05$). Student's restaurant meal consumption was associated with friend group's and residence hall floor's restaurant meal consumption ($P < .05$). Student's fruit and vegetable intake was only associated with residence hall floors ($P < .01$). Added sugar was not associated with any of the friendship types.

Conclusions and Implications: Eating behaviors are influenced at different levels of friendship, with behaviors suggesting normative patterns.

Funding: NIH.

P46 Nutritional Status, Diet Diversity, Meal Frequency, and Taboos: Cross-Sectional Assessment of Pregnant Adolescents in Malawi

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Background (Background, Rationale, Prior Research, and/or Theory): High rates of adolescent pregnancy in Malawi compromise the health of mothers. Research focusing on the nutritional status of pregnant adolescents in Malawi is minimal.

Objective: The objective was to assess dietary diversity, food taboos, meal frequency, and nutritional status of pregnant adolescents in rural Malawi.

Study Design, Setting, Participants, Intervention: The study included 62 pregnant adolescents between 15–19 years old and occurred near Msundwe, Malawi. Data collection included the use of a pre-tested questionnaire, standardized 24-hour dietary diversity survey and measurements of mid-upper arm circumference (MUAC), height, and hemoglobin.

Outcome Measures and Analysis: For descriptive data, percentages of the sample or mean (SD) were calculated using the statistical software SAS, V. 9.4. Plausible explanatory variables predicting hemoglobin were tested using multivariate linear regression.

Results: The occurrence of anemia was high (66%), low MUAC (≤ 25 cm) occurred in 31%, and 21% had low height (≤ 150 cm.) Less than half (48%) received advice about nutrition during pregnancy and only 8% received advice about infant nutrition. Only 37% consumed iron supplements. Those receiving nutrition advice were more likely to take an iron supplement [OR = 4.19 (1.82–9.68), $P = .0008$] compared to those who did not. All attended at least one antenatal visit. As the number of antenatal visits increased, participants were more likely to take an iron supplement [OR = 11.88 (3.40–41.49) $P = .001$]. The majority (69%) did not meet the minimum dietary diversity (≥ 5 of 10 food groups). Less than half (39%) ate meat, poultry, or fish, only 7% ate eggs, and none consumed dairy. Eating meat, poultry, or fish or dark green leafy vegetables predicted a 1.31 g/dL ($P = .0306$) or 1.08 g/dL ($P = .0331$) increase in hemoglobin levels, respectively

($R^2 = 0.15$). Food restrictions were common (35%). Most (74%) were not meeting the recommended meal frequency during pregnancy (three meals and at least one snack/day.) Mangoes were the most commonly eaten snack.

Conclusions and Implications: Improving nutrition education is essential to promote healthy nutrition for pregnant adolescents in Malawi. Education for Malawian adolescents should focus on dietary diversity, consumption of iron-rich foods, meal frequency and healthy snacking.

Funding: Wes and Lou Watkins, Don and Cathey Humphreys, Kevin Talley.

P47 Parent Perspectives on the Interference of Organized Youth Activities with Family Meals

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Background (Background, Rationale, Prior Research, and/or Theory): Research has related frequent family meals to several indicators of better child and parent health, but involvement in youth activities may be a common barrier to eating together.

Objective: This study examines the extent to which parents perceive child participation in organized activities (e.g. sports) to interfere with family meals and how this perception is related to aspects of household food and activity environments.

Study Design, Setting, Participants, Intervention: Attitudes and behaviors of parents ($n = 573$, 67% female, mean age = 31 years) were assessed along with household characteristics in 2015–2016 as part of the fourth wave of the Project EAT study. The analytic sample included respondents who reported living with one or more child (2+ years) for the majority of the past year; the median age of the oldest child was 6 years.

Outcome Measures and Analysis: Parents reported separately on the extent (not at all, slightly, somewhat, or a lot) that their children's participation in youth sports and other organized activities (e.g. scouts) interferes with having family meals. Additionally, parents reported on family functioning, family meal frequency, meal attitudes, restaurant food purchasing, and time spent supporting children's physical activity. Models included a dichotomous indicator of the perception that either form of activity interfered somewhat or a lot with having family meals.

Results: Approximately two-thirds of parents ($n = 389$) reported their child(ren) were involved in an organized activity. Among the subgroup reporting involvement, the

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