P116 (continued)

sub-optimal diet quality scores of soldiers at a Fort Bragg dining facility (DFAC). Poor diet quality may contribute to the increasing military overweight rates and associated comorbidities. It is unclear if similar diet quality scores will be attained at other military installations.

Objective: The objective of this study was to determine Soldiers' current dietary intake and diet quality at a Colorado military dining facility (DFAC).

Study Design, Setting, Participants, Intervention:

In 2017, Pennington Biomedical Research Center partnered with U.S. Army researchers to assess dietary intakes of soldiers at a designated Fort Carson, CO, DFAC. A total of 89 soldiers were recruited and asked to consume three meals in the DFAC over a 2-day period. Soldiers' dining trays were captured using digital photography methodology before and after food consumption. Foods consumed were estimated by two trained dietitians.

Outcome Measures and Analysis: Foods consumed were analyzed for nutrient content using the FNDDS 2013–2014. The Healthy Eating Index-2015 (100 points maximum score), a measure of diet quality that reflects the most recent version of the 2015–2020 Dietary Guidelines for Americans, was calculated for soldiers who had complete dietary data. Data were analyzed using SAS® version 9.4 software.

Results: Forty-one soldiers provided complete dietary data for at least one day (all three meals). Mean HEI-2015 total score was 63.1 + 9.0 and the lowest component score was whole grain consumption (0.25 + 0.7 points). Total protein reached 94.5% of the maximum score; while total fruits, vegetables and dairy reached 64.7%, 80.6%, and 67.4% of the target, respectively.

Conclusions and Implications: Low diet quality scores support the need for a DFAC nutrition intervention aimed to improve food offerings and Soldiers' healthy eating scores at the Fort Carson DFAC. These results echo the need for interventions to increase diet quality in military dining facilities. Soldiers tasked with defending our nation need to be in optimal nutritional status.

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P117 College Campus Wellness Programs: Identifying and Addressing the Health Needs of College Students

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Background (Background, Rationale, Prior Research, and/or Theory):

With adolescent obesity rates increasing in the last decade to 20.6% overall and 9.1% for extreme obesity, college wellness programs have an important opportunity to influence how college students approach their overall wellness.

Objective: This study determines what health issues college students want campus wellness programs to address as well as suggestions on how college wellness programs should approach addressing students' wellness needs.

Study Design, Setting, Participants, Intervention:

Using online technology, focus groups of college students enrolled in a course from four land grant institutions (n = 4, Pp = 102) discussed and answered six different sets of questions aimed at identifying and addressing wellness issues of college students. Following each class period, students posted summaries and recordings of the class discussions to the online class management program. Recordings were then transcribed verbatim by researchers.

Outcome Measures and Analysis: Transcripts were analyzed through coding and thematizing. The codes were then compared for consensus by two different researchers to determine health themes.

Results: Students identified the need for increasing the availability of healthy food options, education on health topics, truthful marketing, student organizations focusing on health, and improved recreational facilities on college campuses. The cost of healthy food options, availability of unhealthy food options, misinformation regarding health, and stress were all listed as barriers to student health. Students identified that college wellness programs need to better communicate the health-related services and facilities available to students, provide support systems for students, provide more health education, accommodate students' schedules when organizing health events, and offer attention-grabbing events focusing on health.

Conclusions and Implications: College campus wellness programs need to offer more opportunities and services centered on student health while also limiting accessibility to the barriers that hinder overall student health. Students preferred for their health and wellness needs to be addressed through a strong support system that uses attention-grabbing strategies to communicate various health-related services and facilities available to students.

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