P131 (continued)

the intervention group also conducted hands-on assessments of their own food environments over the five weeks outside of class using the Healthy Campus Environmental Audit (HCEA) tool. Fidelity testing was conducted in both classes to ensure lesson consistency in both arms.

Outcome Measures and Analysis: The effects of the intervention were tested using pre-and post-health behaviors surveys [fruit and vegetable intake (FV) and meal patterns]. Analysis of variance and chi-square tests were conducted to evaluate differences between the two arms.

Results: The baseline consumption of FV for both groups was 1.63 (SD = 2.64) cups daily. Only 36.7% of both groups met the recommendations for FV at baseline. There were no significant changes in FV or meal patterns after the intervention for either group. More variance was noted in the intervention group for change in weekly fast food intake from pre to post-test, with 18.75% decreasing consumption and 31.25% increasing consumption.

Conclusions and Implications: This intervention, designed to increase awareness of food environment issues (with or without experiential food environment audits), was not effective in changing adolescent food behavior. Future research is needed to confirm or challenge the role of individuals' awareness of food environments as a non-factor in food behavior.

Funding: NIFA.

P132 Longitudinal Associations of Intuitive Eating with Weight Status and Dietary Intake

Mary Christoph, PhD, MPH, mjchrist@umn.edu, University of Minnesota, West Bank Office Building, 1300 S 2nd Street, Suite 300, Minneapolis, MN 55454; Susan Mason, PhD, MPH; Megan Winkler, PhD, RN, CPNP-PC; Laura Hooper, RD; Dianne Neumark-Sztainer, PhD, MPH, RD

Background (Background, Rationale, Prior Research, and/or Theory): Intuitive eating has been associated with healthier weight status, but less is known about long-term associations between intuitive eating and weight.

Objective: This study measured how intuitive eating related to weight status and dietary intake five years later.

Study Design, Setting, Participants, Intervention: Young adult (N = 1,830, 57% women, ages 25–36) participants in Project EAT (Eating and Activity in Teens and Young Adults)-III and -IV, the third and fourth waves of a longitudinal cohort study.

Outcome Measures and Analysis: Intuitive eating scale at EAT-III; healthy weight status (BMI < 25 kg/m²) at EAT-III and EAT-IV; daily servings of fruit, vegetables, whole grains, dairy, protein, and sugar-sweetened beverages (SSBs) measured via semi-quantitative food frequency questionnaire at EAT-IV. Stratified by gender, relative risks and adjusted means controlled for sociodemographic characteristics, EAT-III weight status for EAT-IV weight status models, and total caloric intake for dietary models.

Results: Intuitive eating at EAT-III (13.6%, n = 96 men and 12.2%, n = 117 women) was associated with a 17% [RR: 1.17 (1.01, 1.33)] greater chance of healthy weight status at EAT-IV for women, but was unrelated to weight status in men [RR: 0.99 (0.80, 1.21)]. For dietary intake among women at EAT-IV, prior intuitive eating was related to more fruit servings (2.2 ± 0.2 vs. 1.8 ± 0.1 for non-intuitive eaters, P = .038), marginally more vegetable servings (3.5 ± 0.2 vs. 3.0 ± 0.1, P = .063), and fewer SSB servings (0.3 ± 0.1 vs. 0.4 ± 0.0, P = .058). Intuitive eating at EAT-III was unrelated to EAT-IV intake of protein, dairy, or whole grains among women, and was not associated with any dietary variables measured among men.

Conclusions and Implications: Suggesting gender differences in weight management, intuitive eating was associated with lower weight status five years later among women, but was unrelated to weight status or dietary intake longitudinally among men.

Funding: NIH.

P133 The Effect of Family Environment and Behaviors on Child Weight Status, Physical Activity, and Diet

Bethany Williams, MS, Bethany-Williams@ouhsc.edu, University of Oklahoma Health Sciences Center, 1200 N Stonewall Avenue, Suite 3057, Oklahoma City, OK 73117; Chelsea Smith, PhD(c); Laura Hubbs-Tait, PhD; Jonathan Baldwin, MS, CNMT; Emily Guseman, PhD, Ohio University Heritage College of Osteopathic Medicine; Susan Sisson, PhD, CHES, RDN, FACSM, University of Oklahoma Health Sciences Center

Background (Background, Rationale, Prior Research, and/or Theory): The association between the family environment and behaviors with obesogenic behaviors such as diet and physical activity between sexes is unknown.

Objective: To determine the association between family environment and behavior with child weight status, diet, and physical activity by sex.

Study Design, Setting, Participants, Intervention: Mother-child dyads with children aged 5.0 to 7.9 years were recruited. Parents completed the Family Nutrition and Physical Activity questionnaire (FNPA) to evaluate family environment and behaviors with 10 individual construct scores and a total sum score; a higher score was associated with desirable environment and behaviors. Waist circumference (WC), weight, and height were measured and percentiles calculated for age and sex. Parents logged child diet for two week days and one weekend day. Healthy Eating Index score (weekday and weekend) and total kcal/age were calculated. Child physical activity (PA) was measured using an accelerometer, evaluating counts per minute (CPM), sedentary time (percent time), and moderate-to-vigorous PA/hour. Linear regression models were stratified by sex.

Continued on page S71