P149 (continued)

9.9/10 for added sugar, and 8.0/10 for iron. Compared to typically developing children, preschool children with ASD had significantly lower grains (4.1 vs. 4.8, $P = .05$) and vegetables scores (2.0 vs. 6.9, $P < .001$), but more desirable added sugar scores (9.8 vs. 5.0, $P < .001$).

Conclusions and Implications: Further research is needed to determine factors associated with diet quality in children with ASD. Preschool-aged children with ASD may benefit from improving grain and vegetable intakes. Developing nutrition education programs focusing on diet quality for children with ASD is warranted.

Funding: University of South Florida.

P150 Dietary and Health Related Behaviors of WIC-Enrolled Pregnant Women

Qingyi Zhang, MA, RDN, Western Michigan University; Arezoo Rojhani, PhD, RDN, arezoo.rojhani@wmich.edu, Western Michigan University, 2462 Ring Road, South, Kalamazoo, MI 49008-5322; Angel Gullón-Rivera, PhD, CFLE; Sunmin Lee, PhD, RDN

Background (Background, Rationale, Prior Research, and/or Theory): Pregnancy is a critical period in a woman's lifecycle, during which good maternal nutrition can positively impact the health of both the mother and the fetus.

Objective: The objective of this study was to evaluate the effect of pregnancy on dietary and health related behaviors of WIC-enrolled women, the quantity of food consumed, and the perceived quality of the diet.

Study Design, Setting, Participants, Intervention: A cross-sectional study using a self-reported questionnaire was conducted. Sixty pregnant women between 12 and 24 weeks of gestation and carrying a single fetus were recruited from the WIC program at a community health center.

Outcome Measures and Analysis: The self-reported questionnaire consisted of open-ended questions that evaluated changes in participants' dietary and other health related behaviors, and frequency of consumption of foods from the different food groups before and after pregnancy. Demographic data were also collected. Descriptive statistics were used to compare changes in the frequency of consumption of specific foods (WIC allowable and others), and smoking habits before and after pregnancy. Responses to open-ended questions addressing changes in quantity and quality of the diet before and after pregnancy were analyzed qualitatively using content analysis.

Results: Sixty-seven percent of women reported experiencing morning sickness, and 60% stated that it affected their food intake. Despite this, 60% reported healthier eating behaviors, and higher average intakes of fruits, milk, and breakfast cereals. Twenty-two percent of participants stopped smoking.

Conclusions and Implications: Participants improved their food choices after becoming pregnant and

majority reported adopting healthier behaviors. This indicates that these women were committed to improving their health habits to ensure positive pregnancy outcomes. This shows pregnant women are a particularly receptive group for nutrition education interventions.

Funding: None.

P151 Early Adolescents Describe Their Evolving Food Routines Using Photo-Elicitation

Erin M. Green, RD, emg232@cornell.edu, Cornell University, 417 Savage Hall, Ithaca, NY 14850; Alisha Gaines, PhD; Jamie Dollahite, PhD, RD

Background (Background, Rationale, Prior Research, and/or Theory): Early adolescence (ages 10–14) encompasses an important transition period with important biological, social, and psychological changes. Food and nutrition decisions can also be shifting in important ways because of the confluence of these transitions. Food routines are food-based activities that repeat across days, seasons, or lives. Examining routines can provide insight into how early adolescents are influenced and make food choices.

Objective: Explore current influences on and experiences with food routines during early adolescence.

Study Design, Setting, Participants, Intervention: Eligible participants were early adolescents enrolled in a public middle school at the time of study. In-depth interviews using a photo-elicitation approach and informed by the Food Choice Process Model were conducted with 25 students (14 F; 11 M) in urban and rural settings from Fall 2016–2017.

Outcome Measures and Analysis: Participants utilized their own photos during the interview to describe food-related decisions and influential factors in various contexts. Interviews were audio recorded and transcribed verbatim for thematic data analysis.

Results: Participants identified a wide range of eating routines. Some had very established routines throughout the week, while others described routines only for certain meals or days. Most described routines in relation to family schedules, while others identified increased time demands from recreation and homework as factors influencing their food routines. Some participants described increased agency or the ability to modify routines within their household around some eating episodes such as snacks, lunches, and weekend breakfasts.

Conclusions and Implications: Insights from youth revealed how they view eating routines and provided information about food-and nutrition-related behavior that may be modifiable for this age group. This information can be used by practitioners and researchers to better design efforts to improve the health and health trajectory of early adolescents.

Funding: USDA.

P152 Food Insecurity, Food Skills, and Household Food Availability Among Emerging Adults

Nicole Larson, PhD, MPH, RDN, larsonn@umn.edu, University of Minnesota, School of Public Health, 1300 S Second Street, Suite 300, Minneapolis, MN 55454; Melissa Laska, PhD, RD; Dianne Neumark-Sztainer, PhD, MPH, RD

Background (Background, Rationale, Prior Research, and/or Theory): Research regarding the involvement of emerging adults in household food activities is lacking to inform strategies for reducing food insecurity.

Objective: This study examines the prevalence of food insecurity among a population-based sample of emerging adults (18–25 years) and associations with food skills and household food availability.

Study Design, Setting, Participants, Intervention: Household food situations are being assessed as part of EAT 2010–2018, a follow-up study of young people recruited at secondary schools in Minneapolis-St. Paul, Minnesota in 2009–2010. Follow-up survey collection will be completed in spring 2018. Preliminary data include the responses of 868 participants (59% female, 72% ethnic minority).

Outcome Measures and Analysis: Participants were asked to report confidence to plan meals, follow a recipe, prepare a meal from items on hand; use basic cooking techniques, and stay within a food budget; frequency of eating home-prepared meals; food shopping involvement; and at-home healthy food availability. Analysis identified participants as food insecure if they had ever been hungry or eaten less than they should in the past year because there was inadequate money for food.

Results: Preliminary analyses indicate the overall prevalence of food insecurity was 31%. Approximately one quarter to more than half of these food-insecure participants reported lacking confidence to perform food preparation activities; however, confidence in food skills did not differ by food security status. Mean frequency of eating meals prepared at home and food shopping involvement also did not differ by food security status. In contrast, food-insecure participants were less likely to report they usually had fruit, vegetables, and whole-grain bread available at home. For example, fresh fruit was usually available to approximately 70% of those who were food secure versus only about half of food-insecure participants ($P < .001$).

Conclusions and Implications: Deficits in food skills are common but not disproportionately high among emerging adults that experience food insecurity.

Funding: NIH.

P153 How Does Social Support From Partners Affect Primigravid Food Choices and Behaviors?

Emma Greenhill, BS, Bradley University; Rachel L. Vollmer, PhD, RDN, rvollmer@fsmail.bradley.edu, Bradley University, 1501 W Bradley Avenue, Peoria, IL 61625

Background (Background, Rationale, Prior Research, and/or Theory): Although healthful food choices and behaviors during pregnancy are recommended, women often do not meet the recommendations due to pregnancy barriers. Social support could be an important determinant, although there is limited research on a father's emerging roles during this life-cycle phase.

Objective: Explore role of social support in pregnancy, differing perception of the father's role during pregnancy between pregnant mothers and fathers, and the influence social support from a partner may or may not have on a pregnant mom's food choices and behaviors.

Study Design, Setting, Participants, Intervention: First-time pregnant, cohabitating couples ($n = 11$ pairs) across the United States who met the inclusion criteria completed one-on-one semi-structured phone interviews.

Outcome Measures and Analysis: Interviews were audio-recorded and transcribed. Content analysis was applied to the transcriptions by two investigators, independently, to identify themes among mothers and fathers. Investigators met to discuss themes and reach consensus.

Results: The themes developed from the phone interview transcripts aligned with the social cognitive theory. For example, personal and environmental factors that influenced the mother's diet and physical activity behaviors during pregnancy included barriers, outcome expectations, collective-efficacy, and self-regulation, and social support from the father. Additionally, a theme of reciprocal determinism was evident, in which dietary and physical activity behaviors of mothers and fathers influenced one another.

Conclusions and Implications: If nutrition professionals are attempting to motivate pregnant mothers to adhere to recommendations, it may be beneficial to include fathers in interventions. Furthermore, because fathers' behaviors are impacted by mothers' behaviors during pregnancy, efforts to target both parents would be ideal to improve health behaviors.

Funding: None.

P154 Perceptions of Videos Designed to Portray Evidence-Based Feeding Practice Guidelines for Young Children

Lesli Biediger-Friedman, PhD, MPH, RD, LB47@txstate.edu, Texas State University, 600 University Drive, San Marcos, TX 78666; Sylvia H. Crixell, PhD, RD; Danielle M. Kuhn, BS; Courtney Cary, BS

Background (Background, Rationale, Prior Research, and/or Theory): The search for effective strategies to educate parents regarding recommended feeding practices for their young children is of paramount importance. Videos are becoming a preferred modality for education. This study delves into what intended users (parents) actually want in video-based education.

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