P32 (continued)

benefit from multiple subsystems, including local food production and nutrition support from federal and decentralized community resources.

Funding: USDA.

Nutrition Across the Life Cycle

P33 Assessment of Dietary Behaviors and Weight Status Among Adolescents from Multicultural Families and Non-Multicultural Families in Korea

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Background: As Korean adolescents in multicultural families (MF) might experience health disparities, assessing their specific nutritional health status is necessary to design effective and tailored nutrition education programs.

Objectives: This study was the first step to develop a nutrition education program for the Korean adolescent in MF. The aim of this study was to identify nutritional health problems of MF' adolescents through comparing dietary and lifestyle behaviors and weight status among Korean adolescents from MF and non-multicultural families (non-MF).

Study Design, Setting, Participants: This study included 111,067 adolescents aged 12–18 years (MF = 1,751, non-MF = 109,316) from the 2017–2018 Korea Youth Risk Behavior Surveys.

Measurable Outcome/Analysis: Data on dietary and lifestyle behaviors were self-reported using a web-based questionnaire and included foods consumption, alcohol drinking, smoking, physical activity, weight control efforts, and perceived health status. Body mass index (BMI) was calculated using the self-reported height and weight (kg/m²). Weight status was determined based on the 2017 Korean National Growth Chart: underweight (weight-for-age <5th percentiles), overweight (85th ≤ BMI-for-age <95th percentiles), and obesity (BMI-for-age ≥95th percentiles).

Results: Using a multiple logistic regression after adjustment for sex, school level, residence, and household income, adolescents from MF showed higher odds ratios (ORs) for having underweight (OR = 1.60, 95% CI = 1.29–1.99) and obesity (OR = 1.22, 95% CI = 1.03–1.43) compared to those from non-MF. Adolescents from MF were less likely to intake fruit ≥5 times/week (OR = 0.86, 95% CI = 0.76–0.96) compared to adolescents from non-MF. Boys in MF showed a lower OR for having vegetable ≥5 times/week (OR = 0.74, 95% CI = 0.60–0.92) than boys in non-MF. Compared to non-MF' adolescents, the OR for engaging in physical activity ≥3 days/week was 0.83 (95% CI = 0.74–0.94) in MF' adolescents.

Conclusions: Korean adolescents in MF showed higher risks for having underweight and obesity as well as unhealthy dietary behaviors compared to those in non-MF. Our findings can be used to develop nutrition education programs for adolescents from MF.

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P34 Examining Skill, Stress, and Time in Food Procurement and Preparation in Food Insecure University Students

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Background: In recent years, university campuses have found high rates of food insecurity. Food insecurity is associated with negative health and academic outcomes. Identifying contributing and mediating factors can inform appropriate intervention development.

Objective: The purpose of this study was to examine skill, stress, and time related to meal planning, grocery shopping, food preparation, and budgeting in undergraduate university students.

Study Design, Setting, Participants: This was a cross-sectional study with undergraduate students at a private, mid-sized university in the US Midwest. Students from engineering, business, health science, education, and sociology were recruited through their campus email accounts.

Measurable Outcome/Analysis: Informed by qualitative semi-structured interviews with the target population, a short questionnaire examining student perception of skill, time, and stress in meal planning, grocery shopping, food preparation, and budgeting was developed. Further, the USDA short 6-item food security questionnaire was used to measure food security in the sample population. One-way Analysis of Variance and Bonferroni post-hoc tests were employed to examine the differences in skill, time, and stress across the 3 food security groups (food secure, low food security, and very low food security).

Results: Of the 270 undergraduate students who completed the questionnaires, 26.4% identified as low food secure and 15.5% as very low food secure. Further, there was a significant difference between groups in terms of skill, time, and stress ($P < .01$). For skill, food-secure students had a significantly higher score compared to the low food security group. In terms of stress, the low and very low food secure groups had significantly higher stress and less perceived time compared to the food secure group ($P < .05$).

Conclusions: When addressing food insecurity in this population, skill-based factors and time may be mediating factors. Interventions addressing these factors may help to address food insecurity and develop lifelong skills.

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