P105 (continued)

Target Audience: Students (n=11) enrolled in an undergraduate community nutrition course at a small university in New England. All were majoring in either nutrition or public health.

Course/Curriculum Description: Students attended a theatrical performance that addressed everyday experiences of families living in poverty and confronted a wide range of social issues connected to food insecurity. After the performance, students were given a reflection paper assignment.

Evaluation Methods: The evaluation was a mixed methods design with both qualitative and quantitative components. Reflection papers were analyzed for themes. Perceptions on individuals in poverty (pre/post) was assessed by the validated Undergraduate Perceptions of Poverty Tracking Survey (UPPTS) and analyzed using paired t-tests.

Results: After attending the performance, perceptions on those living in poverty improved. Common themes discussed in reflection papers revealed greater awareness of stressors and barriers to accessing resources. Lower mean survey score on Likert-scale of 1-5 indicated greater overall empathy, and likelihood of viewing the underlying causes of poverty related to lack of resources and opportunity (2.2 + 0.4 vs 1.9 + 0.4), $P < .05$.

Conclusions: Theater can provide nutrition students with new insights and perspectives that can potentially broaden their understanding of complex social and environmental factors that influence nutrition-related behaviors.

Funding: None.

P106 The Family Meal Project: Assessing the Relationship Between Family Priorities and Routines to Their Child's Eating Preferences

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Background: Parent-child interactions pose significant influences on their child's dietary behaviors. Family priorities and routines may increase the child's healthy eating preferences. However, few studies analyze how family experience affects child dietary preferences.

Objective: To examine parents' report of family priorities and routines in relation to their child's dietary preferences.

Study Design, Setting, Participants: Seven families, including 12 parents and their children (n=14), aged 2-11, participated in a 6-week family-focused intervention that incorporated parent-child interaction activities and healthy mealtime coaching. Participants were assessed at baseline and at post-intervention with validated questionnaires. Families were predominantly Hispanic/Latino (82%) with married parents (80%), and had 2 or more children (82%).

Measurable Outcome/Analysis: Parental program activities were used to assess family priorities and routines. Priorities were ranked from 1-16, ranging from most to least important. Family routines were assessed to indicate whether routine meal planning decisions were healthy/unhealthy. Children completed questionnaires selecting pictures of healthy/unhealthy foods to assess dietary preferences. Descriptive statistics, paired sample t-tests, and correlations tests were analyzed using SPSS version 26.0. Results were considered significant at $P < .05$.

Results: At baseline, approximately 42% of parents scored 75% or higher for practicing "healthy" family routines during meal planning. Healthy child dietary preferences had significant negative correlations with parents who reported high priorities of "Completing HW" ($r = -0.66$, $P = .026$) and "Getting to school on time" ($r = -0.85$, $P = .001$). Healthy family routines such as "Having meals together", "Stop eating when full", and "Saving leftovers" had significant positive correlations to high-ranked, nutrition-related family priorities such as "Healthy dinner" ($r = 0.67$, $P = .009$), "Eating meals together" ($r = 0.58$, $P = .028$), and "Positive family food-interactions" ($r = 0.72$, $P = .006$).

Conclusions: Overall, most parents emphasized nutrition-related priorities for their families; however, less than 50% of parents currently practiced "healthy" family routines. Nutrition-related priorities and routines indicated healthier choices for the child. Positive parent-child interactions, including the practice of healthy, nutrition-related priorities and routines may significantly impact the child's dietary preferences. Further research is needed with larger sample sizes to confirm these findings.

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Food and Nutrition Policy

P107 Grocery Goes Online: Food Marketing in the Digital Age

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Background: USDA allows SNAP participants in select states to purchase groceries online. As grocery sales migrate online, marketing may also migrate, influencing shoppers' purchases.

Objective: To identify marketing strategies that online retailers employ, and assess the healthfulness of groceries they promote.

Study Design, Setting, Participants: We assessed the promotional, pricing, placement, and delivery practices of 6 retailers in the Washington, DC area between February and April 2019. Promotions: On retailers' home and 5 search results pages, we recorded promotions for food and beverages. One month later, we recorded emails with food and beverage promotions. After ordering, we also noted targeted promotions on the homepage linked to previous

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purchases or address. For each, we saved a screenshot, noting whether the product was produce, a sugar-sweetened beverage, or a salty/sweet snack. Price: We collected base and price promotion data for unhealthy and healthy market baskets using USDA's Foods Typically Purchased by SNAP Households. Placement: From the same USDA resource, we developed a list of staple items with healthy and less-healthy versions. We recorded top search results for these items, saving a screenshot to later analyze the placement of healthy items. Delivery: We adapted the SNAP-Ed Communities of Excellence in Nutrition, Physical Activity, and Obesity Prevention (CX3) Toolkit to assess quality of produce delivered.

Measurable Outcome/Analysis: Promotions: We assessed nutritional quality of homepage, search page, email, and targeted promotions using the National Alliance for Nutrition and Activity Vending Standards. Price: We calculated the percentage discount for healthy products and compared to the discount for unhealthy products. Placement: We assessed the nutritional quality of products featured prominently in search results. Delivery: We used the CX3 Toolkit to assess produce firmness, freshness, and color.

Results: A majority of homepage, search page, email, and targeted promotions were unhealthy. Price data is inconclusive. A majority of items featured prominently in search results for staple foods were unhealthy. Produce quality was typically good.

Conclusions: Retailers should promote, competitively price, and prominently place healthy items online.

Funding: None.

Behavior and Education Theory

P108 Mood and Eating Behaviors in College Students

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Background: Self-regulation seems to be an important factor in weight maintenance in college students. After college enrollment, some students experience impactful circumstances causing mood change, which may lead to weight gain. Not much is known about the relationship between mood and self-regulation of food in college students.

Objective: To examine the correlation between mood and self-regulation of food intake in college students using an objective methodology.

Study Design, Setting, Participants: Sixty undergraduate students (male and female with the mean age of 19.8 [SD = 1.43]) completed the study (2 visits with lunch buffets). Participants were offered a preload drink (with different calorie content each visit) 30 minutes prior to lunch. Students were asked to watch an emotional (sad) movie before lunch to change their emotional status.

Measurable Outcome/Analysis: Participants completed baseline questionnaires, and anthropometric measures. Compensation index (COMPX) was used to measure self-regulation. Regression analysis and ANOVA were used to examine the relationship between self-regulation and mood in different genders and Body Mass Index (BMI) categories.

Results: Female students had significantly better COMPX scores (72.34 ± 60.75) compared to male students (130.87 ± 83.59) ($F = 9.223$, $P = .004$). The average mood change was -2.021 (SD = 2.75) and -3.057 (SD = 3.53) in males and females respectively. The data indicated a significant correlation between COMPX scores and general mood change ($F = 5.486$, $P = .026$, $R^2 = 0.159$) in female college students. No correlation was found among males. There was no correlation between COMPX scores, self-regulation questionnaires, and BMI ($P > .05$). Data showed no significant association between mood change and COMPX scores when comparing different BMI categories ($P > .05$).

Conclusions: There was no relationship between self-reported and objective data regarding self-regulation. In general, there seems to be better self-regulatory skills in females compared to males. However, when exposed to a mood stimulus, female students appear to be more affected with a higher influence on their eating behaviors, whereas male students' eating behaviors were not altered by the mood changes.

Funding: None.

Food and Nutrition Policy

P109 The Blue Zone Project: A Multi-sector Community Well-Being Initiative

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Objective: Klamath Falls was selected as Oregon's first Blue Zones Project (BZP) demonstration community with the goal of improving health/well-being by influencing people, places, and policies.

Use of Theory or Research: According to author Dan Buettner, "blue zones" are geographically-defined areas where people live longer, high-quality lives. Buettner identified common attributes in these regions—moving naturally, having the right outlook, eating wisely, and maintaining social connections. The BZP was designed from this research. Klamath Falls was selected because of poor health indicators coupled with a readiness to undertake a large-scale initiative.

Target Audience: The target audience was all residents in the rural community of Klamath Falls, approximately 20,000 people.

Program Description: The BZP was administered by community teams consisting of a steering committee and sector committee chairs that developed goals, objectives, and action plans to achieve benchmarks. Teams

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