P119 (continued)

were significant predictors of food insecurity ($B = -3.097$, $P < .05$) and perceived self-efficacy ($B = 1.145$, $P < .001$) among older adults.

Conclusions: Although previous research reported rural dwellers were more at risk for poor diet quality than urban dwellers, our findings did not support this. However, our results did support the need for nutrition interventions addressing food insecurity and barriers to self-efficacy for improving diet quality of all older adults.

Funding: University of Maryland Extension.

P120 Children with Autism Spectrum Disorder Who Are Picky Eaters May Consume More Ultra-Processed Foods than Non-Picky Eaters

Acadia Buro, MS, acadia@usf.edu, University of South Florida, 13201 Bruce B Downs Blvd, Tampa, FL, 33612; Astha Kakkad, MSPH, University of South Florida; Heewon Gray, PhD, RDN, University of South Florida

Background: Ultra-processed foods may induce high energy intake that leads to excess weight gain, which can be problematic for children with autism spectrum disorder (ASD), as the prevalence of obesity is higher in this population than typically-developing children. Picky eating is also more common in children with ASD compared to typically-developing children, yet how picky eating is associated with types of food that children with ASD consume is unknown.

Objective: To examine associations between picky eating and food categories by NOVA classifications (unprocessed foods vs ultra-processed foods) among youth with ASD.

Study Design, Setting, Participants: A cross-sectional study conducted with 42 parents of children with ASD ages 2-17 years in Florida.

Measurable Outcome/Analysis: A food record and mealtime behavior survey were completed by a parent of each child. Foods were coded based on NOVA classifications, and percent energy from each food category was assessed using the Nutrition Data System for Research (NDSR) software. Parent-reported picky eating was assessed with a mealtime behavior survey. Descriptive statistics and Mann-Whitney U tests were performed.

Results: Ultra-processed foods accounted for the majority of the children's energy intake (mean 62.6%). Picky eaters had greater percent energy intake from ultra-processed foods ($P = .004$, mean 68.7% vs 48.0%) and lower percent energy intake from unprocessed foods ($P = .001$, mean 23.4% vs 44.7%) compared to non-picky eaters. Among the picky eaters, 5 were also considered as binge eaters, which was associated with greater percent energy intake from ultra-processed foods ($P = .032$, 79.4% vs 60.0%) and lower percent energy intake from unprocessed foods ($P = .041$, 14.8% vs 32.1%) compared to those who were picky eaters but not binge eaters and non-picky eaters combined.

Conclusions: Among youth with ASD, picky eaters may selectively eat more ultra-processed foods. Nutrition

education for children with ASD and their parents should address both picky eating behaviors and types of foods. If children have disordered eating behaviors such as binge eating, further intervention may be necessary.

Funding: None.

P121 New Perspectives on Breastfeeding: A Review of the Role of Trauma Among Mothers with a History of Child Maltreatment

Amara Channell Doig, MPH, acdoig@umd.edu, University of Maryland, School of Public Health, Department of Behavioral and Community Health, 4200 Valley Dr, College Park, MD 20742; Michelle Jasczynski, EdM, University of Maryland, School of Public Health, Department of Behavioral and Community Health; Jamie Fleishman, BS, University of Maryland, School of Public Health, Department of Behavioral and Community Health; Elizabeth M. Aparicio, PhD, University of Maryland, School of Public Health, Department of Behavioral and Community Health

Background: Current efforts to increase optimal breastfeeding rates focus on the multitude of physical benefits for both mother and child, but do not necessarily explicitly take into account the mother's mental health. Women with their own history of childhood maltreatment are especially vulnerable, yet little is known about their experience breastfeeding. A better understanding of this relationship is critical to be able to better support mothers.

Objective: To review current research that examines how women's personal experience of child maltreatment affects their breastfeeding outcomes and experiences.

Study Design, Setting, Participants: A scoping review was conducted to evaluate current literature on breastfeeding and child maltreatment. After the screening process ($n = 275$), 8 ($n = 8$) articles met the selection criteria and were included in the review.

Measurable Outcome/Analysis: Articles were analyzed for content on breastfeeding intention, initiation, duration, and exclusivity; medical conditions associated with breastfeeding; and mothers' experiences related to breastfeeding.

Results: Mothers with a history of their own childhood maltreatment had both decreased exclusivity and duration of breastfeeding. These mothers were more likely to report pain and experience mastitis. Challenges during this period include managing touch, struggling with the power differential between providers and women, and coping with trauma symptoms, such as dissociation. Overall, mothers' experience of breastfeeding varies: some find it empowering and others experience great distress while breastfeeding.

Conclusions: For some mothers, it is possible to breastfeed successfully after child maltreatment, but others find the experience distressing. There is a need for a trauma-informed approach to lactation care for women with a child maltreatment history.

Funding: University of Maryland Catalyst Fund.