P53 (continued)

Conclusion: Current protein food consumption patterns among US adults were highest from meat, poultry, and seafood rather than plant proteins. While animal-based intakes were slightly lower in older age groups, intakes of plant-based protein sources remain low. Promoting plant-based protein foods may be challenging for many adults with low or absent intakes.

Funding: The Beef Checkoff.

P54 Cross-Sectional Examination of Dietary Quality and Mindful Eating Behavior Among Pregnant and Postpartum Women

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Background: As most lifestyle support during a females journey through motherhood happens in the pregnancy period, limited resources are maintained or promoted for postpartum (PP).

Objective: To assess dietary quality and mindful eating behaviors between pregnant and 1-year PP women to determine need of dietary support measures.

Study Design, Setting, Participants: An online anonymous cross-sectional survey was nationally distributed to currently pregnant and women within 1 year of giving birth.

Measurable Outcomes/Analysis: Data collected included demographics (age and rural or urban residence), descriptive statistics (pregnancy status, number of pregnancies and biological children, body mass index [BMI]), short Healthy Eating Index (sHEI; score 0-100), and likert item mindful eating behaviors (1 = strongly agree to 7 = strongly disagree; (Q1) "I trust my body to tell me how much to eat," (Q2) "I stop eating when I am full"). Wilcoxon rank sum tests were used to detect differences between pregnancy and PP among mindful eating behaviors. Linear regression was used to predict mindful behaviors while controlling for BMI and age.

Results: Women ($n = 52$) were between 20-34 years of age, 92.3% married, 98.1% White, 50% rural residents, a sHEI of 49.81 ± 10.31 , 70.6% were classified as overweight or obese, 82% moderately stressed (perceived stress score (PSS)), had average pregnancies of 2.06 ± 1.09 and had average of 1.64 ± 0.74 biological children. PP women were less likely to agree on mindful behaviors Q1 (pregnant: 1.82 ± 0.73 , 1-year PP: 2.60 ± 1.35 ; $P = 0.03$) and Q2 (pregnant: 2.29 ± 0.69 , PP: 3.54 ± 1.77 ; $P = 0.02$). PSS ($\beta = 0.40$, $P < 0.01$), pregnancy/PP group ($\beta = -0.34$, $P = 0.01$), number of biological children ($\beta = 0.43$, $P = 0.03$) and number of pregnancies ($\beta = -0.42$, $P = 0.04$) significantly predicted mindful behavior Q2 ($F(7,37) = 3.24$, $P = 0.01$).

Conclusion: Findings suggest the unique potential to improve self-efficacy of new moms regarding mindful eating behaviors. Promoting the practice of mindfulness has the potential to foster stress reduction and overall healthy lifestyle habits throughout the PP journey.

Funding: Institutional Start Up Funds.

P55 Food Security at a Private, Midwestern University During COVID-19

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Background: Food insecurity among college students has been estimated between 32.9% to 50.9% of students. Food insecurity among college students is associated with poor nutrition, higher stress levels, and poorer academic outcomes. First-generation, low-income, and students of color are at higher risk of food insecurity.

Objective: To assess food security at a private university during the COVID-19 pandemic.

Study Design, Settings, Participants: This cross-sectional study was conducted in Fall 2020 at a private, Midwestern university with approximately 5,400 students. Participants were recruited via email. An online survey was administered to 393 students, aged 18-53 years ($M = 20.69 \pm 4.07$). Participants were predominantly White ($n = 338$, 86%), US citizens ($n = 383$, 98%), majority female ($n = 300$, 76%), mostly undergraduate ($n = 361$, 92%), and 113 (29%) were first-generation students. Eighty-one (21%) participants reported living with a parent/guardian.

Measurable Outcome/Analysis: The USDA's 18-item Household Food Security Survey was used to assess food security. A total food security score was calculated, and participants categorized as high, marginal, low, or very low food security. A t test was performed to determine if a difference existed between food security scores for participants who were/were not first-generation students.

Results: Of the 393 participants, 199 (50.6%) reported high food security, 73 (18.6%) marginal, 51 (13.0%) low, and 70 (17.8%) very low. Based on the USDA classification, 69.2% were food secure while 30.8% were food insecure. First-generation students had significantly greater food insecurity ($M = 3.22 \pm 3.40$) than non-first-generation students ($M = 1.67 \pm 2.63$), [$t(169.27) = 4.37$, $P < 0.000$].

Conclusion: Food security among participants was higher than estimates for college students pre-COVID-19. One possible explanation is that more students may have been living at their permanent residences due to remote learning. First-generation students continue to be at high risk for food insecurity. Nutrition educators can collaborate with administrators and other stakeholders to provide resources to increase food security among students.

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P56 Home Food Access and Children's Heart Healthy Dietary Intake at Home and Child Care

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