P60 (continued)

tional online survey distributed via social media to parents/caregivers of children aged 3 to 8 years. The questionnaire included the ecSI 2.0, CEBQ and demographic items. Pearson's correlations were used to examine relationships between the ecSI 2.0TM and CEBQ subscale scores.

Measurable Outcome/Analysis: Ellyn Satter's 16-item Competence Inventory (ecSI 2.0TM), includes 4 subscales: eating attitudes, food acceptance skills, internal regulation skills and contextual skills of adults. The 35-item Child Eating Behavior Questionnaire (CEBQ) parent report measure assesses picky eating using 8 subscales; food responsiveness, emotional over-eating, enjoyment of food, desire to drink, satiety responsiveness, slowness in eating, emotional undereating and food fussiness. Chi-square, analysis of variance (ANOVA) and *t* tests were used to analyze ecSI 2.0TM and CEBQ subscale scores with demographics variables.

Results: The majority of respondents (*n* = 186) were female (93.5%), White (82.3%) and married (88.7%). Half (49.5%) were ≥ 36 years of age and most (75.8%) held college degrees. Half (53.2%) of the children were female, and child age was evenly distributed. The adults deemed eating competent differed by parent age and household income, $\chi^2(5,186) = 12.57$, $P = 0.03$ and $\chi^2(1, 186) = 6.27$, $P = 0.01$, respectively. There was a significant difference in child's enjoyment of food, $t(184) = -2.30$, $P = 0.003$, with higher scores found in eating competent parents. A significant difference in a child's desire to drink was found, $t(184) = 2.59$, $P = 0.01$, with lower scores among eating competent parents.

Conclusion: Findings suggest eating competence among parents may play a role in their child's eating behavior. Suggested relationships between parent eating competence and perceived child eating behavior warrant additional research and these can be used to provide insight on perceived child eating behavior studies.

Funding: None.

P61 Relationship Between Adults' Dietary Habits and Food Security Status Amid COVID-19

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Background: COVID-19 rapidly spread throughout the United States (US) early in 2020. In March, the US federal government mandated that all residents and citizens remain in quarantine to reduce the spread and ease the burden on the healthcare system, which unwillingly impacted the rise in unemployment. Even though these preventative measures were necessary, it may have unwillingly shifted dietary habits based on food security status.

Objective: To identify adults' demographics, dietary habits, and its relationship with food security status amid COVID-19.

Study Design, Setting, Participants: An online cross-sectional study was conducted between April – June 2020 throughout the United States. Participants (*n* = 3,133) completed a demographic questionnaire, the modified Dana-Farber's Cancer Institute Eating Habits Questionnaire and USDA Food Security Module once during the study period.

Measurable Outcome/Analysis: Frequency counts and percentages were tabulated for demographics, dietary habits, and food security scores. One-way ANOVAs were conducted to evaluate relationships between dietary habits and food security status and correlations among demographics using STATA v14 at a statistical significance level of $P < 0.05$.

Results: Participants were White (84.5%), female (79.4%), and between the ages of 30 to 49 years old (30.2%). Participants increased their consumption of sweets (43.8%) and salty snacks (37.4%) and decreased their consumption of fruit (33.4%), poultry products (31%) and non-starchy vegetables (28.2%). Average scores for food security were 0.69 ± 1.77 . Per each month, there was a relationship between dietary habits and food security status; April ($P < 0.02$), May ($P < 0.000$) and June ($P < 0.03$). A significant negative correlation was found for female sex ($P = 0.009$), race ($P < 0.001$), and age range ($P < 0.001$) with total dietary habits score.

Conclusion: COVID-19 continues to affect individuals, which influences the relationship between dietary habits and food security status. Future population studies are recommended in the US to help public health authorities frame actions to alleviate the impact of COVID-19 has on dietary habits and food security to minimize the risk factors today and in future inevitable pandemics.

Funding: None.

P62 Resilient Despite Poor Support: Breastfeeding Among Maltreated Young Mothers

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Background: In the US, young mothers are the least likely to breastfeed their children. Mothers who have a history of child abuse and neglect also face barriers when trying to breastfeed their children and are less likely to do so. Little is known about the experiences that young mothers who have a history of maltreatment face when making decisions around infant feeding.

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Objective: To determine what challenges young maltreated mothers face when trying to breastfeed their children.

Study Design, Settings, Participants: In-depth semi-structured interviews (N = 23) were conducted with young maltreated mothers (ages 18-25), their caregivers, and the professionals that work with them. Mothers were on average 17.8 when they gave birth and most were African American (78%) followed by Latina (22%). All of the young mothers received WIC and 78% initiated breastfeeding. The median length of breastfeeding was 2.5 months (range: 3 days to 2 years). Professionals (mean age: 33.9) had worked with an average of over 40 parenting youth.

Measurable Outcome/Analysis: Interviews were transcribed verbatim and analyzed using a 5-step thematic analysis approach: familiarization with the data, initial coding, generation and refinement of themes and sub-themes, and finalized themes.

Results: Participants discussed the lack of support both from health professionals and the mothers' communities. Main sources of support and information included obstetricians, WIC, and the internet, but resources were often insufficient. Reasons for breastfeeding cessation included lack of support, difficulties with breastfeeding, discomfort with feeding in public, and substance use.

Conclusion: Young mothers with a history of maltreatment face significant barriers yet show resilience in attempting to breastfeed their children. Many experienced a systemic lack of support and low expectations for continued breastfeeding. Initial findings suggest optimum opportunities for improving systemic support may be among medical professionals and WIC staff.

Funding: University of Maryland.

P63 Role of Nutrition and Life Skills in Substance Use Recovery

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Background: Sustained recovery from substance use disorder (SUD), remains a significant problem, with 40 to 60% of recovering individuals relapsing within 12 months. Individuals in recovery often have nutrition-related disorders, including malnutrition, poor mental health, and altered body composition. Despite this, there is a lack of nutrition programming in recovery programs.

Objective: This study aimed to determine the role of nutrition in recovery programs as well as what is prioritized in recovery through the perspectives of recovery program directors and individuals in recovery.

Study Design/Setting/Participants: Two recovery programs, 1 collegiate recovery and 1 sober living house, participated in this study, with 2 program directors and 16 recovering individuals completed cognitive interviews/focus groups and surveys.

Measurable Outcome/Analysis: Thematic analysis using NVIVO 12 software was conducted separately for program director and recovering individual responses.

Results: Fifty-three themes and 30 subthemes were generated. Overall, directors and recovering individuals in the collegiate recovery program emphasized a holistic approach to recovery with a focus on wellness. Sober living participants expressed a desire to achieve independence and normalcy. All participants stated the value of social support in being integral to maintaining recovery. Collegiate recovery program directors had the strongest support for nutrition. All recovering individuals noted nutrition's importance in recovery, but that it becomes a priority later in the recovery process. All recovering individuals expressed the desire to learn life-skills, including budgeting and eating healthily in order to improve their chances of long-term recovery.

Conclusion: This research can help to improve the quality and offering of recovery programs by informing potential nutrition and life-skills interventions for recovering individuals.

Funding: USDA.

P64 Tap Water Safety and Connection to the Flint Water Crisis Associated with Beverage Intake Among Low-Income Michigan Families

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Background: Many Michigan communities have experienced threats to the safety of their tap water; the most well-known being the Flint Water Crisis. Little is known about how Michigan families perceive tap water and the extent to which beliefs about tap water safety influence beverage intake.

Objective: To identify perceptions of tap water safety among low-income mothers residing in Michigan and examine associations between these perceptions, mothers' beverage intake, infant feeding practices, and young children's beverage intake.

Study Design, Settings, Participant: In fall 2020, 3,881 low-income women who had given birth at the University of Michigan hospital between fall 2016 and fall 2020 were invited to complete a one-time online survey. Sixteen percent of women responded; 13% (N = 503) were eligible to participate and provided valid data.

Measurable Outcome/Analysis: Bivariate analyses and multivariable regression were used to examine associations between perceptions of tap water safety and mother-reported self and child beverage intake.

Results: Eleven percent of mothers reported that their tap water is unsafe to drink and 22% were unsure if their water is safe to drink. Negative perceptions of home tap water and tap water in general were associated with greater consumption of bottled water, using bottled water (vs

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