P62 (continued)

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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