P9 (continued)

Background: The only known treatment for celiac disease (CeD), a common autoimmune disease, is a gluten-free (GF) diet – where strict adherence has been associated with improved quality of life (QOL).

Objective: To determine whether diet quality or ultra-processed food (UPF) consumption was associated with QOL in National Health and Nutrition Examination Survey (NHANES) and in a sample with CeD.

Study Design, Settings, Participants: A cross-sectional analysis of a sample of 50 adults (84% F) and 30 teens (80 % F) with CeD from a regional CeD-Center in a Northeastern American city was compared with three 2-year cycles (2009-14) of NHANES, 15,853 adults (51% F) and 2,304 teens (52% F), including individuals with CeD.

Measurable Outcome/Analysis: Diet quality using Alternate Mediterranean Diet (AMED) and level of UPF (% energy) using the NOVA classification system, were assessed using multiple 24-h diet recalls. All foods, even GF, were categorized. QOL was measured using 5 components of the CeD-specific QOL survey (CDQOL) – adult sample with CeD, the CeD-specific Pediatric – QOL (CDPQOL) – teen sample with CeD, and a general health-related QOL (HRQOL) survey - NHANES. Associations between diet quality and QOL were examined using ordinal logistic regression for the NHANES data, and ANCOVA for the smaller sample ($P < 0.05$).

Results: In NHANES, being in the highest versus lowest of 3 AMED categories, or lowest versus highest quintiles of UPF consumption, were ~2x more likely to have higher QOL, explaining ~8-10% of variance. Among the smaller teens sample with CeD, those in the highest versus lowest AMED tertile were more likely to have higher QOL, but no association was found in adults. Additionally, for all in the smaller sample with CeD, those in the lowest versus highest tertile of UPF were more likely to have higher QOL (some components). All $P < 0.05$.

Conclusion: Higher adherence to AMED and lower UPF consumption were associated with higher QOL in NHANES and less robustly in a smaller sample with CeD.

Funding: NIH Provost Investment Fund, Teachers College, Columbia University.

P10 Child Well-Being in the Context of Food Insecurity: A Nutritional Assessment of the Secret Meals for Hungry Children Program

Baili Gall, BS, bjgall@crimson.ua.edu, University of Alabama, 350 Marris Spring Rd, Tuscaloosa, AL, 35401; Emily Locke, BA, University of Alabama; Holly Horan, PhD, University of Alabama

Background: In Tuscaloosa, Alabama, 19.8% of children currently experience food insecurity. To reduce the negative health outcomes associated with childhood food insecurity, West Alabama Food Bank (WAFB) distributes food to vulnerable children in elementary schools through their Secret Meals for Hungry Children program (SMP). This program ensures nutritional continuity over the weekend. There are no nutritional guidelines for the SMP

meals; however, WAFB aims to provide food items based on the Dietary Guidelines for Americans (DGA).

Objective: The objective of this pilot study was to determine the degree to which the nutritional content of the food distributed in the SMP by WAFB meets the nutritional guidelines as outlined by the 2020-2025 DGA.

Study Design, Setting, Participants: This study implemented an exploratory research design via qualitative and quantitative methods, including photos and nutrition label content analysis. Two qualitative interviews were conducted with WAFB leadership to contextualize the SMP.

Measurable Outcome/Analysis: Carbohydrates, protein and sodium content for the items in the SMP bag were compared to the DGA for children 4-8 years of age to determine if the contents sufficiently supplemented daily recommendations. Semi-structured interviews were analyzed in NVivo 12® and themes were identified.

Results: All 3 measures of nutrition (carbohydrates, protein, and sodium) comprised 89%, 78% and 68% of the recommended guidelines for a child 4-8 years of age, respectively. Two key themes arose from the interviews: SMP organization and SMP impact on children's level of food security and overall wellbeing.

Conclusion: The results indicate that the SMP, according to the DGA, fills the hunger gap for children experiencing food insecurity. SMP provisions were reported to improve overall behavior and functioning at school. These demonstrate the significance of supplemental meals with respect to enhancing behavioral and academic performance for children from vulnerable communities. The implementation of such programs may decrease inequities in learning and overall well-being.

Funding: None.

P11 Consumer Attention to Facts Up Front Labels on Similar Products with Different Serving Sizes

Gina McKeon, MS, Rutgers University; William Hallman, PhD, gina.pope@rutgers.edu, Rutgers University, 65 Dudley Rd, New Brunswick, NJ, 08901

Background: Facts Up Front (FUF) nutrition labels are used by food manufacturers to highlight selected nutrition information on the front of the package. Differences in serving sizes between similar products may go unnoticed by consumers, leading to misinterpretations of the nutritional information displayed in the FUF.

Objective: To examine consumer attention to FUF labels on 2 similar cereal products with differing serving sizes.

Study Design, Setting, Participants: Utilizing a nationally representative sample, 1,022 adults participated in an online survey.

Measurable Outcome/Analysis: Participants were shown images of 2 cereals with FUF labels that differed in serving size and nutrient amounts. Attention to the FUF

Continued on page S29