P15 (continued)

weight status to unawareness of satiety signals and with terms such as 'stuffed' and 'disordered eating.' The phrase 'physically uncomfortable' was used to describe overeating in 50% of the interviews. When overeating, participants reported having a distinct taste preference for high-energy, carbohydrate-rich foods, such as cakes and cookies. Overeating occurred in social settings, including family and cultural events, over 50% of the time and as a result of daily stressors.

Conclusion: Culture, emotion and family play an integral role in how and when overeating occurs among this group. Consumption of energy dense foods because of overeating is particularly relevant because of the contribution to diet related chronic disease risk. Given the high rates of chronic disease among African American women, an understanding of how overeating is defined for this population will aid nutrition professionals in tailoring messages.

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P16 Understanding College Student Awareness of Cancer Risk Prevention: Screening and Perception of Dietary Influence

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Background: With cancer as 1 of the leading causes of death, primary prevention measures early in the lifecycle are of relentless importance. Formative understanding of young adult cancer prevention knowledge can aid in development of future programming.

Objective: Assess college student knowledge and perceptions regarding cancer prevention.

Study Design, Setting, Participants: A sample of 2,350 college students at a southeastern university were random selected from undergraduate student records for a cross-sectional anonymous online survey.

Measurable Outcome/Analysis: Data collected included demographics (sex, age, and race), self-perceived health rating (fair/poor, good, very good/excellent), knowledge of age/frequency for cancer screenings (breast, colon, cervical, lung, and prostate), and likert item questions (perceptions of diet and lifestyle-related cancer risk behaviors) on a scale of definitely not true (1) to definitely true (5). Pearson chi-square and Wilcoxon Rank Sum test were used.

Results: Students (n = 144) were White, female, and average of 20 years old. For timing of cancer screening (age/frequency) 78% or more students answered incorrectly on all items except frequency of mammograms (52% correct). Students agreed UV rays, cigarette smoking, family history, and exposure to certain metals/chemicals may cause cancer, but were less certain on dietary impact of cancer risk/prevention (consuming salty, hot, high fat, meats, burned, or spicy foods). Agreement that "smoking may cause cancer" was more

agreed with (4.89 ± 0.38 of 5) than "high fat diets may cause cancer" (3.66 ± 1.05) and "diets rich in meat may cause cancer" (3.25 ± 0.95). Males ($P = 0.01$), and those rating health as very good/excellent ($P = 0.03$), perceived salty foods as causing cancer.

Conclusion: While college students are aware of typical cancer risk behaviors such as smoking and UV rays, dietary influence was less agreed upon. There is a need for more innovative, long-term interventions on nutrition education and behaviors related to cancer prevention among college students to reduce cancer risk across the lifespan.

Funding: None.

P17 Understanding Preschoolers' Anticipation of Trying a New Food and Past Food Experiences

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Background: Understanding the association between children's emotions and children's food-related decisions may provide insights in understanding children's food preferences. However, exclusive reliance on parents reports of their children's eating behaviors provides inadequate information. If preschoolers are questioned appropriately, they offer reliable and meaningful information. Therefore, engaging children directly to understand their both positive and negative food-related decisions is an important step to better understand children's food preferences.

Objective: The primary objectives of the study were to explore: preschoolers' anticipation when trying a new food and preschoolers' past experiences with food they like and do not like.

Study Design, Setting, Participants: Researchers conducted a 3-step process, including Food and Children's Emotions (FACE) picture book training on emotions and 2 interviews with questions about preschoolers' anticipation of new food and preschoolers' previous experience with food. Interviews were conducted with 34 preschoolers (4-5 years old) from low-income families in North Carolina.

Measurable Outcome/Analysis: Qualitative interviews were evaluated using thematic analysis to identify themes related to children's food-related perspectives.

Results: Three major themes were found: preschoolers' avoidance techniques; predictors behind preschoolers' food-related emotions; and preschoolers' description of their food preferences. Preschoolers were able to express their emotions associated with trying a new food and food they had eaten in the past. Disgust was the most reported emotion for children with negative anticipation and children who were discussing a food they do not like. Contrarily, happy was the most reported emotion for children with positive anticipation

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