P17 (continued)

and children who were expressing their emotions about a food they like.

Conclusion: Preschoolers discussed positive and negative food-related emotions. Allowing children to discuss their emotions about food could be a useful strategy when adapting interventions aimed at improving children's food preferences and diet quality.

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Behavior and Education Theory

P18 A Test of Social Cognitive Theory on Fruit and Vegetable Intake in Indiana High School Students

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Background: Bandura's Social Cognitive Theory (SCT) is commonly used to inform nutrition interventions in adolescents, yet relatively few studies have tested the structural paths of the constructs that guide behavior. It is important to test theoretical models, so theory can better inform the design of useful interventions.

Objective: To test the structural paths of SCT on self-reported consumption of fruits and vegetables in adolescents.

Study Design, Setting, Participants: Cross-sectional survey data was collected from 1,104 high school Family and Consumer Sciences students in Indiana.

Measurable Outcome/Analysis: Participants completed a 40-item questionnaire with 3 items about intake of fruits and vegetables and 37 items from validated SCT scales that assessed nutrition-related self-efficacy, intentions, behavioral strategies, outcome expectations, outcome expectancies, situation, and social support. Structural equation modeling was used to test relationships between constructs in SCT and eating fruits and vegetables.

Results: There were 707 (64.1%) girls and 397 (35.9%) boys that completed the survey. There were 896 students who self-identified as White (81.2%), 66 as Black (6%), 45 as Asian (4.1%), and 98 as other (8.9%). Fit was good for the model (Comparative Fit Index = 0.90; Root Mean Square Error of Approximation = 0.06). Intentions ($\beta = 0.32$; $P < 0.001$) and behavioral strategies ($\beta = 0.18$; $P = 0.003$) directly affected intake of fruits and vegetables. Self-efficacy ($\beta = 0.37$; $P < 0.001$), social support ($\beta = 0.17$; $P = 0.001$), and outcome expectancies ($\beta = 0.34$; $P < 0.001$) positively influenced intentions, indirectly affecting behavior. Situation did not have a significant effect on intentions ($\beta = 0.04$; $P = 0.44$) or self-efficacy ($\beta = 3.96$; $P = 0.26$).

Conclusion: Behavioral strategies and intentions directly influenced consumption of fruits and vegetables. These findings suggest that interventions aimed at high school students will be more successful if they focus on directly targeting behavioral strategies and focus indirectly on improving intentions by increasing self-efficacy.

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P19 Associations Between Decline in Household Income and Dietary and Lifestyle Changes During the COVID-19 Pandemic

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Background: The coronavirus disease 2019 (COVID-19) pandemic has greatly affected employment and the work environment. Socioeconomic status is known to affect dietary habits.

Objective: To examine the associations between changes in household income and changes in diet, dietary behavior, and lifestyle.

Study Design, Settings, Participants: A cross-sectional questionnaire survey was conducted via the Internet in November 2020. The participants were 6,000 Japanese men and women (aged 20–64 years old) who were registered with a research company. After excluding participants with invalid responses, a total of 5,158 participants were included in the analysis.

Measurable Outcome/Analysis: The questionnaire included the following items: demographic characteristics; socioeconomic status; and changes in household income, diet, dietary behavior, and lifestyle since before the COVID-19 pandemic (November 2019) to the present (November 2020). Changes in household income and demographic characteristics and socioeconomic status were compared using the χ^2 test. The association between changes in household income and dietary habits was examined by multiple logistic regression analysis.

Results: Household income had decreased for 1,144 participants (22.2%). In this group, a high proportion were in their 50s, were high school graduates, and had household income under 2 million yen in 2019. Decrease in household income was negatively associated with vegetable intake, frequency of eating out, time spent on breakfast, and time spent exercising, and positively associated with frequency of drinking and time spent on lunch.

Conclusion: The results of this study suggest that decrease in household income during the COVID-19 pandemic was associated with expansion of economic disparities and changes in dietary habits, such as vegetable intake and mealtimes.

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