P34 (continued)

Results: When controlled for gender, there were significant correlations between interoception and COMPX ($F = 5.56$, $P = 0.002$, $R^2 = 0.247$), emotional eating ($F = 3.89$, $P = 0.013$, $R^2 = 0.158$), and uncontrolled eating ($F = 3.95$, $P = 0.012$, $R^2 = 0.163$). Additionally, COMPX was associated with cognitive restraint eating ($F = 8.67$, $P = 0.001$, $R^2 = 0.250$). When controlled for Body Mass Index (BMI), interoception only had a significant correlation with emotional eating ($F = 3.10$, $P = 0.033$, $R^2 = 0.131$), uncontrolled eating ($F = 3.06$, $P = 0.035$, $R^2 = 0.131$), and restraint eating ($F = 5.35$, $P = 0.002$, $R^2 = 0.206$). There was no correlation between COMPX, eating behaviors, and interoception ($P > 0.05$). No significant mediation effect was observed.

Conclusion: College students who showed higher levels of awareness of internal bodily signals seem to have better self-regulation of food intake. Moreover, self-regulation appears to be negatively affected by the students' emotions and restraint where students show better regulation in food intake when there is less emotional influence and eating restrictions.

Funding: None.

P35 The Effect of a Traffic Light Labeling Intervention on Amount of Food Served in a College Dining Hall

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Background: College students may not use the nutrition facts label suggesting changes to the label, such as the Traffic Light Label, are needed to increase user friendliness.

Objective: To examine the effect of traffic light labels on the amount of food served in a university dining hall in comparison to the control nutrition facts panels.

Study Design, Setting, Participants: This study utilized a repeated measures observational design with a control and an intervention period each lasting 28 days at a Midwestern midsize, private university. Following the control period (nutrition facts panels), each food was labeled with a single color (red, yellow, or green) based upon its nutritional quality.

Measurable Outcome/Analysis: Number of servings per day by color (dependent variable) was combined for both lunch and dinner during the control and intervention period. To compare the amount served per day of each color during control and intervention, a one-way analysis of variance (ANOVA) was used. Bonferroni *post hoc* tests were utilized for multiple comparisons.

Results: The one-way ANOVA for color and time point was significant ($F(5, 150) = 4.75$, $P < 0.001$). Yellow-labeled foods during the intervention ($M = 341.89$, $SD = 275.86$) was significantly lower than red-labeled foods during control ($M = 654.56$, $SD = 286.40$, $P < 0.0001$)

and intervention ($M = 604.91$, $SD = 295.84$, $P = 0.008$). However, there were no other significant differences between colors and time points.

Conclusion: These results suggest that traffic light labels may not be more effective than nutrition facts panels in college dining halls to improve food choices. Specifically, there was no significant difference in number of servings per day in red- and/or green-labeled foods between control and intervention. Furthermore, servings per day of red-labeled foods continued to be significantly greater than yellow-labeled foods during the intervention. Because students may not use nutrition labels to make food choices, college dining halls should consider reformulating recipes to improve healthfulness of options.

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P36 The Impact of COVID-19 on Food Security Status and Food Access Among SNAP-Eligible Utahns

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Background: COVID-19 has the potential to impact the health of individuals experiencing food insecurity and reduced food access. A national collaboration examined this impact across the United States, including Utah.

Objective: The objective of this study was to explore the effect of COVID-19 on perceived food access challenges, barriers, and compensatory strategies among SNAP-eligible Utahns.

Study Design: A 76-item survey was emailed to all SNAP-eligible Utahns ($N = 24,763$) in July 2020. The USDA's 6-item Food Security Module was used to determine food security prior to and since COVID-19. Additional questions asked about food access and eating/purchasing behaviors. Participants ($n = 521$) were predominately White (75%) females (77%).

Measurable Outcome/Analysis: Level of agreement for using compensatory food access strategies was summed (score range: 7-42; higher scores reflecting increased use) and assessed for mean differences using ANOVA based on food insecurity classification. Rating scales were used to measure food access challenges and barriers to using nutrition assistance (4-5 item scales) during COVID-19. Spearman correlations examined associations between challenges/barriers and degree of food insecurity.

Results: Of participants ($n = 358$) who were food insecure, 74% were White and 77% were female. Food insecure individuals prior to and since COVID-19 were more likely than food secure participants to use compensatory strategies to ensure food affordability during COVID-19 (mean score = 30 vs 26, respectively; $P = 0.002$). Degree of