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.

Funding: Bradley University C.C. Wheeler Institute.

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

P36 (continued)

food insecurity was associated with barriers to using nutrition assistance, including difficulty traveling to apply/recertify ($r = 0.24$; $P < 0.001$) and frequency of experiencing food access challenges during COVID-19 ($r = 0.16$ – 0.33 ; $P \leq 0.002$).

Conclusion: Challenges with food access and barriers to utilizing nutrition assistance during COVID-19 are associated with food insecurity among SNAP-eligible individuals, potentially resulting in reliance upon more compensatory food affordability strategies. Efforts should be taken to minimize these barriers to ensure adequate food quantity and quality among food insecurity individuals.

Funding: Utah State University Extension.

P37 Theory of Planned Behavior Describes Oklahoma Cooperative Extension Educators' Intent to Use PSE Approaches

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Background: A nation-wide focus on Policy, Systems, and Environmental (PSE) strategies has emerged as a complimentary approach to individual based strategies for obesity prevention. PSE changes are community-based and aim to create environments that facilitate healthy eating and physical activity to support prevention of obesity and related chronic disease. Efforts are often planned and implemented through collaborative efforts with agencies, such as Cooperative Extension and community partners.

Objective: Use a previously established survey to determine factors affecting Oklahoma Cooperative Extension Educators' (OCEE) intentions to use PSE strategies as an approach to address public health issues in local communities.

Study Design, Setting, Participants: The cross-sectional study used a 66-item online survey administered to OCEE working in the areas of Family and Consumer Sciences, SNAP-Ed/EFNEP, 4-H and Agriculture.

Analysis: Principal component factor analysis with oblique rotation analyzed 52 items describing factors related to use of PSE strategies. Factor loadings >0.05 were retained. Cronbach alpha ≥ 0.70 was used to determine internal consistency. Frequency analysis of the remaining 14 items described beliefs related to obesity and related chronic disease, demographic and employment characteristics of the responding OCEE.

Results: Obesity, diabetes and cardiovascular disease were identified as community health issues of concern. Extension resources, outcome expectancies of PSE strategies, and networking with community agencies and

organizations were the 3 components describing OCEE's intention to use PSE to address obesity and related chronic disease (Cronbach alpha >0.88).

Conclusion: Findings from this study provide insight to factors related to OCEE's intent to use PSE approaches and reflect Theory of Planned Behavior constructs. The findings will be used to develop a second survey specific to OCEE to identify if intentions differ between groups of educators and providing context for development of PSE training and technical assistance specific to OCEE addressing public health issues using PSE approaches.

Funding: None.

P38 Understanding Food Insecurity in a College Student Population

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Background: The prevalence of food insecurity on college campuses has been found to be higher than reported in U.S. households. Despite the prevalence and negative health and academic consequences associated with food insecurity in college students, barriers exist in food access resource utilization, especially in the wake of COVID-19.

Objective: The purpose of this study is to determine the prevalence of food insecurity at Mississippi State University and explore college students' perceptions of food access resources and resource utilization.

Study Design, Setting, Participants: This study employed a mixed methods design. Quantitative data was gathered from an online survey to assess the prevalence, demographics, and food insecurity status from undergraduate students at Mississippi State University. The 1157 survey respondents then provided the recruitment pool for qualitative data collection, which was obtained via focus groups and open-ended questionnaires to explore student perspectives of food insecurity and food access resources.

Measurable Outcomes/Analysis: SPSS 27 was used to determine food security status based on the USDA's Household Food Security Survey Module 6-item short form. NVivo 12 was used for coding and thematic analyses to examine college student perspectives of food insecurity and food access resources.

Results: The prevalence of food insecurity among college students was 34.1%. Key influencers emerged as the major theme associated with students' views about food insecurity, and the resources available to address the issue. These influencers were personal beliefs, life skills, and the university. Student perceptions of what it means to need food access resources and the value of a resource were interconnected.