P197 (continued)

prioritized FM had youth who did not use media during FM (> 60%). Families that used media during FM consumed less healthy meals and had parents who modeled unhealthy eating. Parents who valued FM and who modeled healthy eating behaviors had youth who ate out less. Parents who practiced controlling feeding had youth with more weight concerns. Qualitative findings showed that FM is a platform through which socialization processes occur, and mealtimes were important for family bonding. Mealtime routines, financial resources, and time were also important components of FM.

Conclusions and Implications: Obesity prevention interventions should include educating parents to develop positive mealtime practices, to build relationships between family members, and to reduce mealtime media usage.

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P198 Understanding Osteoporosis Knowledge and Health-Beliefs In Middle-Aged Men

Oyinlola Babatunde, PhD, RD, MPH, babatundeo@ecu.edu, East Carolina University, Department of Nutrition Science, Mailstop #505, Greenville, NC 27858; S. Marquez, RD; A. Taylor, PhD; K. Vajda, BS

Objective: To investigate the level of osteoporosis knowledge and health-beliefs among middle-aged men. The study also analyzed the effect of years of formal schooling completed on osteoporosis knowledge.

Design, Setting and Participants: A cross-sectional study design approach was employed for this study with questionnaires administered to participants via Qualtrics, an online survey system.

Outcome Measures and Analysis: Participants’ knowledge of osteoporosis risk factors was measured by the scores on the Osteoporosis Knowledge Test (OKT), a 24-item questionnaire, and osteoporosis health-beliefs measured by the Osteoporosis Health-Belief Scale, a 42-item questionnaire with seven subscales, based on the Health Belief Model. Descriptive statistics and ANOVA tests were performed to assess relationships between the variables.

Results: A total of 262 men aged 36-55 years participated in this study (76% Caucasians and 17% African Americans, 7% other racial groups). Total correct response on the OKT was low, mean score=12.04±3.96 out of a total of 24 (11.10±3.50 with two gender specific questions excluded). ANOVA tests conducted showed significant differences in OKT scores, and some health-belief subscales, for the years of schooling categories (p<0.05).

Conclusions and Implications: Findings from the study showed that men in the mid-life years have limited knowledge regarding osteoporosis. The mid-life years could be when men are starting to consider the importance of a healthy lifestyle and healthy aging. Years of schooling have influence on participants’ osteoporosis knowledge and some health-beliefs. More research is needed in this area, with innovative strategies to promote bone health education particularly among middle-aged men.

Funding: None.

P199 Too Young to Care - Gender and Athletic Status Differences in the Knowledge of Osteoporosis Risk Factors Among Undergraduates

Oyinlola Babatunde, PhD, RD, MPH, babatundeo@ecu.edu, East Carolina University, Department of Nutrition Science, Mailstop #505, Greenville, NC 27858; J. Brinkley, PhD; B. Brenda, PhD, RD, University of Alabama at Birmingham

Objective: To describe knowledge of osteoporosis - risk factors and preventative behaviors (calcium intake and exercise) among undergraduate students’ and determine differences in responses between gender, and student athletes vs. non-athletes.

Design, Setting and Participants: A cross-sectional study design with a convenience sample of 162 undergraduate students’ in two groups (college athletes and non-athletes), were surveyed for this study. Students were recruited from an introductory nutrition science course and athletic training rooms, at a South-Eastern public university.

Outcome Measures and Analysis: Outcome variables were knowledge related to osteoporosis - risks factors, and preventative behaviors (Calcium intake and Exercise), measured by the osteoporosis knowledge test (OKT), a 24-item survey. A heel scan was conducted for each participant using a portable sonometer to estimate bone mineral density (BMD), and demographic data and anthropometric measures were also obtained. Average responses between gender, and athletes vs. non-athletes were compared. Data were analyzed using descriptive statistics, ANOVA and non-parametric tests to establish significance and differences between gender and athletes vs. non-athletes.

Results: Included in the final analysis were 156 participants who completed all study surveys and physical measurements. Findings showed BMD for all participants was within normal ranges, with overall limited knowledge of osteoporosis risk factors. Mean total OKT scores were significantly higher (p<0.001) for females compared to males, and for non-athletes compared to athletes.

Conclusions and Implications: Findings support the need for creativity in developing and implementing educational programs among young adults to increase knowledge of the risk factors and preventative behaviors for this debilitating disease during the prime years to prevent the burden in the later years.

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P200 What’s in a Snack? Nutritional Assessment of University Vending Options

Kavitha Sankavaram, PhD, kavitha@umd.edu, University of Maryland, 0102 Skinner Building, College Park, MD 20742; J. Bailey-Goldschmidt, BS; M. Mehta, PhD; N. Sahyoun, PhD, RD; A. Fletcher, BS

Objective: Nutritional quality of foods in vending machines are implicated in contributing to the development of...