P200 (continued)

of obesogenic environments. Therefore, we evaluated
snacks sold in vending machine using two validated assess-
ment tools.

**Design, Setting and Participants:** A list of high-gross-
ing vending machines were collected from the vendor of a
large land-grant university. Snacks in the top 25% revenue
generating machines were analyzed using Nutrition
Environment Measurements Survey-Vending (NEMS-V) &
Health Density Vending Machine Audit Tool (HDVMAT).

**Outcome Measures and Analysis:** Snacks were inven-
toried and analyzed to determine the healthfulness and
density of nutrients. NEMS-V categorizes foods into Red/
not healthy, Yellow/minimally healthy and Green/health-
est. HDVMAT takes additional nutrients into consider-
ation and uses a nutrient density scoring system and
categorizes snack foods into unhealthy, somewhat healthy
and healthy.

**Results:** NEMS-V analysis categorized 93-100% of snacks
from machines inventoried as unhealthy/red and 2.9-
6.7% as healthiest/green. Using HDVMAT, 40-53% of the
same snacks were categorized as unhealthy and 8-13% as
healthy. About 22% of buildings do not have access
(within 0.5 miles) to food sources other than vending ma-
chines and 89% of buildings do not have access to other
food sources after 6 PM.

**Conclusions and Implications:** Students with limited
access to other food sources after hours must rely on un-
healthy snacks available from vending machines. Compa-
ratively, HDVMAT is a less stringent tool. Even using the
less restrictive assessment tool, very few foods are deemed
healthful. Findings can be utilized to encourage stake-
holders on campus to adopt and enforce healthy vending
policies. Also, assessment of the food environment enables
development of population-based interventions focusing
on desirable behavior changes.

**Funding:** None.

P201 Effects of a Mindful Eating Intervention on Acute Calorie and Macronutrient Intake in College Students

**Objective:** The purpose of this study is to determine if a
15-minute mindful eating group intervention for college
students acutely impacts nutrient intake from self-selected
snack foods.

**Design, Setting and Participants:** Participants were
recruited through the university website platform as
well as flyers across campus and were initially deceived
of the purpose of the study by being told the study’s pur-
pose was to evaluate movie theater food items. Partici-
pants (n=28) were randomly placed into two groups
where the treatment group unknowingly received a brief
mindful eating intervention prior to data collection and
the control group participated in a brief activity unrel-
ated to mindful eating. After the control or treatment
exposure both groups self-selected snack foods and be-
verages while watching a new release film in a theater
setting.

**Outcome Measures and Analysis:** Food selection,
serving sizes, and plate waste were measured using a digital
photography method. Data was analyzed using Food Pro-
cessor SQL and SPSS software.

**Results:** An independent t-test (p ≤ 0.05) was used to
determine the control group consumed significantly
more kilocalories (p = 0.002), protein (p = 0.016), carbohy-
drates (p = 0.002), total fat (p = 0.012), and saturated fat (p
= 0.040) than the treatment group.

**Conclusions and Implications:** The results demon-
strate the use of mindful eating principles in acute set-
gings with college students may acutely impact consump-
tion of macronutrients, specifically high fat and energy
dense food items giving nutrition profes-
sionals another potentially successful educational tool
to use.

**Funding:** None.

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**P202 Effects of an Acute Mindful Eating Exercise on Food Selection Type and Quantity in College Students**

**Alyssa Anderson, MS, aanderson45@kent.edu,** Kent State
University, 9100 Woods Way Drive, Kirtland, OH 44094;
N. Caine-Bish, PhD, RD; K. Gordon, PhD, RD;
T. Falcone, MS, RD

**Objective:** The purpose of this study is to determine the
types and quantity of foods chosen by college students
engaged in a mindful eating intervention.

**Design, Setting and Participants:** Participants were
recruited through a university website platform and flyers
across campus. Participants (n=28) were placed into either
a control or treatment group whereby the treatment group
received a brief overview of mindful eating principles prior
to data collection and the control group was not exposed
to mindful eating principles. Participants were initially
deceived of the purpose of the study by being asked to eval-
uate movie theater food items. Following the intervention,
both groups watched a movie and self-selected snack foods
and beverages.

**Outcome Measures and Analysis:** Food selection,
serving sizes, and plate waste were measured using a digital
photography method and foods were grouped into cate-
gories by type for analysis purposes.

**Results:** An independent t-test (p ≤ 0.05) revealed the
control group consumed significantly more high fat dips
(p = 0.048), sugar sweetened beverages (p = 0.001), and
chips and pretzels (p = 0.048) than the treatment group.

**Conclusions and Implications:** The results indicate
mindful eating interventions aimed at college students
can immediately impact portion sizes and potentially
food choice type. Messages that reinforce the principles
of mindful eating may be used in group settings to help
promote portion control and food choice.

**Funding:** None.