P20 (continued)

an intervention that aims at improving FV intake in college students.

**Funding:** University of Dayton Research Institute

P21 Cost Increase to Follow USDA MyPlate Diet in College-Aged Students

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**Objective:** The perceived high cost of healthier food items is a common barrier for individuals seeking to improve personal dietary patterns. FRUVEdomics Pilot Study examined food costs of college students enrolled in a non-diet free-living intervention. The 8-week dietary intervention focused on half the plate being fruits and vegetables, based on the USDA MyPlate.

**Method:** Meal receipts were obtained weekly from participants (n=48) enrolled in the 8-week dietary intervention. Three participants were excluded from the analysis, based on exclusion criteria of medication use and campus dining meal plan (n=45). Diet compliance of intervention was rated by researchers based on fruit and vegetable intake from the participant's dietary food log, receipt matching, food pictures, weekly 1 hour RDN consult.

**Results:** Diet compliant individuals, on average, spent $95.73 per week compared to non-compliant individuals spending $66.24 per week. A two sample t-test with unequal variances between compliant and non-compliant participants found compliant participants spent a statistically higher amount on food (p=0.0123). A regression analysis controlling for age, sex, BMI, and Appalachian or non-Appalachian, also found statistical significance between compliant and non-compliant individuals (<0.0001).

**Conclusion:** Young adults compliant with the USDA My Plate guidelines, focusing on fruit and vegetable intake, increased food cost spending by ~ $29.00 per week. These findings can contribute to research incentive design, program planning cost, and counseling of this population.

**Funding:** USDA

P22 Description of Content, Sales, and Consumer Demographics of Vending Machines on a College Campus

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**Objective:** To gather formative research on current content, sales, and consumer characteristics of vending machines on a college campus.

**Study Design and Setting:** This study gathered content data from a purposive sample of 12 vending machines on campus (classrooms n=5; residential n=4; office n=3) during a two-week period. Cross-sectional data were collected for sales and consumer characteristics at eight of the vending machines over a specific 4-hour period on one weekday.

**Outcome Measures and Analysis:** The Nutritional Environmental Measures Survey for Vending (NEMS-V) was used to measure proportion of ‘healthy’ items. Sales were recorded using purchase counts by half-hour. Intercept surveys gathered student customer demographics and vending usage. Data were analyzed to provide descriptive statistics.

**Results:** Content assessment indicated 6.3% of all vending items were ‘healthy’. A total of 99 purchases were made from all machines, with the most popular location being residential (M = 15 purchases per machine) and times being between 1:00 and 2:00 p.m. (40% of total purchases). Of the 111 students who completed the intercept surveys, a majority were female (58.4%), white (86.5%) and averaged 21.2 (± 3.1) years of age. Almost half (45%) of students purchased items from vending machines on campus one time per month or less. The most common reasons for purchase and choice were hunger (61.3%; 42.3%) and cravings (34.2%; 59.5%). Most students reported they would change usual vending purchases if there were healthier options (60.4%) or changes in price (60.4%).

**Conclusions and Implications:** The formative research from this study may be useful in developing interventions to improve the healthy vending options on a college campus.

**Funding:** USDA

P23 East Asian International Students’ Perceptions, Attitudes, and Behaviors in Relation to US Food and the Food Environment

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**Objective:** To understand East Asian international students’ changes in food consumption and the reasons why, and how they relate to their awareness and concerns about U.S. food system issues.

**Study Design, Settings, Participants:** A cross-sectional design using an online survey administered to East Asian international students (n=511; female 67.1%; mean age 24.8

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