Results: The number of advertised items included on the front page of store circulars was not significantly different between pre-COVID shut down and post-COVID (or in the year following shut down; 45.1% vs 54.9%). There were just a few notable differences in items advertised between the two time periods. Significantly more beverages as well as significantly more non-MyPlate items were advertised post-COVID. Items classified as “proteins” were advertised significantly fewer times post-COVID.

Conclusion: The COVID-19 pandemic had minimal impact on how and what food items were being advertised on the front page of the grocery store circular. Changes that individuals made to their eating and food preparation habits during this time happened independently of the items being advertised for sale.

Funding: None

SNB Nutrition Educator Competencies:
Behavior and Education Theory

Associations Between Food Insecurity, Dietary Intakes, and Health Parameters Among Mexican American and Other Hispanic Adults
Kiara Joseph, MS, University of Minnesota; Francine Overcash, MPH, PhD, University of Minnesota; Marla Reicks, PhD, RDN, mreicks@umn.edu, University of Minnesota

Background: Food insecurity has been adversely associated with nutrition and risks of obesity and chronic disease. These associations have been more notable among specific race and ethnic groups, however, they have received limited attention among nationally representative samples of Mexican American and Other Hispanic (MAOH) adults.


Study Design, Settings, Participants: A cross-sectional secondary analysis was completed using NHANES data (2011-2018) from adult MAOH participants (20-65 years), with reliable dietary recall status for 2 days of recall data, not pregnant or breastfeeding, at two food insecurity levels based on the US Household Food Security Survey Module where food secure: full food security (n = 1,549), and food insecure: marginal, low and very low food security (n = 1,396).

Measurable Outcome/Analysis: Linear regression models were used to examine associations between food insecurity, Healthy Eating Index (HEI)-2015 total scores, 2-day mean daily macro and micronutrient intakes, and health parameters adjusted for age, born in the US, marital status, family income to poverty ratio, and kcalorie intake. Analyses were conducted with survey analysis procedures accounting for the complex survey design.

Results: Lower protein, total fat, saturated fat, and sodium intakes, and total protein servings consumed and higher carbohydrate and total sugars intakes and total grain servings consumed were associated with food insecurity. No associations were observed for HEI-2015 total scores, mean for all = 54.5). Higher body mass index and waist circumference measurements and HbA1c levels were associated with food insecurity.

Conclusion: In this national sample of MAOH adults, mixed results indicated that the food insecure group had lower intakes of nutrients of concern including total fat, saturated fat and sodium, and higher intakes of total sug-

Youth Sport Participation Influences Family Mealtime Behaviors
Morgan Ashley, MS, RDN, mtashley@uncg.edu, UNC Greensboro; Lauren Haldeman, PhD, UNC Greensboro

Background: Organized youth sports are a popular and effective way to encourage children to be physically active. Family meals are associated with several health benefits, two of which are better diet quality and healthier weight status among youth. Preliminary studies suggest that children’s participation in organized sports may impede families’ efforts to regularly prepare and share an evening meal at home.

Objective: The objective of this study was to describe the frequency and location of family meals for youth recreational sport participants.

Study Design, Setting, Participants: An online survey was completed by parents (n = 172) of current youth recreational sport participants, ages 8-12 years. Parents were recruited from four youth sport organizations, and youth represented 12 sports. Parents were primarily female (80%) and White (85%). Most parents worked full time (64%) and were from two parent households (89%). Referent youth were mostly male, and on average, 8 years old.

Measurable Outcome/Analysis: Descriptive statistics were used to determine household youth sport frequency and family meal frequency. These were measured with the following questions: “In the past 7 days, how many days did a child in your home have a youth sport game or practice?” and “In the past 7 days, how many days was dinner prepared at home and eaten at the table with your child?” respectively. Influence of youth sports participation on family mealtime behaviors was also assessed.

Results: On average, children had either a game or sport practice on 3.5 days per week and families ate together on average 5.5 days per week. Over half of respondents reported that on evenings with sports they are more likely to eat fast food for dinner (58.4%) or order take out (59.7%) and less likely to take their time and not rush eating their meals (68.5%).

Conclusion: Despite the benefits of youth sport participation, increasing time commitments may alter eating habits in a way that increases risk for poor diet related health outcomes.

Funding: None

SNB Nutrition Educator Competencies:
Behavior and Education Theory

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Conclusion: In this national sample of MAOH adults, mixed results indicated that the food insecure group had lower intakes of nutrients of concern including total fat, saturated fat and sodium, and higher intakes of total sug-