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.

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Youth Sport Participation Influences Family Mealtime Behaviors
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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.

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SNB Nutrition Educator Competencies: Behavior and Education Theory

Associations Between Food Insecurity, Dietary Intakes, and Health Parameters Among Mexican American and Other Hispanic Adults
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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-

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Coping With Food Insecurity Among People Seeking Food Assistance During the COVID-19 Pandemic

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Background: Coping strategies (CS) to manage crises such as a pandemic or food insecurity (FI) are markers of resilience and potential protective factors that may support stability and promote individuals’ well-being.

Objective: The purpose of this study was to identify CS among people seeking emergency food assistance (EFA) during the COVID-19 pandemic and compare the strategies between people that sought assistance for the first time before or during the pandemic.

Study Design, Settings, Participants: Guided by the Transactional Model of Stress and Coping, in-depth interviews (n=36) were conducted to explore CS of participants seeking EFA at food distribution sites in West Central Florida between November 2020 and July 2021.

Measurable Outcome/Analysis: Applied thematic analysis was conducted to identify emergent themes.

Results: Participants reported strategies such as reducing food purchasing, finding “helpful” pantries that provided preferred foods, meal-planning and freezing foods, seeking social support, and changing their mindset. Six emergent themes described their experiences coping with FI: (1) normalizing restricted food intake, (2) stretching food dollars, (3) realizing that pantries were an overrated safety net, (4) maximizing pantry food utilization, (5) experiencing FI with added pandemic and non-pandemic stressors, (6) envisioning a hopeful future post-COVID-19. A major difference between the two populations was that new visitors perceived their situation as temporary and things would be “back to normal” soon, whereas for “before COVID” participants, seeking EFA was a crucial, long-term solution that involved innovative strategies such as bartering and “food bank shopping” to ensure they never ran out of food. Together, these CS and themes describe how people seeking EFA actively manage multiple stressors to improve FI and financial stability.

Conclusion: Study findings can inform interventions at EFA sites by incorporating concepts like motivational interviewing to support participants through stressful times. By identifying CS that may promote food security (eg, culinary skills and food assistance information seeking), people seeking EFA may be able to better utilize pantry foods to have sufficient and healthy food.

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Development of a Food Waste Knowledge, Attitudes, and Motivations Questionnaire for Adolescents

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Background: How adolescents contribute to food waste has yet to be thoroughly studied, especially in home and restaurant environments. There is limited research on adolescent food waste knowledge and whether their actions are influenced by peers and family members.

Objective: To develop a valid and reliable questionnaire to assess food waste knowledge, attitudes, and motivations for adolescents.

Study Design, Settings, and Participants: The questionnaire was guided by the Theory of Planned Behavior and Self-Determination Theory. Development included item generation/adaptation and factor analysis (FA), as well as assessment of internal consistency and test-retest reliability. The questionnaire yielded 50 items and the scales included home, school, restaurant, throw, expire, compost, and relatability. Adolescents between the ages of 13-17 (n=70) took two identical online questionnaires >15 days apart.

Measurable Outcome/Analysis: To test construct validity, a FA was conducted using Kaiser’s criteria, Scree plot, and varimax rotation. Cronbach’s alpha measured internal consistency. Test-retest reliability was assessed by conducting Pearson’s correlation. A p-value <0.05 determined significance.

Results: Through FA, the number of subscales identified in each scale are as follows: home (4), school (4), restaurant (3), throw (3), expire (2), compost (1), and relatability (2). Relatability (α=0.791, p<0.001) and compost (α=0.875, p<0.001) scales demonstrated good internal consistency. Six items were removed due to poor internal consistency. All scales, except restaurant (r= 0.229, p=0.121), demonstrated good to moderate test-retest reliability.

Conclusion: This valid and reliable questionnaire can be used by researchers and nutrition professionals as an assessment tool for existing food waste education programs or in the development of new programs and policies. To further improve internal consistency, more items should be added to each component identified in FA.

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