Contribution of Sugar to Children’s Calories Intake: Implications for the Dietary Guidelines for Americans
Francis Tayie, PhD, MS, MPhil, ftayie@semo.edu, Southeast Missouri State University; Diana Omayo, MS, Southeast Missouri State University; Amy Moore, PhD, RDN, LDN, Southeast Missouri State University; Surakshya Guragain, MS, Southeast Missouri State University; Prasanthi Badri, MS, Southeast Missouri State University

Background: Excessive consumption of sugar associates with metabolic abnormalities and adverse health outcomes. The Dietary Guidelines for Americans 2020-2025 recommends those 2 years and older consume less than 10% of their calories from added sugar. Sugar is widely available and attractive to children, however the contributions of sugar to carbohydrate and calories intakes in children has been sparsely researched.

Objectives: To determine total sugar intake and its contributions to total carbohydrate and calories intakes among children aged between 2 years and 9 years in the United States of America.

Study Design, Setting, Participants: The demographics and dietary data from 3,048 children aged between 2 years and 9 years in the United States PrePandemic National Health and Nutrition Examination Surveys 2017-2020 were analyzed for this study.

Measurable Outcome/Analysis: Ratios of total sugar to total carbohydrate intake, total calories from sugar to total calories intake, and relationships with demographic variables were determined using descriptive and inferential statistics.

Results: Boys’ total sugar intake 109.0 g (95% CI, 104.2-113.7 g) was higher than girls’ intake 98.4 g (95% CI, 95.2-101.6 g), p<0.001. About half of the children’s carbohydrate intake was sugar, mean: 47.0% (95% CI, 45.8-50.4%). Of the mean calories intake of 1,563.2 kcal (95% CI, 1,257.8-1,894.1 kcal), sugar contributed 368.0 kcal (95% CI, 313.6-431.5 kcal). Overall, total sugar contributed 24.97% (95% CI, 24.17-26.11%) of children’s total calories intake. Children’s total sugar intake and calories from total sugar did not differ by income, or race.

Conclusion: Sugar makes up half of children’s total carbohydrate intake and contributes 25% of their caloric intake. The high sugar intake by children could engender obesity, glycemic control, metabolic and cardiovascular abnormalities later in life.

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Dietetic Students’ Attitudes Toward Aging and Readiness to Work in Interprofessional Teams to Manage Our Aging Population
Megan Alexis Reed, Department of Health and Exercise Science, Rowan-Virtua School of Nursing and Health Professions, Rowan University; Leslie Canales Franco, Department of Health and Exercise Science, Rowan-Virtua School of Nursing and Health Professions, Rowan University; Michael Milovich, Jr., PhD, MBA, Roher College of Business, Rowan University; Meagan Vermeulen, MD, FAAFP, Rowan-Virtua School of Osteopathic Medicine, Rowan University; Dara Lyn LoBuono, PhD, RDN, lobuono@rowan.edu, Department of Health and Exercise Science, Rowan-Virtua School of Nursing and Health Professions, Rowan University

Background: Attitudes from healthcare workers toward older adults and working collaboratively in healthcare teams can affect the quality-of-care older adults receive. Understanding dietetics attitudes toward working with older adults in interprofessional teams are needed.

Objective: This project aimed to describe dietetic students’ viewpoint toward the aging population and to work within interprofessional teams.

Study Design, Setting, Participants: Ten students from the Department of Health and Exercise Science were asked to participate in a survey consisting of closed and open-ended questions.

Measurable Outcome/Analysis: The Student Perceptions of Interprofessional Clinical Education-Revised (SPICE-R) 10-item survey assessed student readiness to work with other healthcare professions in differing fields. The Geriatrics Attitude Scale (GAS) assessed the students’ attitudes toward older adults. The GAS is a 14-item scale that includes positive, negative, and neutral statements. Students were asked about their prior experience working with older adults, their desire to work with older adults, and five adjectives they would use to describe older adults. Three researchers coded adjectives as negative, positive, or neutral. Descriptive statistics are reported as mean and standard deviation or frequencies.

Results: The average age of the students was 23.6 ±2.9 years. Seven students were seniors, and eight identified as female. The SPICE-R resulted in a sum score of 42.2±4.0 ranging from 36-50, with a maximum possible score of 50 (most positive). The mean GAS sum scores were 53.1±4.75, ranging from 46-61, with a maximum possible score of 70 (most positive). Most students (n=6) reported that they have had a lot of experience working with older adults. Four students said they were interested in working with older adults. Thirteen of the adjectives provided by students had a neutral connotation, 26 had a positive, and 3 had a negative.

Conclusion: Overall the dietetic students had a positive attitude towards aging and working as part of an interprofessional team. However more research is needed from a larger sample of students.

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Eating Behaviors Changed by Life Events Among Older Adults: A Thematic Analysis
Sayaka Nagao-Sato, MS, RDN, g2170508@edu.cc.ocha.ac.jp, Graduate School of Humanities and Sciences, Ochanomizu University, JSPS Research Fellow; Yu Kawasaki, PhD, RDN, Institute for SDGs Promotion, Organization for Social Implementation of Sustainability, Ochanomizu University; Ri Akamatsu, DPH, RDN, Faculty of Core Research, Ochanomizu University; Nanami Taniuchi, BA, RDN, Graduate School of Humanities and Sciences, Ochanomizu University

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