Background: Healthy aging is due to older adults’ eating behavior affected by their life events throughout their life course; however, relationships between eating behaviors (EBs) and life events (LEs) are not well known.

Objective: This qualitative study reported EBs affected by LEs among community-dwelling older adults.

Study Design, Settings, Participants: We conducted individual semi-structured interviews in three suburban areas of Tokyo, Japan in 2022. Using convenience sampling, 27 older adults (mean age 77±4.8 years old, male 48%) participated in the interviews.

Measurable Outcome/Analysis: The interview started by asking EBs on the previous day, then the interviewer picked routine EBs and asked participants to recall when and why the EBs had been implemented. Using thematic analysis, 122 EBs were coded and categorized into 7 EB categories, and 112 LEs were coded and categorized into 7 LE categories. Each LE code was linked to the EB codes, and 87 EB codes linked to 112 LE codes remained.

Results: The identified 7 LE categories included: 1) “education-related events” (5 LE codes), 2) “occupation-related events” (25 LE codes), 3) “household size-related events” (28 LE codes), 4) “health-related events” (38 LE codes), 5) “leisure-related events” (8 LE codes), 6) “accommodation-related events” (1 LE code), and 7) “the coronavirus-19 pandemic-related events” (7 LE codes).

The three main LE categories (“occupation-related events”, “household size-related events”, and “health-related events”) occupied 81% of all LE codes. These three main LE categories shared 5 EB categories linked: “food choice”, “meal schedule”, “cooking frequency”, “improving cooking process”, and “eating situation”. In addition to the shared 5 EB categories, “occupation-related events” and “household size-related events” were linked to the “meal preparation” EB category, and “health-related events” were linked to the “shopping” EB category.

Conclusion: LEs related to occupation, household size, and health led to diverse changes in EBs including meal schedule, food choice, meal preparation, cooking, and eating situation. LEs leading healthy eating behaviors should be further investigated.

Funding: Ochanomizu University

Eating Beliefs, Perceived Stress, and Added Sugar Intake in Young Adult Cancer Survivors: A Mediation Analysis

Acadia Buro, PhD, CPH, academia.buro@moffitt.org, Moffitt Cancer Center; Marilyn Stem, PhD, University of South Florida; Tiffany Carson, MPH, PhD, Moffitt Cancer Center

Background: Young adult cancer survivors have poor adherence to dietary guidelines and an increased risk of obesity-related chronic diseases such as diabetes. High levels of psychosocial stress may impact their ability to make healthy eating choices.

Objective: This study explored whether there are mediated effects of perceived stress in the association between eating beliefs and added sugar intake in a sample of young adult cancer survivors.

Study Design, Settings, Participants: This cross-sectional study examined self-administered REDCap® survey data from 225 Adolescent & Young Adult Program (AYA) cancer survivors aged 18-39 years.

Measurable Outcome/Analysis: Participants completed a survey including the Perceived Stress Scale 10, Eating Beliefs Questionnaire, National Health and Nutrition Examination Survey Dietary Screener Questionnaire, and general demographic and diagnosis-related questions.

A mediation analysis was conducted using a single mediator model (X: eating beliefs, M: perceived stress, Y: added sugar intake). The Sobel test was used to determine significance of the mediation effect.

Results: The mediation model demonstrated significant direct effects of eating beliefs on perceived stress ($\beta=0.120$, p<0.001), perceived stress on added sugar intake ($\beta=0.245$, p=0.01), and eating beliefs on added sugar intake ($\beta=0.790$, p=0.032). The indirect effect of eating beliefs on added sugar intake via perceived stress was significant ($\beta=0.0294$, p=0.02).

Conclusion: The association between eating beliefs and added sugar intake in young adult cancer survivors was partially mediated by perceived stress, suggesting that dietary interventions for this population may include a stress reduction component.

Funding: Moffitt Cancer Center AYA Program

Effects of Economic Situation and Lifestyle Behavior on Japanese Undergraduates’ Healthy Diets by Nutritional Knowledge Level

Etsuko Kibayashi, MS, RD, k22019@sonoda-u.ac.jp, Department of Food and Nutrition, Sonoda Women’s University; Makiko Nakada, PhD, RN, Department of Food Science and Nutrition, University of Hyogo

Background: Few young Japanese adults regularly eat a well-balanced diet consisting of cereals (staple), proteins (main dish), and vegetables (side); this problem is coupled with poor breakfast and vegetable intake.

Objective: To comprehensively identify the effects of economic situation and current eating and lifestyle behaviors on the healthy diets of young adults with different nutritional knowledge levels.

Study Design, Setting, Participants: The subjects were 151 males completing a 2022 self-administered questionnaire (84.7% response rate) as a cross-sectional study of engineering students at a public university in Hyogo Prefecture.

Measurable Outcome/Analysis: A healthy diet was defined as having a well-balanced meal at least twice daily, eating breakfast regularly, and eating five or more vegetable dishes daily. A hypothetical model was developed by using factors potentially associated with habitually eating a healthy diet, including economic situation (financial well-being) and current eating and lifestyle behaviors as limiting factors (bedtime, eating-out, home-cooked-meal replacement, meal within 2 h before bed, late-night snacking). Assuming that the two levels of nutritional knowledge (Cronbach’s $\alpha$, 0.931) (high-score group $\geq$ median $>$ median $>$

Continued on page S51