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

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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, Setting, 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.

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

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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 α, 0.931) (high-score group ≥ median >
Evaluation of a Student-Led Food Pantry's Impact on Food Security Among International College Students

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Objective: To determine the efficacy of the Bobcat Bounty (BCB) food pantry to address food security among international college students.

Use of Theory or Research: BCB provides free groceries, recipes, and information about campus and community resources. Following a socio-ecological design, a team of students completed weekly reflections and discussions to identify strengths, weaknesses, opportunities, and threats to food security and the current BCB operations.

Target Audience: BCB shoppers identifying as international students, approximately one-third of BCB participants.

Program Description: BCB is a student-led food pantry supporting students and staff at Texas State University (TXST). This program was launched in 2018 by the Food Security Learning Community within the Nutrition and Foods Program. To describe the needs experienced by international college students, BCB recruited current international students accessing BCB to participate in a series of virtual focus groups.

Evaluation Methods: Zoom focus groups were designed to collect information about BCB services. Trained moderators led three focus groups using a semi-structured guide. Focus groups were recorded and transcribed. Analysis included peer debriefing and coding, with a two-coder structure. The initial theme structure included content and construct themes of social ecology and food security.

Results: Eighteen international graduate students (22-32 years old) participated in focus groups. Preliminary findings suggest a strong reliance on BCB services, including weekly grocery-style pantries, recipes, distribution of cooking utensils, and information about campus services. Findings highlighted opportunities to integrate BCB with University student services to further address campus food security. Additionally, participants discussed many barriers to campus food security, including access to culturally appropriate foods, and identified an advocacy opportunity for BCB to facilitate communication with university administration.

Conclusion: BCB is an essential resource and is protective against food insecurity on the university campus. Next steps will include identifying ways to increase access to culturally appropriate foods and creating forums to discuss food security issues among international students at TXST.

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Facilitators and Barriers to Caregivers Working Together to Promote Healthy Eating Habits in Preschoolers

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Background: Communication between early care and education (ECE) providers and parents is important for children’s healthy development. Core benchmarks for nutrition in childcare include that ECE providers and parents communicate or engage with one another to promote positive healthy eating (HE) behaviors in young children. This study sought to identify facilitators and barriers to family childcare home (FCCH) providers and parents working together to promote HE habits in preschool-aged children.

Study Design, Settings, Participants: This qualitative, exploratory study implemented the nominal group technique (NGT) method to solicit and rank facilitators and barriers to FCCH providers and parents working together to promote HE habits in preschool-aged children. From June-October 2018 two groups were conducted with parents (n=8) and FCCH providers (n=17), respectively. All participants were Spanish-speaking Latinas.

Measurable Outcome/Analysis: Participants were asked to generate responses for facilitators and barriers to caregivers working together to promote HE habits in preschool-aged children. Facilitators (36)/ barriers (14) were scored and ranked from most useful to most challenging. Staff trained in qualitative methods coded responses. A content analysis approach was implemented to organize coded responses into six major categories.

Results: For parents, the most useful facilitators were to plan children’s meals together and work with FCCH pro-