low-score group) had the same factor structure, we performed a simultaneous multi-population analysis. **Results:** Simultaneous multi-population analysis by nutritional knowledge level showed acceptable goodness of fit (GFI = 0.963, AGFI = 0.913, CFI = 0.998, RMSEA = 0.008, AIC = 66.153). A healthy diet had a significant negative path from bedtime in both nutritional knowledge groups (high-score group: standardized estimate = −0.46, P = 0.014; low-score group: = −0.39, P = 0.012), as well as a significant positive path from economic situation (0.45, P = 0.015) and a significant negative path from home-cooked-meal replacement frequency (−0.38, P = 0.029) in the high-score group. **Conclusion:** Healthy diets in male university students may be limited by late bedtime. In those with high levels of nutritional knowledge these healthy diets may also be positively affected by financial well-being and limited by using home-cooked-meal replacements. **Funding:** None

### Evaluation of a Student-Led Food Pantry’s Impact on Food Security Among International College Students

Kamar Shaabneh, BS, Texas State University; Jaymee Gonzales, BS, Texas State University; Ronesia Williams, BS, RDN, Texas State University; Cassandra M. Johnson, PhD, MSPH, Texas State University; J. Lauren Butler, PhD, RDN, Texas State University; Lesli Biediger-Friedman, PhD, MPH, RD, LB47@txstate.edu, Texas State University

**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 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 (TSU). 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 TSU.

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

Noereem Mena, LD, RDN, PhD, noereem.mena@unh.edu, University of New Hampshire, University of Rhode Island; Kim M. Gans, PhD, LDN, MPH, University of Connecticut, Brown School of Public Health; Patricia Markham Risica, DPH, Brown School of Public Health; Ingrid Lofgren, PhD, MPH, RD, University of Rhode Island; Kathleen Gorman, PhD, University of Rhode Island; Alison Tovar, PhD, MPH, University of Rhode Island, Brown School of Public Health

**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 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-

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providers to create opportunities for healthy eating at home. For FCCH providers, most useful facilitators were communication with parents about what foods children consumed at home and support for parents to make changes and build trust. The most challenging barriers for parents were their work schedule and hurried routines. For FCCH providers most challenging children’s home environment factors (eg, food served, parenting practices), limited parental knowledge of healthy eating for young children, and lack of parental support.

Conclusion: To promote consistency across different environments where children are cared for, future interventions may consider ways to build trust and transfer knowledge, and target caregivers’ behavioral capability and self-efficacy to provide preschoolers with opportunities for HE. Caregiver specific barriers exist and warrant consideration in future intervention efforts.

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Food and Physical Activity Workplace Environments of Emerging Adults: Disparities in the Presence of Barriers and Supports

Marlena Jacobsen, MPH, CHES, jaco2988@umn.edu, University of Minnesota; Nicole Larson, PhD, MPH, RDN, University of Minnesota; Marla Eisenberg, DSc, MPH, University of Minnesota; Dianne Neumark-Sztainer, PhD, MPH, University of Minnesota

Background: Research suggests that workplace food availability, access to exercise facilities, and social norms are important influences on health behavior. However, few studies have focused on the workplace environments of emerging adults and addressed equity in supports for health.

Objective: Examine the prevalence of workplace barriers and supports for healthy eating and physical activity among emerging adults.

Study Design, Setting, Participants: Population-based study (Eating and Activity over Time: EAT 2010-2018) of young people who were recruited from 20 schools in Minneapolis-St. Paul, Minnesota in 2009-2010 and completed follow-up in 2017-2018. Follow-up data were available for 1065 participants (57% women, mean age=22.3 years) who reported having paid employment for at least 10 hours per week in a location other than their own home.

Measurable Outcome/Analysis: Workplace barriers and supports were self-reported as part of the follow-up survey. Participants also reported characteristics at baseline (eg, ethnicity/race) and follow-up surveys (eg, employment status, educational attainment). The analysis used chi-square tests to examine differences in workplace environments across reported characteristics and incorporated response weights to account for attrition.

Results: Nearly half of emerging adult participants reported that it was not easy to buy healthy food at or around their workplace and 64% indicated that coworkers frequently bring high-calorie foods to share. Although 69% of participants indicated it is easy to be physically active at or around their workplace, only 19% of participants had access to low-cost exercise facilities. Only about half of participants indicated their coworkers care about eating healthy food. Disparities in the prevalence of

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