Badolato (continued)

tive marker of overall DQ and self-reported DQ measures have limitations. Since FV consumption, an important component of overall DQ, may be objectively measured via skin carotenoid status (SCS), measuring SCS may provide insight into overall DQ, thus improving DQ assessments and dietary interventions.

**Objective:** The objective of this study was to determine whether SCS may be useful for providing insight into overall DQ in adolescents.

**Study Design, Settings, Participants:** This cross-sectional study was conducted in the spring and fall 2021 semesters at four high schools in Florida. Participants (n=310) completed a demographic questionnaire and the Short Healthy Eating Index food frequency questionnaire. Their SCS was measured via resonance Raman spectroscopy (Veggie Meter®, Longevity, Inc) by scanning the index finger and recording the average of three scans.

**Measurable Outcome/Analysis:** Pearson’s R correlations were used to examine the relationship between individual food group consumption and SCS in efforts to determine the relationship between overall DQ and SCS. Frequencies were used to report demographics.

**Results:** Most adolescents were White (181, 58.4%), female (162, 52.3%), and 15 years old (80, 25.8%). SCS positively correlated with self-reported whole fruit (R=0.132, P=0.020), fruit juice (R=0.118, P=0.039), green vegetable (R=0.127, P=0.026), legume (R=0.133, P=0.019), and seafood (R=0.134, P=0.018) consumption. SCS negatively correlated with self-reported added sugar (R=-0.113, P=0.001) and saturated fat (R=-0.113, P=0.046) consumption.

**Conclusion:** Since many adolescents do not adhere to nutrition recommendations within the DGA, and given the subjectivity of self-reported DQ assessments, SCS may be useful for providing insight into overall DQ.

**Funding:** Walmart Foundation

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**Test-Retest Reliability of the MIND Diet Screener in Oldest-Old Adults**

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**Background:** Dietary screeners offer quick yet valid indicators of adherence to healthful dietary patterns. The MIND (Mediterranean-DASH diet Intervention for Neurodegenerative Delay) diet screener assesses a dietary pattern associated with cognitive health and has been validated in older adults. However, its test-retest reliability in oldest-old adults at high risk of dementia and possible compromised recall requires investigation.

**Objective:** This study aimed to determine the test-retest reliability of telephone administration of the MIND diet screener in oldest-old (≥ 85 years) adults.

**Study Design, Settings, Participants:** Adults aged 85-105 were recruited in Florida through word of mouth, flyers, and social media posts. Participants completed the MIND diet screener by telephone interview at two timepoints, about 1-2 weeks apart. The 15-item MIND diet screener scores intake of green leafy vegetables, other vegetables, berries, nuts, olive oil, butter/cream, cheese, whole grains, fish (not fried), beans, chicken (not fried), red meat and products, fast food, pastries and sweets, and wine; total scores range from a theoretical 0 to 15.

**Measurable Outcome/Analysis:** Correlation of the MIND diet screener scores at two separate time points was determined. An acceptable test–retest reliability was set at r ≥ 0.7.

**Results:** Participants (n = 31; 90 ± 4 years) completed the study. The MIND diet screener required approximately

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