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

Social Network Influence on Infant Feeding Decisions Among Latinx Women

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Background: Infant nutrition can contribute to lifelong physical and mental health. Current feeding interventions focus on the mother’s decision-making and neglect to explore the impact of the people around her. Little is known about how social networks influence feeding decisions.

Objective: To describe how social networks influence infant feeding decisions and practices for Latinx women in the United States.

Study Design, Settings, Participants: The study used convergent mixed methods with egocentric network mapping (N=30) and in-depth (n=15) with Latina mothers feeding 6-24 month-old children. Mean maternal age was 31.2 years and mean infant age was 12.4 months. Six mothers were born in the U.S., and 24 were immigrants. All the mothers initiated breastfeeding, and mean age for complementary food introduction was 5.7 months.

Measurable Outcome/Analysis: The qualitative analysis used a five-step reflexive thematic analysis process: familiarizing myself with the data; generating initial codes; generating initial themes; developing and reviewing themes, and refining, defining, and naming themes. The quantitative analysis used descriptive statistics, bivariate analysis, and linear regression to look at alter behavior and its association with breastfeeding duration. Finally, qualitative and quantitative findings were integrated.

Results: Thematic analysis generated three themes: the people I talk to; cultural influence goes both ways, and You just know. The average network size was 4.5 alters (range 0-21), and average density was 0.6. The participants who were immigrants had smaller networks (mean difference 5.75, 95% CI 2.31-9.19, p=0.002) and were more likely to rely on practices from their country of origin. Maternal intuition was an important piece of infant feeding decisions and there was not an association between the alter behavior and breastfeeding duration (parameter estimate =0.25, p=0.32).

Conclusion: Participants described social influences on their infant feeding decisions at several different levels. Alter behavior appeared to have less of an influence compared to other studies.

Funding: University of Maryland

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

Continued on page S58
Trends in Obesity Prevalence Among Korean Adolescents and Analysis of Factors Related to Obesity

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Background: South Korea has undergone rapid economic growth and social environmental changes, which have affected the health behavior and posture of adolescents.

Objective: This study was to examine trends in obesity prevalence among Korean adolescents, identify factors related to obesity, and investigate changes in these factors over time.

Study Design, Settings, Participants: To investigate trends in obesity prevalence among Korean adolescents, we used raw data from the 2nd (2006), 7th (2011), 11th (2016), and 17th (2021) Korea Youth Risk Behavior Survey. The analysis included a total of 255,200 participants. In addition, we analyzed raw data from the 2nd (2006) and 17th (2021) surveys to investigate factors related to obesity and changes in these factors over time. The analyzed factors included demographic factors (5), dietary behavior factors (5), physical activity factors (4), mental health factors (2), and alcohol and smoking.

Measurable Outcome/Analysis: All data were analyzed using IBM SPSS 27.0, and cross-tabulation and multiple logistic regression analysis were performed.

Results: The prevalence of obesity among Korean adolescents has dramatically increased from 5.8% in 2006, to 5.6% in 2011, 9.1% in 2016, and 13.4% in 2021. Factors related to adolescent obesity were analyzed and the following were found to be associated with high obesity rates both in 2006 and 2021: low academic performance, low parental education, low fruit intake frequency, low fast food consumption frequency, prolonged sitting time, and high perceived stress levels. Factors that were not associated with obesity in 2006 but were in 2021 included low economic status, living with a single parent, high frequency of carbonated beverage consumption, low frequency of muscle-strengthening exercise, and alcohol consumption.

Conclusion: The prevalence of obesity among Korean adolescents continues to increase, and it was found that some factors related to obesity remain consistent over time, while others change with societal and environmental changes. Therefore, continuous research is needed to understand the changes in factors that contribute to obesity in order to prevent and manage adolescent obesity.

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SNEB Nutrition Educator Competencies: Nutrition Education Program Design Implementation and Evaluation

“Autism Eats:” Preliminary Analyses of a Nutrition Education Intervention for Toddlers With Autism Spectrum Disorder

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Background: Children with autism spectrum disorder (ASD) experience up to 5 times more feeding problems, including problematic mealtime behaviors and food selectivity (ie, a narrow variety of foods), compared to their neurotypical peers, which may increase the risk for developing poor eating behaviors. A pilot randomized controlled trial (RCT) is being conducted to determine whether a nutrition education intervention for toddlers with ASD is efficacious to improve mealtime and eating behaviors compared to the enhanced usual care (EUC) group.

Objective: To preliminarily evaluate outcomes of an ongoing nutrition education intervention, Autism Eats, for children with ASD under 36 months.

Study Design, Setting, Participants: Preliminary baseline and post-intervention data from an ongoing RCT were analyzed. A diverse sample of children with ASD (mean age of 29 months; 29% Hispanic/Latino; 29% non-Hispanic White; 29% Black; 79% male) and parent dyads were enrolled through the Part C Early Intervention Services. Autism Eats (n=6) or EUC (n=8) program was implemented over 10-weeks. Twenty-eight participants (14 child-parent dyads) completed the pre/post-intervention assessments.

Measurable Outcome/Analysis: Children’s dietary intake data were collected through 3-day food records completed by parents and entered into the ASA24 dietary assessment tool. The Brief Autism Mealtime Behavior

Continued on page S59