8-10 minutes to complete. Participants scored 7.7 ± 1.9 and 7.7 ± 1.8 at the first and second visits, respectively, with a test-retest reliability coefficient of 0.85; for participants over 90 years of age (n = 12), r = 0.84. Due to impaired hearing, some participants required a family member or friend as a proxy to relay the questions.

**Conclusion:** Telephone administration of the MIND diet screener was feasible and demonstrated acceptable test-retest reliability in a sample of oldest-old adults. Future research to determine the test-retest reliability using face-to-face and self-administration may be warranted.

**Funding:** University of Florida

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**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.

**Funding:** None

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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 (i.e., 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 on-going 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
Inventory (BAMBI) was used to assess children’s mealtime behaviors (Food-Variety; Food-Refusal; Features-of-Autism subscales). The intervention effects on daily food variety, fruit and vegetable intake, and mealtime behaviors were analyzed with non-parametric Wald-test with a significance level of 0.1 for this preliminary analysis with a small sample size.

**Results:** Total Pre/Post BAMBI score (27.8/25.7 vs. 28.4/28.1; p=0.01) and Food-Refusal (14.5/10.3 vs. 12.6/12.5; p=0.069) and Features-of-Autism (12.2/10.2 vs. 9.8/11/4; p=0.07) sub-scores were significantly improved in Autism Eats vs. EUC group, respectively. Even though other outcomes do not show any statistical significance, positive trends in daily food variety and vegetable intake were observed only in Autism Eats group.

**Conclusion:** Significant improvement in mealtime behaviors among children in the Autism Eats intervention is promising. Full data will be included in the final data analysis.

**Funding:** NIH

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**A University-Low-Income-Housing Partnership to Support Food Security, Healthy Shopping, Eating and Health Among Seniors**

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**Background:** Low-income seniors were especially vulnerable to negative impacts resulting from pandemic social distancing when meals, often the only opportunity for daily socialization, were discontinued. We implemented and evaluated an innovative, pandemic-responsive nutrition education program, Enhanced-10 Tips for Adults (e-TTA), an 8-week direct education intervention, in partnership with university health sciences students in Maine.

**Objective:** The project aimed to: 1) deliver e-TTA to residents of low-income senior housing; 2) assess implementation of the intervention; 3) measure effectiveness of e-TTA on meal planning knowledge, attitudes, beliefs and skills (KABS), food security, diet, physical activity, socialization, health, and depression; and 4) disseminate findings to stakeholders.

**Study Design, Settings, and Participants:** We recruited 68 individuals ages 60+ and administered surveys and ASA-24 dietary recalls pre- and post-intervention.

**Measurable Outcomes/Analysis:** KABS related to meal planning, food purchasing, and physical activity; diet, food security, and physical activity; and socialization and reduced loneliness and depression.

**Results:** Preliminary results indicate increased perception of importance of healthy meals (94.5 post vs. 87.1% pre); increase in frequency of meals made from scratch with whole, raw foods (70.9% post vs. 57.1% pre); increased attempts to make healthier changes in meals (92.7% post vs. 75.1% pre); increased confidence in ability to choose healthy foods to buy at the grocery store (98.2% post vs. 90.0% pre); increased confidence in ability to purchase healthy foods on a budget at the grocery store (96.4% post vs. 81.4% pre); and increased confidence in ability to cook healthy meals (94.6% post vs. 91.4% pre. Our preliminary analysis indicates no significant changes in food security, loneliness, socialization (flourishing scale), or depression over the approximately 8-week duration of the program, although further analysis is required.

**Conclusion:** An evidence-based nutrition education series can be implemented in partnership with a health science university in a COVID-responsive way, to improve nutrition and other important outcomes for low-income seniors.

**Funding:** HHS ACL

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**A World of Difference: Effects of a World Foods College Course on Diet Quality**

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**Background:** College is a time of changing food patterns, and these changes often establish lifelong patterns associated with chronic diseases; thus, there is an ongoing need to identify intervention strategies to improve college students’ dietary quality.

**Objective:** To evaluate changes in students’ diet quality after taking online asynchronous undergraduate nutrition courses.

**Study Design, Settings, and Participants:** Undergraduate students in a World Foods nutrition course about foods from around the world (NUTR 216, n=410), in an introductory nutrition course (NUTR 100, n=171), and an introduction to public health course (PUBH 201, n=166) at a Land Grant University in the Southeast United States completed online surveys at the beginning and end of the Spring 2022 semester.

**Measurable Outcome/Analysis:** The online survey assessed diet quality using the short Healthy Eating Index (sHEI). An ANOVA was conducted to determine differences in diet quality scores between and within the three groups.

**Results:** Across all classes, there were increases in diet quality scores from a pre-test mean of 48.5±9.8 to a post-test mean of 49.6±9.4 (p=0.002); however, only NUTR 100 (p=0.002) and NUTR 216 (p=0.002) had significant increases in diet quality from pre to post-test. A pairwise comparison of each class revealed a significant difference in NUTR 100 (p=0.043) and NUTR 216 (p=0.006) from pre to post. PUBH 201 showed no significant change from pre to post scores in diet quality.

**Conclusion:** Results indicate that nutrition education courses can positively impact undergraduate students’ diet quality. However, students who selected the nutrition-related courses may have been more likely to have improved dietary quality than those who selected non-nutrition-related courses, independent of the impact of the course itself. Future research is needed to elucidate the

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