

likelihood of eating breakfast. Technology use at bedtime decreases quantity and quality of sleep in children and adolescents. Those who used one form of technology at bedtime were more likely to use another form of technology, often in the middle of the night. Clinicians should discuss the impact of technology at bedtime to prevent harmful overexposure.

**Sources of Support:** None.

246.

**BMI, PERCEIVED WEIGHT STATUS, AND WEIGHT CHANGE ATTEMPTS IN RELATIONSHIP TO EATING BEHAVIOR, PHYSICAL ACTIVITY, AND LEISURE TIME PURSUITS IN OKLAHOMA ADOLESCENTS**

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**Purpose:** This study was designed to provide information about the relationship between Oklahoma adolescents reported BMI, perceived weight status, intentions regarding weight loss, eating behavior, physical activity, and leisure activity choices. This data set is a preliminary analysis using Oklahoma outcomes from the 2015 Youth Risk Behavior Survey. Analysis of the current data may provide improved understanding of adolescents weight related ideas and behaviors leading to increased efficacy of empirically supported interventions designed to combat obesity with application not only in Oklahoma but also across the United States.

**Methods:** This is a secondary data analysis using the Youth Risk Behavior Survey outcomes. Rao Scott Chi Square was utilized as a method of determining the significance of results.

**Results:** 1611 students participated in the study. Per BMI determined from self-reported height and weight, 63.7% were normal weight, 20.4% obese, 17.7% overweight, 4.6% underweight. 70% of adolescents with normal BMI reported being “about right,” while only 24.7% of those with obesity reported being overweight; approximately 90% of students who self-identified as slightly or very overweight indicated a desire to lose weight. However, there were no significant associations between intention to lose or gain weight and the consumption of fruit servings, fruit juice servings, salad servings, potato or carrot servings, other vegetable servings, soda servings, or milk servings per day. Notably, those trying to lose weight reported significantly fewer days of physical activity per week than those trying to gain weight (43.9% vs 73.3%; respectively reporting 5–7 days/week,  $p < .01$ ). Race/ethnicity was associated with difference in self-reported BMI (whites have a lower rate of obesity,  $p < .01$ ), self-described weight status (blacks report lowest rate of obesity/very overweight,  $p < .01$ ), and intention to lose weight (blacks have lowest intention to lose weight,  $p < .01$ ).

**Conclusions:** The rise of obesity among Oklahoma’s youth is similar to the national average for those age 12–19 years. While the majority of youth identify as overweight intend to lose weight, reported eating and exercise behaviors do not differ from those without weight loss intention. More targeted education resulting in healthy weight goals and weight loss strategies is needed among Oklahoma’s youth.

**Sources of Support:** There were no monetary support sources for this study.

**RESEARCH POSTER SESSION II: PREVENTION**

247.

**GAMBLING OR NOT GAMBLING: WHAT MAKES THE DIFFERENCE?**

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**Purpose:** To assess the context and characteristics of youths who start gambling.

**Methods:** A sample of 1606 youths (mean age 16.2 at baseline [range: 15–24], 45.8% females) from eleven post-mandatory schools in the Canton of Fribourg in Switzerland participated in the first two waves (winter 2016 (T0) and winter 2017 (T1)) of the GenerationFree survey, a Swiss longitudinal study on gambling and lifestyle. Using the South Oaks Gambling Screen (SOGS) scale adapted for adolescents, 1399 participants who were not gamblers at T0 were divided into three groups according to their status at T1: (1) non-gamblers ( $n = 1143$ ) (2) non-problematic gamblers ( $n = 218$ ) and (3) problematic gamblers ( $n = 38$ ). Groups were compared on socio-demographic and academic data, and family or friends gambling measured at T0. All significant ( $p < .05$ ) variables at the bivariate level were included in a multinomial regression analysis to assess the variables associated with the beginning of gambling using non-gamblers as the reference category. Data are presented as relative risks ratios (RRR).

**Results:** At the bivariate level, compared to non-gamblers, non-problematic and problematic gamblers were significantly more likely to be males, older, apprentices (vs. students) and non-Swiss born, to report better emotional well-being and less stress, to be more indebted and to perceive themselves as below average students. Problematic gamblers were more likely to have foreign-born parents and to assess their family socioeconomic status as below average. No significant difference was found in terms of urban/rural residence, living in a non-intact family, having a good vision of one’s future, having family members or friends who gamble and considering their finances as insufficient. In the multivariate analysis, compared to non-gamblers, non-problematic gamblers were more likely to be males (RRR: 2.29), older (RRR: 1.14), below average students (RRR: 3.65) and less stressed (RRR: .87). Problematic gamblers were more likely to be males (RRR: 6.22) and average students (RRR: 4.27) and have foreign-born parents (RRR: 3.15).

**Conclusions:** A significant number of young people decide to initiate a gambling activity and some of them are become problematic gamblers right away. Males and those who perceive their school performance as poor seem to be particularly at-risk. The fact that problematic gambling initiation is associated with migrant status (having foreign-born parents at the multivariate level and being non-Swiss born at the bivariate level) could probably be explained by the theoretically easy and fast way to acquire money that gambling offers for this population who could have financial difficulties. As gambling could contribute to addiction, social costs and debts, health professionals should not forget to screen this behavior, especially among boys with poor school performances and a migrant status. Whether this behaviour is exploratory or not remains to be determined in future waves of the study.

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