O16 (continued)

groups using pre-tested questionnaires. The intervention comprised of ten 45-minute weekly interactive nutrition-related education sessions which were implemented for 3 month period.

Outcome Measures and Analysis: The mean scores on knowledge, attitude and behaviour (KAB) at baseline and endline were the outcome measures of the study. Independent sample t-test and paired sample t-test were performed to determine the differences in the mean scores between and across study groups, respectively.

Results: Baseline knowledge, attitude and behaviour mean scores of the schoolchildren in the intervention and non-intervention groups were similar ($p>0.05$). The endline knowledge, attitude and behaviour mean scores in the intervention group were significantly higher compared with the other group ($p<0.05$). However, minimal improvement was noted in the food intake based on the individual dietary diversity scores obtained among the schoolchildren.

Conclusions and Implications: The Healthy Kids Program is effective in improving the knowledge, attitude and self-reported behaviour of schoolchildren on health and nutrition. It showed strong potential for integration in the Philippine's Department of Education's intermediate school curriculum.

Funding: Nestle Philippines.

O17 A Review of Constructs and Methods Used to Assess Food Purchasing Practices Among Older Adults

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Objective: Understanding food purchasing practices (FPP) is critical to identifying strategies to improve dietary intake and quality. No consensus methods have been used to assess FPP in previous studies and few studies have been conducted with older adults who have distinct FPP. The purpose of this review was to identify the constructs and methods of assessing FPP among older adults.

Design, Setting and Participants: A systematic review of 26 research papers that assessed FPP of older adults published in the United States between 2003 and 2013.

Outcome Measures and Analysis: Distinct constructs of FPP and methods employed to assess them were identified and summarized.

Results: Six constructs of FPP were assessed, which included "where food is purchased," "when and how often food is purchased," "types of food purchased," "financial resources used," "amount spent," and "strategies for maximizing resources." Both quantitative and qualitative methods were employed, and focus group interviews and interviewer-administered surveys were used most often in a cross-sectional design. These methods collected mostly self-reported FPP, and only two studies used objective data collection methods including store

receipts and shopping trip observations. The most diverse use of methods was employed for determining the types of food purchased ranging from receipt collection to focus groups.

Conclusions and Implications: FPP in older adults have been assessed as complex concepts involving many purchasing decisions and requiring use of diverse methods. The findings of this review provide a basis to identify and design constructs and methods to validly and reliably assess the unique FPP of older adults.

Funding: None.

O18 Understanding how Food Insecure Households With Children Decide how to Get Enough Food

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Objective: To improve food security, households use 3 types of coping strategies- participating in governmental feeding and financial assistance programs; obtaining food from non-government providers; and using individually developed strategies. We sought to understand the decision-making processes people in very low food secure households use to select among strategies types to ensure food sufficiency.

Design, Setting and Participants: The two-phased, mixed-methods study used a socio-ecological theoretical framework. First, employing a cross sectional, observational design we administered in-person surveys to 320 adults in very low food secure households with children in 8 North Carolina counties with the highest food insecurity rates. Over 1 year later, we conducted in-depth interviews with a cohort ($n=28$) of participants. This session focuses on interview findings.

Outcome Measures and Analysis: We analyzed interviews using content analysis. We deductively coded interviews on the 3 categories of coping strategies (private, public, individual) and performed inductive thematic analysis of those codes.

Results: Childhood experiences with poverty ($n=12$), personal prioritization of expenses ($n=16$), information from social networks ($n=17$), and public health campaign ($n=3$) informed respondents' decision making on strategies to manage food shortages. Because many respondents were food insecure for an extended amount of time or episodically over the years; managing food insecurity had become taken-for-granted; thus, they struggled to articulate why they selected strategies.

Conclusions and Implications: By understanding factors that influence food insecure households' choice of coping strategies, we hope to provide policy makers and food providers with actionable items to minimize the use of risky behaviors, optimize food security and ultimately improve health outcomes.

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