P204 Chronic Disease Self Management Behaviors of South Asian Women in an Inner-City Minority Neighborhood

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Objective: To examine the contextual factors influencing the self-management behaviors of a group of Bangladeshi Muslim immigrant women faced with the diagnosis of one or more chronic diseases.

Design, Setting, and Participants: Data was collected using focus groups and a demographic questionnaire. A total of 44 women (aged 22–55 years, mean age 43 years) receiving supportive services from a local community health clinic were recruited to participate in the study. All the women had been diagnosed with one or more chronic diseases including diabetes, hypertension or heart disease.

Outcome Measures and Analysis: The focus group transcripts were analyzed using deductive content analysis procedures. A codebook was developed integrating themes emerging from the participants' own words and themes based on relevant literature. This process generated a parsimonious final set of four major themes that explained the dynamic and complex process of the participants' health-care behaviors as they were more grounded in their own experiences.

Results: Data analysis revealed that a repertoire of individual (knowledge, attitudes, and beliefs, locus of control, and self efficacy), interpersonal (social, cultural and religious norms, and social support), and environmental (access to programs in their neighborhood) factors might play a significant role in their ability to make healthy food choices, and seek adequate health care.

Conclusions and Implications: This study highlights the need for comprehensive policies and health promotion programs that not only include culturally sensitive nutrition education components, but also strengthen and facilitate a woman's existing personal, social, and environmental support networks. Findings from this preliminary research provide the foundation necessary to understand the health and nutritional needs of urban ethnic minority immigrants facing a diagnosis of one or more chronic conditions.

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P205 Measuring the Food Environment of the East Lubbock Community by Using Geographic Information System

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Objective: The East Lubbock is a low-income and ethnic minority community that might have a greater difficulty meeting dietary guidelines, setting the community at greater risk for health problems. The objective of the study was to investigate the East Lubbock community food envi-

ronment by examining accessibility and availability of food outlets.

Design, Setting, and Participants: Geographic Information System (GIS) was used to map all food outlets in the City of Lubbock and analyze spatial relationships of these locations in relation to neighborhood centroids. A list of all food outlets (n=1,524) provided by the City of Lubbock were classified into six categories including supermarket, grocery, convenience, specialty, full-service restaurants, and fast foods on the basis of North American Industry Classification System's definition. A series of maps were created using a GIS mapping system.

Outcome Measures and Analysis: Three population-weighted centroids were mapped in the East Lubbock from which accessibility and availability to food outlets were measured (i.e. by distance, driving time, walking time, and public transportation).

Results: Findings indicated that East Lubbock Community residents required traveling farther to access certain food outlets than did other Lubbock residents and lack of accessible public transportation contributed to fewer food locations within the same distance as for other Lubbock neighborhoods. Supermarkets were inaccessible to residents up to 0.5 miles, while fast food restaurants were accessible to about half of the population in this same distance. All residents were able to reach each of the six classified food outlets within 10 minutes driving time.

Conclusions and Implications: Outcomes will be utilized to improve public health policies in Lubbock city.

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P206 Teacher Perceptions of Multilevel Policies and the Influence on Nutrition Education in North Carolina Head Start Preschools

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Objective: The purpose of this study is to explore the effect of multilevel policies on nutrition education in North Carolina Head Start preschools.

Design, Setting, and Participants: Researchers conducted 32 semi-structured telephone interviews with North Carolina Head Start teachers.

Outcome Measures and Analysis: Interviews were transcribed and coded for emergent themes following a grounded theory approach.

Results: Interrelated themes were condensed into three broad categories, and a substantive-level model emerged to explain how policy-related factors (i.e. actual policies vs. policy perceptions) influenced nutrition education (e.g. frequency, strategies) and child-related outcomes (i.e. learning outcomes, exposure). Multilevel policies and teachers' perceptions of those policies directly and

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