P112 (continued)

Background (Background, Rationale, Prior Research, and/or Theory): Availability of healthier foods through full-service grocery stores contribute to dietary choice and risk of related chronic diseases. However, evidence is not strong that simply bringing new supermarkets to underserved neighborhoods improves food purchasing, consumption, and health outcomes of local consumers.

Objective: The purpose was to identify concerns facing existing grocery stores operating outside mainstream retail food locales in making food available to low-income households within a changing global food retail environment.

Study Design, Setting, Participants, Intervention: We conducted a qualitative study using research methods based on grounded theory at three research sites representing rural, village, and inner city communities in upstate New York. A naturalistic approach was used to understand the experience of running a grocery business from the perspective of grocers living and working in underserved locations. The social-ecological model framed the project. Three organizational models were examined: chain stores, franchises, and independently-owned operations. Fourteen retail owners and managers, with 28 of their customers, were recruited using purposive and theoretical sampling and then interviewed.

Outcome Measures and Analysis: The constant comparative method and periodic peer debriefings led to focusing on organizational structures and locations. Analysis included coding, diagramming and matrix construction.

Results: Grocers reported these concerns influencing ability to run their business: consumer demand, product management (access to wholesale distribution channels), employee and labor relations, local and global competition, access to capital, government relations at all levels. Meaningful differences were found between chain and non-chain stores in their ability to perform economic functions versus social functions important to underserved neighborhoods.

Conclusions and Implications: Two grocery store operator management typologies emerged, one more capable of meeting community economic needs, the other more attuned to social needs. These appear related to chain vs. non-chain store structure. By familiarizing themselves with what grocers need in order to stay in business, those advocating for retail food availability in underserved areas can better support existing stores.

Funding: USDA, NIH.

P113 Looking Through Asian Lenses: Perceptions Toward U.S. Food and the Food Environment

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Background (Background, Rationale, Prior Research, and/or Theory): Asian international students number about 449,714 in the U.S. Their poor eating habits and increased health risks have been described. However, their perceptions, how they navigate a new food environment, and how these are connected to their food consumption have not been explored.

Objective: To examine how Asian international students perceive U.S. food and the food environment.

Study Design, Setting, Participants, Intervention: A cross-sectional design using an online survey administered to East Asian international students ($n = 511$; female 67.1%; mean age 24.8 years;) at two public and two private universities in New York state.

Outcome Measures and Analysis: A 13-item perception questionnaire using a 5-point Likert scale and a food frequency questionnaire. Descriptive statistics were used to describe the perceptions toward U.S. food and the food environment. Multiple regression analysis was performed to analyze how perceptions were related to demographic factors and current food consumption. Content analysis with NVivo software was used to analyze the qualitative part of the survey.

Results: Students tended to agree that much food is being wasted, portions in restaurants and stores are large, and advertisements and marketing of fast food and processed food are ubiquitous. They disagreed that the price of food is cheap, and that meals in restaurants are well balanced. When they stayed longer in the U.S. ($B = .042$, $P = .05$) and became more acculturated ($B = .205$, $P = .000$), their perceptions toward the food environment became more positive regarding quality, variety, availability, safety, and price of food. When they had positive perceptions toward the food environment regarding these features of food, they increased their whole food consumption ($B = .197$; $P = .000$). Content analysis showed that students often mentioned that there were differences in food culture (29%) and U.S. food system factors (27.6%).

Conclusions and Implications: Nutrition education should involve helping students understand and successfully navigate the U.S. food environment so they can make healthier food choices while they stay here.

Funding: None.

P114 Perceptions of Childhood Obesity are Related to Food and Beverages Served in Head Start Programs: An Examination of Current Practices Across North Carolina

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Background (Background, Rationale, Prior Research, and/or Theory): More than 20% of preschool-aged children in the U.S. are classified as overweight or obese making it a critical time to focus on exposure to healthy foods/beverages. USDA's Child and Adult Care Food Program (CACFP) serves 3.3 million children attending child-care centers each day with the goal of improving the quality of meals provided. Research has shown nutritional recommendations are often not met among children attending CACFP-funded centers. Few studies have been conducted in Head Start (HS) settings, where children are at higher risk for overweight/obesity.

Objective: The purpose of this study was to examine perceptions of obesity prevalence within North Carolina (NC)-based HS programs and the relationship to current food/beverage practices.

Study Design, Setting, Participants, Intervention: HS-Health/Nutrition Coordinators (n = 24; 69% response rate), representing over 50 counties across NC, were recruited to participate in the study and complete a 71-item online survey. Authors analyzed survey questions addressing obesity perception, food/beverage practices, and barriers to promoting healthy eating.

Outcome Measures and Analysis: Analyses were conducted using basic descriptives, Spearman's Rho Correlations, and Kruskal-Wallis tests. Researchers created sub-category (i.e. general, meats/sweets, beverages) and total food/beverage practice scores for each program (1 = positive practice; 0 = negative practice).

Results: Participants' perceived obesity was a moderate to very large problem for children (87.6%), parents (91.7%), and teachers (87.5%). However, significant correlations were only observed when comparing perceived child obesity to beverage practices ($r = 0.425$; $P = .04$), meats/sweets practices ($r = 0.377$; $P = .08$), and total food/beverage score ($r = 0.488$; $P = .034$) practices. Reported barriers to serving healthier meals/snacks including cost and lack of control over the types of foods delivered by foodservice providers.

Conclusions and Implications: Future research is warranted to examine food/beverage quality after new CACFP standards have been fully implemented in 2018–2019. Rates of childhood overweight/obesity within programs should be compared with improved food/beverage policies to examine the impact on child health outcomes.

Funding: None.

Basic Food and Nutrition Knowledge

P115 Acculturation and Dietary Practices Among British Sri Lankan Tamils: An Exploratory Study

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Background (Background, Rationale, Prior Research, and/or Theory): The risk of chronic diseases are higher in people of South Asian origin than in Caucasian populations. Migrant epidemiological studies have shown that the risk of certain chronic diseases may be associated with lifestyle changes.

Objective: To assess acculturation and dietary practices among British Sri Lankan Tamils.

Study Design, Setting, Participants, Intervention: In a cross-sectional study, data were collected on the demographics, acculturation scale and dietary practices from the British Sri Lankan Tamil population. A 45 question online survey was utilized to collect this data.

Outcome Measures and Analysis: Data were analyzed using descriptive statistics and chi square tests.

Results: The survey was completed by 34 participants and 53% were male (n = 17) and 47% were female (n = 15). More than half of the participants were under 30 years old (n = 20) and reported that they were born in the United Kingdom. On a 30-point acculturation scale, participants' scores ranged from 7–20. Half of the participants scored above 15 points, with higher scores indicating more acculturation. Most participants reported following a western dietary pattern for breakfast and lunch while over 60% reported consuming a traditional meal for dinner.

Conclusions and Implications: British Sri Lankan Tamil breakfast and lunch menus reflect western dietary practices. However, evening meals are more reflective of traditional diets. Potentially, indicative of greater time available in the evenings to prepare traditional meals at home and of socio-economic integration into mainstream British society precluding such dietary practices during breakfast and lunch. Future nutrition education programs should place greater emphasis on the impacts of changes in breakfast and lunch dietary practices.

Funding: None.

P116 Baseline Diet Adequacy of Army Soldiers Supports the Need for a Planned Dining Facility Intervention

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Background (Background, Rationale, Prior Research, and/or Theory): Recent studies depict

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