P114 (continued)

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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.

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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

Continued on page S63