P11 (continued)

Results: The dietary recommendations and goals most frequently mentioned by participants were limiting sodium and increasing intake of fruits and vegetables. Many participants reported that high food prices and a limited budget made it difficult to follow their diet and make healthy choices when grocery shopping. The food environment, particularly the high-salt content in food products and the promotion of unhealthy food in stores, presented additional challenges. Participants suggested a variety of ways to make following their diet, shopping, and cooking easier including online grocery ordering and delivery, pre-prepared ingredients, and assistance with meal planning, shopping, cooking, and cleaning up. The idea of a medically tailored home-delivered meal service was well-received by most study participants.

Conclusions: Our findings provide a starting point for developing programs and policies to help older, lower SES HF patients follow their diet and improve their health, thereby reducing health disparities. Since finances are a key concern, programs and policies need to be designed with cost in mind.

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P12 Cooking Self-Efficacy, Perceived Health Status, and Fresh Produce Purchasing Criteria Among Faculty and Staff

Georgianna Mann, PhD, grmann@olemiss.edu, University of Mississippi, PO Box 1848, Sorority Row, Lenior 220, University, MS, 38677; Laurel Lambert, PhD, LD, RDN, University of Mississippi; Kritika Gupta, MS, University of Mississippi; Selby Greer, MS, University of Mississippi

Background: National health guidelines emphasize the nutritional benefits of fruit and vegetable (FV) consumption. Positive associations between FV consumption, health awareness, and cooking skills have been noted in previous work. However, little is known about this relationship among university faculty and staff.

Objective: To explore the relationship between cooking skills, health perceptions, importance of FV consumption, and FV purchase criteria among university faculty and staff by gender.

Study Design, Setting, Participants: A random representative sample of faculty and staff at a large Southern university were recruited to complete an online survey in spring 2018 (n = 175).

Measurable Outcome/Analysis: Questions included cooking skills, perceived health status, benefits of produce consumption, produce purchasing criteria, and demographic data. Associations between cooking skills, self-health assessment, and fresh produce buying preferences were evaluated using Pearson's correlation test. Independent t-tests were used to determine differences by gender. Significance was determined by $P \leq .05$.

Results: Health perceptions were positively correlated with perceived health benefits of fresh produce ($P < .05$),

non-GMO/Organic ($P < .05$), and locally grown ($P < .05$). Female participants reported higher cooking skill levels. Cooking skills were positively associated with grocery shopping responsibilities ($P < .01$), shopping at the farmer's market ($P < .01$), and home gardens ($P < .05$).

Conclusions: In this study, females responded with the highest cooking skill levels which positively correlated with importance of fresh produce, specific purchasing preferences, and self-perceived health status. While overall cooking skill level in this sample was high, it is likely that those interested in healthy eating were more likely to complete the survey. Universities could play an important role in improving fresh produce consumption among faculty and staff by providing support and resources in the form of cooking classes through university programs such as nutrition departments, university wellness programs, and community venues.

Funding: None.

P13 Social Network Analysis of Urban Church Food Pantries

Tracy Noerper, PhD, LDN, RDN, Tracy.Noerper@lipscomb.edu, Lipscomb University, One University Park Dr, Nashville, TN, 37204; Janet Colson, PhD, RDN; Andrew Owusu, PhD

Background: Examining social networks helps to explain the connectedness of individuals, groups or communities, and is useful in demonstrating the potential that lies within and between networks. When evaluating social networks, relationships are viewed as "nodes" (eg individuals or points) and their connecting "ties" (eg the relationships between the nodes). Detailing food pantry and client "connectedness" through social network analysis can assist researchers and policymakers to enhance efficiency and effectiveness of the informal emergency food system.

Objective: The objective of the study was to examine the degree to which urban church food pantries are connected to the clients they serve using the social network theory.

Study Design, Setting, Participants: The research design was a population-based, cross-sectional study using a snowball sampling method of church food pantries in Nashville, Tennessee, from 2015–2018. The study population included 93 urban churches with 46 having on-site food pantries.

Measurable Outcome/Analysis: Zip codes for church-based pantries and clients served were collected via an electronic survey tool sent to urban churches. Social network ties between church food pantries and clients were analyzed utilizing UCINET 6 software.

Results: From the social network analysis a sociogram (eg visual matrix) was developed depicting 56 nodes (26 churches; 30 client zip codes) and 148 ties. Five large churches (membership ≥ 300), 13 medium-sized churches (membership = 100 to 299), and 8 small churches (membership ≤ 100) were identified within 23 zip codes.

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