P28 (continued)

were significantly associated to previous measures ($r = 0.40$ [$P < .01$] to 0.87 [$P < .001$] & $\beta = 0.4$; $P = .001$). Teachers' response to food refusal subscale was not significantly related because children did not refuse foods in >50 lunchtimes.

Conclusions: MOCC may be a comprehensive, valid and reliable tool to assess teacher feeding practices, informing professional development and evaluating intervention efforts.

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Nutrition Across the Life Cycle

P29 Association of a Healthy Dietary Habit with Dietary Practices for Lifestyle Disease Prevention and with Health Awareness

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Background: In Japan, a well-balanced diet consisting of cereal grains (shushoku), protein foods (shusai), and vegetables (fukusai) is recommended. However, a large proportion of people aged 20 to 49 years skip breakfast and have insufficient vegetable intake.

Objective: To comprehensively identify the factors associated with a healthy dietary habit.

Study Design, Setting, Participants: The subjects were 723 respondents (331 males, 392 females) of the 2016 Hyogo Diet Survey, aged 20 to 49 years.

Measurable Outcome/Analysis: A healthy dietary habit was defined as eating breakfast regularly, eating 5 or more vegetable dishes daily, and having a well-balanced meal at least twice daily. Factors associated with a healthy diet were defined as regular dietary practices for lifestyle disease prevention (controlling energy intake, controlling fat intake, restricting salt intake, controlling sugar intake, eating large amounts of vegetables, and eating fruit), health awareness (regular exercise, healthy weight maintenance, use of nutrition facts labels), and the habit of eating out infrequently. These variables were used to develop a hypothetical model for covariance structure analysis.

Results: The hypothetical model had acceptable goodness of fit (male: GFI = 0.962, AGFI = 0.936, CFI = 0.969, RMSEA = 0.033; female: GFI = 0.959, AGFI = 0.929, CFI = 0.962, RMSEA = 0.04). Dietary practices for lifestyle disease prevention was associated not directly, but indirectly via health awareness, with a healthy dietary habit, with standardized total effects of 0.421 in males and 0.438 in females. In males, a significant negative path from relatively high frequency of eating out to a healthy dietary habit was observed, with a standardized estimate of -0.16 .

Conclusions: Acquisition of a healthy dietary habit by using dietary practices for lifestyle disease prevention is mediated by health awareness and may be negatively influenced in males by a high frequency of eating out.

Funding: None.

Food and Nutrition Policy

P30 Perceptions of Online Grocery Shopping Using the Supplemental Nutrition Assistance Program Electronic Benefit Transfer Card

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Background: There is formative legislation proposing to expand use of the Supplemental Nutrition Assistance Program (SNAP) Electronic Benefit Transfer (EBT) card to allow for online grocery store purchases. However, there are limited studies reporting SNAP recipients' perceptions of online EBT shopping, particularly among those in highest need of such a program (ie, limited-income caregivers of young children who face multiple external barriers (eg, time and money) to supporting healthy eating and meal patterns for their families). Without this information, it will not be possible to develop and implement a fully optimized online EBT policy and program.

Objective: The main objective of this qualitative study is to explore the general and contextual (ie, within family mealtime routines) perceptions of an online EBT program among caregivers with children enrolled in Head Start.

Study Design, Setting, Participants: This focus group study is ongoing. Two were completed in fall 2019 and additional focus groups will be conducted in winter 2020 until saturation is met. Participants ($n = 16$) are primarily non-Hispanic Black (88%) and 100% female. Mean (SD) is 40.7 ± 15.5 years and median income is \$42,302.

Measurable Outcome/Analysis: Main outcomes are general and contextual perceptions of online EBT shopping. Focus groups were recorded and transcribed verbatim. Data were independently coded by 2 researchers and analyzed for themes.

Results: On average, focus groups lasted 75 minutes. A preliminary theme includes mixed awareness of grocery delivery/curbside pickup but with an overall positive perception. Two participants regularly participate in online delivery and find it very convenient. The majority of participants did not feel that online grocery shopping would improve healthy eating and most had reservations about others picking out fresh produce and meats. When asked about using SNAP benefit/EBT card to purchase food online, participants who receive it believe it would encourage them to use this program.

Conclusions: Results of this study will form the design of a future online EBT pilot study tailored to the needs of Head Start families.

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