P111 (continued)

percentage of news stories covered incidences of lunch shaming in Pennsylvania (18.3%). Most stories mentioned state or national policies on lunch shaming (54.9%). For example, “New Mexico has passed a law said to be the first of its kind, banning lunch shaming.” Stories highlighted barriers (eg, poverty, language) that parents face while paying for school meals. Other themes included instances of individuals donating money to settle debt, specific shaming tactics used, and referring parents to Child Protective Services.

Conclusions: Lunch shaming remains a major problem and strategies need to be considered to remedy this phenomenon. Awareness of how the media is portraying the phenomenon of lunch shaming may provide insight into how school districts and foodservice directors can target their communication and education about this issue.

Funding: None.

P112 An Investigation of Parent and Child Perceptions of Food Allergy Practices, Protocols, and Policies in Schools

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Background: Many schools implement well-meaning policies to protect children with food allergies; however, these policies oftentimes do not ease parents’ worry and concern, or leave children feeling isolated.

Objective: Explore children’s and parents’ perceptions of how supportive and safe their school is about food allergies.

Study Design, Setting, Participants: Children ages 8 to 18 with a food allergy and their parents ($n = 18$ pairs) across the U.S. who met the inclusion criteria completed one-on-one semi-structured phone interviews.

Outcome Measure/Analysis: Interviews were audio-recorded and transcribed. Content analysis was applied to the transcriptions by 2 investigators, independently, to identify themes among parents and children. Investigators met to discuss themes and reach consensus.

Results: Overall, both parents and children felt generally safe with their school’s policies with some exceptions, although parents seemed to be more concerned vs their children, especially younger children. Exceptions included cross-contamination, outside food, especially home-baked items, being brought into classrooms, and the knowledge and awareness of their child’s food allergies among others within the school community. Striking a balance between safety and inclusion was important to parents in normalizing life for their children. For example, a policy of a nut-table in which children who bring a lunch containing nut products may be more inclusive vs a nut-free table (where only those with food allergies sit). This would allow more freedom for those with food allergies to choose where they sit, and may make them feel more included.

Conclusions: While schools across the U.S. have a variety of policies in place to protect children with food allergies, the social and emotional effects of these policies, in conjunction with safety, are important considerations. Policies that may need to be considered include increased food allergy training and education for teachers and staff, nut-free campuses, and banning outside food without a food label.

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Nutrition Across the Life Cycle

P113 Relationship Between Acculturation and Diet Quality Among Hispanic Adolescents

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Background: Acculturation is a dynamic and complex process that adopts elements of the dominant culture, which include food, attitudes, beliefs, languages, art, music, rituals, and faith/religion. This melting pot vs. salad bowl framework may impact health. The melting pot advocates for assimilation into 1 dominant culture whereas the salad bowl encourages distinctions that contribute to unique aspects of every group. The salad bowl approach to health suggests that health promotion and disease prevention are broad goals that coincide with identity and heritage.

Objective: To determine whether there is a relationship between level of acculturation and diet quality among first- and second-generation Hispanic adolescents in the United States.

Study Design, Setting, Participants: We utilized the 2015-2016 National Health and Nutrition Examination Survey (NHANES) sample, consisting of 447 Hispanic adolescents ages 12 to 19 (46.5% male, 53.5% female) in the US. Diet quality from the Healthy Eating Index (HEI) was measured using 2-day food records.

Measurable Outcome/Analysis: Data was cleaned and analyzed using SAS version 4.0. Level of acculturation was scored via NHANES content of generational items for parental citizenship status and language items for frequency of native language spoken at home. HEI was scored as poor (0 to 49), moderate (50 to 79), and good (80 to 100). Multiple logistic regression measured acculturation vs. diet quality, and controlled for gender, age, and income. The Tukey test confirmed findings.

Results: Gender and income had no influence on HEI whereas older age groups were associated with higher HEI scores ($P < .008$). Level of acculturation was associated with HEI ($P < .05$). Among adolescents with poor diet quality, 38% with high acculturation had poor diet quality

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