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

Continued on page S70

P113 (continued)

compared to 20.4% with medium acculturation and 6.8% with low acculturation ($P < .009$).

Conclusions: Findings suggest that Americanized Hispanic adolescents consume more standard American foods and fewer meals prepared at home. Future investigations should explore the impact of acculturation on diet quality among other ethnicities and evaluate culturally appropriate interventions in the US.

Funding: USDA.

Food and Nutrition Policy

P114 The Potential Impacts of Childhood Experiences of Forced Eating on Vegetable Consumption Among Korean Young Adults

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Background: Previous research has highlighted that forced eating might lead to a long-lasting food rejection. Vegetables are the most common subject of forced eating due to their sensory bitterness, causing an instinct-guided rejection. Currently, unbalanced diet with insufficient vegetable consumption is being recognized, particularly among young adults. This problem appears to be associated with multi-dimensional factors but might also be related to experiences of forced eating.

Objective: This study aimed to explore the potential impacts of childhood experiences of forced eating on vegetable consumption among Korean young adults.

Study Design, Setting, Participants: An online survey was conducted from February 1824, 2020 among Korean young adults in their 20s. Out of 1277 responses, 461 (36.1%) responses reporting to have experienced forced eating were analyzed.

Measurable Outcome/Analysis: Descriptive statistics were calculated, and significant differences in vegetable consumption (ie, vegetable preference, vegetable acceptance, and perceived daily intake of vegetables) were measured according to experiences of forced eating.

Results: Forced eating occurred mostly when they were elementary school students (57.2%), and preschool children (21.2%). It happened mostly frequently at home (51.0%), followed by schools (26.5%). Respondents mostly identified parents (50.1%), followed by school teachers (26.0%) as authority figures involved in forced eating. Approximately 41.0% of them were still not able to eat the target foods of forced eating, and 44.2% acknowledged its negative impacts on their current dietary habits. Among the target foods of forced eating, vegetables were most prevalent (57.9%). Vegetable preference, vegetable acceptance, and perceived daily intake of vegetables tended to be significantly lower when they had experiences of forced eating.

Conclusions: This study implies that childhood experiences of forced eating could make negative impacts on

future dietary habits related to vegetable consumption. Despite some limitations, it may shed light on the importance and necessity of preventing forced eating during childhood and intervening its negative impacts on dietary habits.

Funding: The National Research Foundation of Korea.

Nutrition Across the Life Cycle

P115 Breastfeeding Peer Counselors: Support Mothers Can Trust

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Objective: The Flint water crisis left many mothers of all income levels with limited trust in outside resources. With the support of the Greater Flint Community Foundation, a peer counselor was hired to support breastfeeding mothers. A peer counselor is a local mother representative of the community who has already developed trust within the community. This study looks at the effectiveness of community-funded breastfeeding peer counselors representative of their communities.

Use of Theory or Research: One of the most highly effective preventative measures a mother can take to protect the health of her infant is to breastfeed. In the US, 81% of babies initiate breastfeeding; 22% are exclusively breastfed 6 months later. According to the CDC, peer support programs are effective in increasing initiation, duration, and exclusivity of breastfeeding. Peer counseling is rooted in the theory of reasoned action which recognizes the influence of peers on individual behavior. Breastfeeding peer counselors help to normalize breastfeeding within their own community.

Target Audience: Pregnant and breastfeeding women who reside in Flint, Michigan.

Program Description: The peer counselor provided evidence-based education and support to increase initiation, duration, and exclusivity. The peer counselor educated, supported, and encouraged women to continue breastfeeding exclusively for 6 months and continue until at least 1 year of age. The peer counselor conducted home visits and was available during evenings and weekends. The number of visits varied depending on the needs of the mother. If possible, at least 1 visit was completed prenatally and minimally 1 visit within the first week after delivery. Additional contacts were provided through home visits, phone calls and FaceTime during the immediate postpartum period when one-on-one support for initiation of breastfeeding is critical.

Evaluation Methods: Women were recruited through referrals from a variety of community agencies that work with families in the city of Flint. Demographic (age, race, ethnicity, income), initiation, duration, and exclusivity information was collected from all participants who enrolled in program.

Results: Fifty presentations on benefits of breastfeeding reached 547 families between September 2018 – September

Continued on page S71