P11 (continued)

and serving sizes was assessed, and participants were asked comparative questions about the nutrient content of the cereals. Descriptive statistics and multinomial logistic regressions were performed.

Results: While 64.5% of participants reported looking at the FUF, only 21.3% were correct when asked which of the 2 cereals had the bigger serving size. The majority of participants incorrectly indicated that there were no differences between the cereals with respect to the nutrients presented, though these inaccuracies were less likely among participants who looked at the FUF. What seemed to go unnoticed by most participants were the marked nutritional differences between the products if the servings are equalized to 1 cup. In fact, when the serving sizes are equalized, the cereal with the larger listed serving size (and with seemingly higher amounts of less healthful nutrients such as sugar and sodium) actually had lower amounts of these nutrients in comparison to the cereal with the smaller listed serving size.

Conclusion: Attention to differences in the FUF and serving sizes was lacking. Participant inattention to the inequalities in serving sizes between cereals could mean they perceive them as being equal. Significant nutritional differences between products may be obscured by the failure of consumers to take different serving sizes into consideration.

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P12 Do We Even Have Cancer: Cultural Beliefs About Health and Cancer Among Asian Indians

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Background: Asian Indians have been underrepresented in studies investigating knowledge and understanding of health and cancer, despite it being the second leading cause of mortality among this population. There is a paucity of data regarding the cultural perceptions of health and cancer in this population.

Objective: To gain an understanding of the cultural perceptions of health and cancer among Asian-Indian adults in an urban setting.

Study Design, Setting, Participants: Qualitative semi-structured interviews were conducted with Asian-Indian adults (n = 20), 25 years and older. Participants had no prior diagnosis of cancer.

Measurable Outcome/Analysis: Individual interviews were conducted by a trained interviewer on Zoom®. Verbatim transcripts were cross-checked for consistency prior to analysis. Transcript analysis was performed by 2 independent coders after training for qualitative analysis. Content analysis was used to identify themes using a grounded theory approach.

Results: Participants believed good health was associated with ability to perform daily activities, regular exercise and eating well. Lifestyle behaviors were considered important to health status. Healthy eating was stressed, which included fresh foods, traditional Indian foods, and a preference for vegetarian foods. Awareness of prevalence and implications related to cancer as it impacts the Asian-Indian community. There was a general lack of knowledge around the aspects for cancer prevention, with a request for more targeted information.

Conclusion and Implications: Findings from this study underscore a gap in awareness of cancer risk among the Asian Indian community. More research is needed at a nation-wide level to corroborate these findings. Because of the general lack of knowledge and understanding of cancer, disseminating information about cancer risk and prevention among the Asian Indian community is important to address this disparity in health and disease.

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P13 Evidence and Influences Regarding Food Insecurity Among Refugee in the USA: A Systematic Review

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Background: As refugees resettle in the USA, they face many challenges related to obtaining and preparing appropriate food. These challenges include having low incomes, lack of transportation, limited access to food assistance programs, and unfamiliar food environments, all of which increase the risk of food insecurity.

Objective: The objective of this review was to gain an understanding of the prevalence and impact of food insecurity among refugees in the USA.

Study Design, Settings, Participants: A systematic review of the literature was conducted in 10 electronic databases, including articles from 1980-2020. The following search terms were used: (food insecurity and refugee in the USA) or (food security and refugee in the USA). The quality of the selected articles was scored using the Hawker method (range: 9 – 36).

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