

P003 Feasibility of Using MMCA Strategies to Promote Fresh Fruit and Vegetable Selection and Prevent Food Waste in Food Pantries

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Background: Fresh fruits and vegetables (FFV) are often discarded by food pantries due to perishability. Emerging research documents the effectiveness of marketing-mix and choice-architecture (MMCA) strategies to increase client selection of FFV and reduce food waste in food pantries.

Objective: To explore perceptions of Virginia food pantry personnel on the feasibility of implementing MMCA strategies to improve clients' selection of FFV and decrease food waste during the COVID-19 pandemic.

Study Design, Setting, Participants: A cross-sectional, 24-item online survey was conducted with food pantry personnel representing 68 food pantries in Virginia. Participants were recruited through existing partnerships with SNAP-Ed and EFNEP employees between April to May 2021. The survey examined food distribution methods, perceived feasibility of 15 MMCA sub-strategies, and factors explaining the feasibility of MMCA strategies.

Measurable Outcome/Analysis: Descriptive statistics were used to describe food pantry characteristics, food distribution methods, and feasible MMCA sub-strategies. Binary logistic regression tests determined factors predicting perceived feasibility of MMCA sub-strategies.

Results: Over three-quarters of food pantries (n = 55, 80.9%) distributed food using a touchless, pre-packed method to support safety measures, which limited the feasibility of implementing most MMCA sub-strategies. Regardless of distribution method, offering recipe cards (promotion) was the most feasible sub-strategy (80.6%). Of the 18 (26.5%) food pantries that reported using the client-choice distribution method, feasible sub-strategies included placing FFV in attractive baskets (83.3%) (place) and increasing the number of FFV clients can select (83.3%) (pricing). Factors predicting the (in)feasibility of MMCA strategies included the perception that these strategies were effective in helping clients make healthier choices and misalignment of strategies with current food pantry food distribution method.

Conclusions: To increase the adoption of MMCA strategies, researchers and practitioners need to match MMCA strategies with perceptions of food pantry staff and food pantry distribution methods. Future research could examine required implementation resources, client acceptability and sustainability of MMCA strategies, and the

potential of these strategies to reduce food waste within food pantries and clients' households.

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P004 Strategies and Unmet Needs to Reduce Household Food Waste Reported by Self-identified Food Conservers

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Background: In the United States, about 30% of edible food produced is wasted, and 20% is wasted at the consumer level. Yet, an estimated 35% of Americans “put a lot of effort” into wasted food reduction, suggesting an opportunity to learn from these food conservers through positive deviance inquiry.

Objective: The purpose of the study was to identify food conservation practices, psychosocial drivers, and unmet waste mitigation needs of self-identified food conservers.

Study Design, Setting, Participants: Adult, self-identified food conservers were recruited online and screened for criteria of age and food procurement/preparation responsibility. Eligible participants completed a 90-minute virtual focus group and survey consisting of previously validated questions assessing household food waste amounts, behaviors and attitudes.

Measurable Outcome/Analysis: Verbatim focus group transcripts were dual coded and thematically analyzed using a hybrid inductive-deductive approach.

Results: A total of n = 27 participants completed the questionnaire and one of six focus groups consisting of 3-6 participants each. The majority of the participants were White (48%) or Asian (41%), female (67%), had a college degree (74%), had on average 2.6 members in their residence, and made above the US median household income (56%). Reported strategies to reduce food waste included meal planning, creating and adhering to shopping lists, food inventory management, anti-depth organization of food storage spaces to promote maximum visibility, meal prepping, cooking meals in the home and repurposing leftovers. Participants reported intentions to avoid waste, confidence in their ability to reduce waste, and personal and subjective norms that encourage mitigation efforts. Participants reported needing assistance determining optimal produce storage methods and desired opportunities to learn from other food conservers.

Conclusions: Self-identified food conservers reported a variety of household food waste mitigation strategies,

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which could be leveraged to positively influence other households. While these findings suggest relatively high food literacy among self-identified food conservers, addressing their unmet needs may improve waste mitigation.

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P005 Sustainable Eating Practices Among Korean Young Adults in their 20s

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Background: There has been a growing emphasis on sustainable eating practices for human and planetary health.

Objective: This study aimed to analyze sustainable eating practices (focusing more on environmental concerns) at each stage from purchase, to cooking, to consumption, and to disposal among Korean young adults in their 20s.

Study Design, Setting, Participants: An online survey was conducted from February 18th to 25th, 2021, to Korean young adults (male: 579, female: 523) in their 20s. A survey questionnaire was developed to measure respondents' sustainable eating practices from purchase (8 items), to cooking (3 items), to consumption (6 items), and to disposal (3 items) by using a 5-point Likert scale. It also assessed respondents' demographic characteristics (gender, household type, education level) and their perception of environmental impacts of human diets.

Measurable Outcome/Analysis: Descriptive statistical analysis was performed on all study variables. The reliability of multiple-item measurements was verified using Cronbach's alpha coefficient. The differences in sustainable eating practices across respondents' demographic characteristics and their perception of environmental impacts of human diets were analyzed by independent sample t-test and one-way ANOVA. All statistical analyses were performed using SPSS Statistics version 25.0 at the significance level of 0.05.

Results: The averages of sustainable eating practices at each stage were in the order of disposal (3.50), consumption (3.48), cooking (3.26) and purchase (3.18). Overall, in the case of food purchase, single-person households and in the case of food consumption, single-person households and high school graduates showed a significantly lower level of sustainable eating practices. On the other hand, in the group of people that highly perceived the importance of environmental impacts of human diets, the level of sustainable eating practices at all stages tended to be significantly higher.

Conclusions: To promote sustainable eating practices among Korean young adults in their 20s, efforts should be exerted to pay particular attention to single-person households and those with lower educational attainment, and

to increase recognition of environmental impacts of human diets.

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Basic Food and Nutrition Knowledge

P006 Addressing Adolescent Hypertension and Knowledge of Social Determinants of Health: How Comfortable are Medical Providers?

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Background: Approximately 1.3 million adolescents have high blood pressure in the US, yet many medical providers may not feel comfortable addressing it. While lifestyle modifications should be encouraged as a treatment, understanding how social determinant of health (SDOH) factors impact the utilization of recommendations is critical.

Objective: To examine medical providers' comfort with diagnosing, treating, and providing nutrition and physical activity recommendations to hypertensive adolescents and their knowledge of their patients' social needs.

Study Design, Setting, Participants: An online survey (n = 110) of medical providers (MD, DO, PA, NP) who treat adolescents in North Carolina was conducted. Participants were recruited through the North Carolina Pediatric Society listserv, Federally Qualified Health Centers, three academic medical centers, and three major health-care systems. Prior to administration, the survey was content, and face validated.

Measurable Outcome/Analysis: Descriptive statistics summarized demographic characteristics of the medical providers and their patient population. Two composite scores were calculated for provider comfort level and knowledge of SDOH measures and used in multivariate analyses with race, years of practice, and credentials.

Results: Most providers expressed limited comfort with the treatment of hypertension (67%). Only 44% and 49% of providers were completely comfortable with providing nutrition recommendations and physical activity recommendations to hypertensive adolescents, respectively. Medical providers (21%) said SDOH always impact their messaging to adolescent patients. Most medical providers reported rarely having knowledge of their patients' SDOH factors like access to healthy food (64%) or caregiver's educational status (81%).

Conclusions: Results suggest that both provider comfort and knowledge of SDOH need to be improved to better meet adolescent patients' needs and to improve the likelihood that nutrition and physical recommendations are followed. Medical providers that consider SDOH to tailor their messages to adolescents and provide community resources may promote greater health equity by addressing low-income families' unmet needs.

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