P004 (continued)

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 healthcare 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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