Barriers to and Facilitators of Farmers’ Markets Use Among Low-Income U.S. Households: A Qualitative Systematic Review

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Background: Food insecurity increases the risk of diet-related chronic disease among low-income populations due to persistent systemic health inequities. Short value chain (SVC) models of healthy food access—ie, programs that connect consumers more directly to producers—may be one solution for addressing food and nutrition insecurity. Farmers’ markets (FM) in particular have emerged with exponential growth as an alternative to conventional food retail, although systematic syntheses of literature on their utilization among low-income households in the United States (US) is limited.

Objective: To characterize qualitatively-reported barriers to and facilitators of low-income households’ participation in FM interventions.

Study Design, Setting, Participants: As part of a larger systematic review analyzing quantitative outcomes of and qualitative engagement with SVC models of healthy food access, this presentation focuses on qualitative studies of FM program engagement. Nine electronic databases were searched in June 2021 for articles published in full-text from 2000-2020. Covidence and Excel were used for full-text screening and data extraction, respectively.

Measurable Outcome/Analysis: Studies met the following inclusion criteria: data collected via focus groups or in-depth interviews and participants were low-income, based in the US, and had participated in a FM program. Risk of bias was assessed independently by two reviewers using the Standards for Reviewing Qualitative Research checklist. Results of included studies were uploaded to NVivo for thematic analysis.

Results: Of the 37 studies included in the parent systematic review, 17 met the inclusion criteria for this analysis. Most studies were of “good” quality (11 good, 4 fair, 2 poor). Common barriers included lack of awareness, perceived cost, and lack of convenience. Common facilitators included supporting the local community, produce quality, financial incentives, and values-based motivations for health.

Conclusion: To maximize engagement with and impact of FM interventions, current and future programs need to enhance convenience and engage in strategic marketing that leverages common facilitators and motivators of engagement.

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County-University Partnership For Intergenerational Urban Agriculture Initiative (UAI)

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Objective: Understand the power of bringing community youth leaders, elders, nonprofit organizations, faith communities and the Land Grant University to harness their assets and agency to promote health and wellbeing in largely African American communities in North Minneapolis.

Use of Theory or Research: Youth Development Leadership to promote youth agency and mastery; Place Based Approaches - build on community engagement and participatory practices to promote community agency; Health Equity- shift power to community for solutions; and Address Social Determinants of Health.


Program Description: Using a Place Based Framework, community youth leaders, elders, an urban agriculture consultant, and University Extension educators make up an intergenerational planning team to host urban agricultural programs and offerings based on participatory practices with the community. The team learns alongside broader community members about community leadership, urban agriculture, cooking nutritious meals, holistic health promotion, and hosting community engagement activities. Two vacant lots that has been transformed into community gardens act as a health and wellness hub. The presentation will highlight program successes and challenges that may be transferable to other urban settings across the country.

Evaluation Methods: Ongoing qualitative interviewing with team members; Project Journey Mapping - development and program activities mapped over time and proj-

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COVID-19 Impact on the Financial and Food Situations of South Carolinians Participating in a SNAP-Ed Produce Box Intervention

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Background: COVID-19 was declared a global pandemic in March 2020. Although national measures were enacted aimed at mitigating financial and food hardships during the pandemic, more investigation is needed to understand how much and in what ways households were impacted.

Objective: The study explored if and how the financial and food situations of produce box customers in South Carolina (SC) changed during COVID-19.

Study Design, Settings, Participants: A convenience sample of 187 customers from FoodShare SC, a SNAP-Ed intervention, participated in this mixed methods study.

Measurable Outcome/Analysis: Participants were asked separately to what degree COVID-19 changed their financial and food situations and the data were analyzed to determine proportions of the sample who affirmed each response option. An open-ended question asked respondents to explain their responses and the data were analyzed to apply sentiment coding and identify themes.

Results: Most commonly, respondents reported that COVID-19 did not change (25%) or greatly changed (30%) their financial situations. Responses for food situations were more equally distributed across response options ranging from somewhat (22%) as the most and a little (18%) as the least confirmed. Sentiment coding demonstrated negative financial and food situation impacts among more than half the sample (56% and 63%, respectively). A theme specific to financial impacts centered on employment and food impacts on availability, while health and safety and money were cross-cutting themes.

For those that reported positive or unchanged financial (23%) or food (21%) situations, a cross-cutting theme was participation in assistance programs, including FoodShare SC, while a theme unique to financial was employment and to food were diet and food shopping.

Conclusion: Of respondents who reported unchanged or positive impacts to their food and financial situations during COVID-19, most attributed this to participating in assistance programs, including FoodShare SC. Ensuring all eligible people access support programs could serve as protective during future public health emergencies. Systems changes should be integrated within SNAP-Ed food access interventions to connect participants to other resources.

Funding: Supplemental Nutrition Assistance Program - Education

Exploring the Intention to Adopt Plant-Based Diets Among Young Korean Adults in Their 20s: Focusing on Barriers and Benefits

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Background: Transitioning to plant-based diets has gained substantial attention.

Objective: We aimed to explore young Korean adults’ intention to adopt plant-based diets, focusing on perceived barriers and benefits.

Study Design, Settings, Participants: An online survey was conducted during April 2022 among young Korean adults in their 20s and 1,478 responses were collected. A survey questionnaire was developed to include participants’ intention to adopt plant-based diets, perceived barriers and benefits, and socio-demographics.

Measurable Outcome/Analysis: ANOVA and t-test were run to analyze differences in participants’ intention to adopt plant-based diets across socio-demographics. A logistic regression was conducted to determine the factors affecting such intention, focusing on barriers and benefits. SPSS was used for the analyses at $\alpha \leq 0.05$.

Results: Participants’ intention to adopt plant-based diets significantly differed across socio-demographics. Those who were female; employees; with education level above college/university graduation were more likely to have such intention, while those who had monthly income level below $< \text{USD 899}$ were less likely to do so. The averages of perceived barriers scored the highest in information barrier followed by well-being > convenience > personal belief > health barriers, while those of perceived benefits did the highest in health benefits followed by ethical > well-being > convenience and financial benefits. The result of logistic regression showed that the intention to adopt plant-based diets was significantly influenced by gender, BMI, perceived barrier (Well-Being barrier) and benefits (Health, Well-Being and Ethical benefits). Females were 2.02 times as likely as males, and those of overweight/obesity were 1.80 times as likely as those of underweight to have such intention. Those who highly perceived well-being barrier were less likely to have such intention (0.667 times), while those who highly perceived health, well-being and ethical benefits were more likely to do so (1.71, 1.42, and 1.31 times, respectively).

Conclusion: The results imply that health, well-being and ethical benefits and well-being barrier tend to signifi-

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