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### **P24-078-23 The Home Food Environment for Children in Beijing and Shandong, China: A Qualitative Study**

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**Objectives:** The importance of the home food environment to children's dietary intake is established. There is however, limited research on the key components of the home food environment for children in China. Thus, this study aimed to investigate the perspectives and perceptions of parents and their children (6–11 years) on the home food environment, in two sites in China.

**Methods:** Children aged 6–11 years old and their parents were recruited in Beijing and Shandong. Overall, 28 children and 30 parents participated from the two sites. Online semi-structured one-to-one and focus group interviews were conducted in Chinese. The interview schedules included topics relating to the foods in the home, parents' feeding practices, family food rules and family meal routines. Interviews were recorded, transcribed, translated from Chinese to English, and analyzed using an inductive thematic approach. This entailed data exploration, coding and thematic analysis; software (NVivo 12 Plus) was used to support the data management and analysis.

**Results:** The analysis identified several initial themes: (1) Parents' knowledge and understanding; (2) Children influencing food in the family home; (3) Food practices and food rules at home; (4) Grandparents; (5) COVID-19. Children's preferences emerged as a main factor influencing family food purchases; meanwhile, parents' knowledge and views on food also influenced their family's food provision. Parents adopted various strategies when considering their children's dietary intake; these included using verbal encouragement, changing cooking methods, restricting or strictly controlling certain foods. Some children and parents also reported that children helping with food preparation could be limited due to homework commitments. Notably, findings pointed to the substantial contribution and influence of grandparents on the home food environment in many families.

**Conclusions:** The analysis revealed important features of the home food environment for families in China, including how children, parents and grandparents played a role in family food provision. Further research, to gain a better understanding of the home food environment, including the influence of grandparents within the family home, is recommended.

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### **P24-079-23 The Effect of Social Connections on Fruit and Vegetable Intake: Results From a Systematic Review of Longitudinal Studies**

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**Objectives:** This study aimed to investigate the impact of changes in social connections on fruit and vegetable intake among seniors taking a gender perspective.

**Methods:** Medline, Embase, Scopus, CINAHL, and ProQuest were systematically searched until December 2022. We included longitudinal studies evaluating the effect of changes in living arrangement, marital status, social network, or social participation on fruit and vegetable intake.

**Results:** We found 4957 eligible titles. Screening of Medline and Embase (3379 titles) resulted in 47 eligible full-texts and 4 studies were included which evaluated marital transitions. A study in Japan reported less consumption of total and light-colored vegetables among those who became widowed compared to those who remained married. However, such an association was not significant in the gender-stratified analysis. Another study in the UK reported a reduction in fruit variety, and in both vegetable quantity and variety, in men who remained non-married, became divorced/separated, or widowed compared to those remaining married. Also, men who became widowed had lower fruit quantity. In this study, women who remained non-married and became separated/divorced had lower vegetable variety than those who stayed married. Two sex-specific US studies showed less vegetable intake in those becoming widowed and divorced than those remaining married, and higher intake in those who remarried than those who remained non-married. The studies conducted on men and women, respectively, showed less fruit intake in those becoming divorced and less vegetable intake in those staying non-married compared to those who remained married. These two studies excluded participants who were single. All studies had medium quality.

**Conclusions:** Limited longitudinal research has investigated the impact of social tie transitions on fruit and vegetable intake. Based on our preliminary results, marital transitions may affect fruit and vegetable intake in seniors. Little appears known about the impact of other social ties on diet.

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