

OR17-07-23 The Association Between Sociodemographic Factors and Fruit and Vegetable Intake Among Households With Young Children (<11 Years) With Food Insecurity

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Objectives: Previous research has shown that food insecurity disproportionately affects households with children and households of minority races/ethnicities. The objective of this study is to describe the association between sociodemographic factors such as age, race, household size, Supplemental Nutrition Assistance Program (SNAP) participation, and language spoken and fruit and vegetable intake of Bronx families with young children who report being food insecure.

Methods: A cross-sectional study was administered online via Qualtrics from July to October 2022. Inclusion criteria included adults (main grocery purchasers), living in the Bronx, with children aged <11 years, and living <130% of the federal poverty line. Families were recruited from Head Start programs and 91 completed the survey. The survey assessed sociodemographic characteristics and included two validated questionnaires: the USDA's US Household Six-Item Food Security Scale and the National Cancer Institute's Fruit and Vegetable Intake screener (FVI). Fruit and vegetable intake was aggregated and scored into meeting or not meeting the USDA's daily recommendations for FVI (3.5 servings). Multivariate logistic regression models were used to analyze the relationship between FVI and age, race, household size, SNAP participation, and language spoken.

Results: The majority of participants (91%) were women, identified as Hispanic (79%), were < 40 years old (78%), participated in SNAP (74%), and were Spanish-speaking (58%). English speakers had a 10 fold greater odds of meeting daily FVI (OR: 10.37; 95% CI[10.65,40.51] versus Spanish speakers, after controlling other sociodemographic covariants. English language was significantly associated with increased FVI with an increase of 1.6 additional servings per day compared to Spanish speakers ($p = 0.001$, X²).

Conclusions: This study indicates that for food insecure households with young children, English language was a predictor of meeting the USDA's daily FVI recommendation. Language may be a proxy for immigration status, acculturation, and literacy, and should be further considered in programs and services promoting access to healthy food and nutrition. Dietitians should focus their efforts on reaching food insecure families whose English is not their primary language, as they are at risk for poor diet quality.

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P28-001-23 Do Children and Parents Eat the Same? A Secondary Analysis of National Survey Data

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Objectives: In England, 27.7% of children aged 4 to 5 years and 40.9% of children aged 10 to 11 years are overweight or living with obesity. Parents play a key part in shaping children's eating behaviours by acting as role models and food providers and regulators. The objective of this study was to explore the resemblance of dietary intake between children (aged 4–11 years) and their parents, with the aim of informing health interventions for policymakers.

Methods: This is a secondary analysis of data from the UK's National Diet and Nutrition Survey (NDNS), a rolling program collecting dietary information from 1,000 adults and children through a 4-day diet diary analysis. The results are used by governmental agencies to monitor the population's dietary intake and produce recommendations and policies. The last five NDNS datasets (year 7 [2014/15] to year 11 [2018/19]) were combined ($n = 6,281$ adults and children). Data for children (aged 4–11 years) and their parents living in the same household were then matched to create a dyadic dataset ($n = 421$ dyads). The relationship between children and their parents' energy-adjusted dietary intake for the main food groups (e.g., cereal and cereal products, savoury snacks and non-alcoholic beverages) and nutrients was assessed using Pearson's correlation coefficients.

Results: Overall, significant correlations ($p < 0.05$) were found for all examined food groups and nutrients, with an exception for vitamin B₆. For the whole sample of dyads, the strongest correlations were found for total meat intake ($r = 0.47$, $n = 421$, $p < 0.001$). In considering energy-adjusted total fruit and vegetable intake, mother-child dyads had a slightly stronger resemblance (i.e., higher correlation coefficients) ($r = 0.42$, $n = 278$, $p < 0.001$) compared to father-child dyads ($r = 0.27$, $n = 143$, $p = 0.001$). For free sugars intake, a moderate positive correlation was found for father-child dyads ($r = 0.41$, $p < 0.001$), however, no correlation was found for mother-child dyads ($r = 0.06$, $p = 0.354$).

Conclusions: The parent-child dietary resemblance was found to be moderate to weak and varied across food groups and nutrients and the types of parent-child dyads. Further research to examine dietary resemblance could consider other factors that may influence a child's dietary intake, such as school food environments.

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