

Practical implementation

9 FACTORS INFLUENCING THE UPTAKE AND IMPLEMENTATION OF THE SCHOOL MILK SCHEME IN IRELAND: A QUALITATIVE STUDY AMONG SCHOOL STAFF MEMBERS AND PARENTS FROM DISADVANTAGED SCHOOLS

Ellen Greene, Sarah Miller, Celine Murrin. *University College Dublin, Ireland*

10.1136/bmjnph-2023-nnedprosummit2022.12

Background Milk and dairy products are an important source of calcium, necessary for bone health across the lifespan. However, children's milk consumption has decreased over the past decade in Ireland and in other developed countries. The EU School Milk Scheme (SMS) supports the provision of subsidised or free milk to schoolchildren. However, participation in the SMS in Ireland is declining.

Objectives To explore the factors influencing the uptake and implementation of the SMS in disadvantaged primary schools.

Methods Semi-structured interviews were conducted with teachers (n=5) and with parents of children (aged 8 to 11 years) attending disadvantaged primary schools (n=6). Participants were recruited from disadvantaged primary schools as part of a larger evaluation of the EU School Fruit, Vegetables and Milk Scheme in Ireland. Interviews included questions surrounding participants' views on milk provision in primary schools and their experience with the SMS. Interviews were recorded, transcribed and thematically analysed.

Results Overall, participants felt positively towards milk provision in schools. Socioeconomic disadvantage was cited as a reason for schools' participation in the SMS and contributed to parents' reasoning as to why they felt that the SMS was beneficial. Past experience with receiving school milk influenced participants' attitudes towards the current scheme, both in cases where participants had positive and negative experiences. A barrier to participation in the SMS at a school-level were the practical issues associated with storing and serving milk at a suitable temperature. The COVID-19 crisis also hindered participation in and implementation of the scheme.

Conclusions Participants viewed the SMS as valuable in making milk available to children who may not receive it outside of the school environment. However, practical issues with storage and distribution negatively impact its uptake and implementation. Further supports are necessary in primary schools to mitigate the issues experienced when implementing the SMS.

10 DEVELOPING METHODS TO INVESTIGATE POTENTIAL USEFUL 'SIDE EFFECTS' OF THE MOBILE TEACHING KITCHEN: EXPLORING LANGUAGE AND COGNITION

^{1,2}Jodie Webber, ^{1,2}Ianthi Tsimpli, ^{1,2}Sumantra Ray, ²Annwesa Dasgupta. ¹University of Cambridge, Cambridge, UK; ²NNEdPro Global Institute for Food, Nutrition and Health, Cambridge, UK

10.1136/bmjnph-2023-nnedprosummit2022.13

Background Teaching kitchens may have impacts beyond the fields of nutrition and health. Depending on the model of delivery, they may depend upon participants' cognitive and linguistic skills for success. The NNEdPro Mobile Teaching Kitchens (MTK) initiative employs a 'See One, Do One, Teach

One' (SODOTO) model of knowledge transfer. The first aim of this interdisciplinary research was to establish a methodological approach to investigate the hypothesis that SODOTO has associations and potential 'side effects' in the domains of cognitive flexibility and oral language.

Methods A mixed methods battery was developed for delivery alongside the MTK in Kolkata, India, which already involves measures of knowledge, attitudes, and practices, and health status. Baseline measures included the ASER reading task and a demographic and language questionnaire. Four tasks were included: 1) Category Naming, measuring verbal fluency, 2) Film Narrative, measuring oral language and storytelling skills, 3) Picture 2-back, measuring working memory, and 4) Picture Sequencing, measuring cognitive flexibility. Finally, group interview prompts were developed, covering the themes of knowledge transfer, communication, and changing attitudes and practices. All materials were produced in Bengali language (Bangla).

Results Between February and May 2022, 18 female participants aged 21-40 years (mean=27.94yrs, SD=6.23) enrolled and took part in the pre-intervention, SODOTO, and post-intervention sessions. Post-intervention sessions took place 4-6 weeks after SODOTO. Overall, the tasks were enthusiastically received, despite being an unfamiliar experience. Several challenges emerged, predominantly originating from the busy field environment where participants can feel self-conscious, providing key implementation insights for future work.

Conclusions Delivery of these measures alongside the MTK proved successful. Multiple areas for adaptation were highlighted and will be actioned ahead of further use, to progressively tailor the measures to the population. Cross-sectional and longitudinal analysis will allow understanding of possible links and predictive effects, which will be presented in future work.

Acknowledgements Research funded by the Economic and Social Research Council.

11 PARENTAL ATTITUDES AS AN INFLUENCING FACTOR OF CHILDREN'S FRUIT AND VEGETABLE CONSUMPTION IN IRELAND

Orla Kilduff, Emily Hunt, Clare Flynn, Ellen Greene, and Celine Murrin. *University College Dublin, Ireland*

10.1136/bmjnph-2023-nnedprosummit2022.14

Background Childhood nutrition influences growth and the development of lifelong eating behaviours. Fruit and vegetable (F&V) intakes significantly below the recommended five portions of F&V per day have been observed among children (age 5-12) in Ireland. Parents play a pivotal role in influencing their children's dietary behaviour. This study aimed to assess whether parental attitudes towards F&V influence their children's F&V daily consumption levels.

Methods As part of an evaluation of the EU School Fruit, Vegetables, and Milk Scheme, parents of 1st, 3rd and 5th class children were invited to complete an online questionnaire. Questions assessed parents' and children's intake of various foods, including F&V. Parental attitudes towards the importance of F&V in children's diets were also examined. Descriptive statistics and Pearson Chi-square tests were performed.