

feeling hungry, tired, or stressed, and meeting family members' food preferences influenced their food shopping choices. The physical environment was also important, including product quality and variety, plus ease of accessing the store or products in-store. Some participants described taking a highly conscious approach to making food choices while shopping (i.e. lists), but many described how they and their family made unintended food selections as a result of prominent placement of unhealthy products. In addition to these six themes, participants described healthy eating as a personal responsibility but some stated that governments and supermarkets could be more supportive to help customers make healthier food shopping choices.

Conclusion This study identified a number of factors that influence women's food shopping choices and described how current placement strategies can shape these, particularly in a less aware manner. Creating healthier supermarket environments could produce a shared responsibility for healthy eating. Future research could further explore perceptions that healthy eating is a personal rather than a societal or business responsibility.

OP08

UNDERSTANDING PRACTICES AND CHALLENGES OF (RE-)LOCALISING FOOD PRODUCTION AND CONSUMPTION IN SMALL ISLAND DEVELOPING STATES FOR BETTER NUTRITION: A QUALITATIVE MULTI-SITE STUDY

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Background Populations in Small Island Developing States have a high burden of malnutrition, including some of the highest rates globally of obesity and related non-communicable diseases. Underlying this burden is a growing reliance on low nutritional quality food imports, and improving food sovereignty and health through the production and consumption of local nutritious foods is therefore an urgent goal by national governments and regional organisations. As part of a larger project to develop evaluative methods, we aimed to explore factors affecting local food production and consumption, and communities' perceived impacts of local foods on health and socio-economic wellbeing in Fiji in the South Pacific and Saint Vincent and the Grenadines in the Caribbean.

Methods In the two settings, we conducted in total 52 in-depth, semi-structured one-on-one interviews with key stakeholders involved in local food production, processing, trade and policy, as well as 28 focus groups with rural and urban, tenant and landowning communities of adult and young adult ages. Country teams and co-investigators jointly thematically analysed the transcripts using the software Dedoose. We placed emphasis on understanding commonalities and differences within and across contexts.

Results Across both settings in the Pacific and Caribbean, common concerns largely outweighed differences. Participants noted that while local food production was seen as essential to local nutrition policies for population health, government support was perceived to be limited, outdated (e.g. not recognising traditional agricultural methods) and funding declining

rather than decreasing over the past decades. Local food producers saw themselves as marginalised against a backdrop of increasing preference for imported foods, yet also experienced an increasing interest and pride in local produce which potentially provides increased commercial opportunities. Narratives in the community focus groups contained corresponding tensions, highlighting the health and economic value of home-produced foods, yet observing increasing social and generational changes towards buying and consuming processed foods. Many participants in both settings suggested that greater resilience could be achieved through cooperation and self-reliance on home food production but experienced many challenges related to environmental change such as extreme weather, pollution by pesticides and plastics, and to social conflicts and pressures such as limited access to land for home growing.

Conclusion Local community food production initiatives in Small Island Developing States can be supported by understanding and addressing these complex challenges faced along the food value chain as well as by understanding local food practices, values and systems and their place in global networks.

On behalf of the CFaH Team

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Session: Mental Health: Record Linkage

OP09

UNDERSTANDING THE MENTAL HEALTH OF CHILDREN KNOWN TO SOCIAL SERVICES IN NORTHERN IRELAND: AN ADMINISTRATIVE DATA LINKAGE STUDY

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Background Research suggests that children known to social services experience a higher prevalence of mental ill-health compared to their peers. However, previous studies have been limited based on sample sizes, comparison populations and level of detail around care interventions. Northern Ireland (NI) is unique as it has an integrated health and social care system holding data centrally on all individuals known to social services, allowing for a population wide examination of the mental health of children involved with social services and those never known. The aim of this project was to examine mental ill-health amongst a cohort of all children aged 18 years and under based on care exposure including Looked After Children (LAC) placed in foster/kinship/residential care, Children in Need (CIN) known to social services but not removed from home and those never known.

Methods This data linkage study linked population-wide primary care registration data to children's social care records, prescribed medication data and hospital records. Data were used to determine the period prevalence of mental ill-health in 2015 defined by receipt of psychotropic medication, psychiatric hospital admission and/or presentation to Emergency Department for self-harm. Logistic regression quantified the likelihood of each mental health outcome with adjustment for factors associated with mental ill-health and self-harm.