

The accommodation was verified by the description of the days of operation and local structure (drinker or free water, tables and chairs for the meal). The accessibility was determined by the students moving from the academic units to the UR. The university has a central UR and four canteens serving all students.

Results: Regarding the availability of healthy foods, it was found that the UR menus (n=20) offered daily fruits and vegetables (100%) however it was observed the presence of ultra-processed foods (100%), of which the processed juices were offered every day. The UR provides two meals a day (lunch and dinner) from Monday to Friday and has a location with appropriate furniture and free water supply. The students' moving to the UR, and their respective canteens is done by a free university shuttle.

Conclusion: It is concluded that the UR represents an opportunity for adequate and healthy food for the student community, although it still needs to improve the quality of the food offered. For this, it is fundamental the students' awareness and the greater commitment of the managers in the promotion of healthy food environments.

Corresponding author:
CHARTIER Jérôme Franck
Address: Rua Conselheiro Lafaiete
38 Copacabana CEP 2208
020 Rio de Janeiro – RJ – Brazil
jefracha@gmail.com

Fruit and vegetables at home (FLAM): a randomized controlled trial of the impact of fruit and vegetables vouchers in children from low-income families in an urban district of France

Background: Fruit and Vegetable (F&V) consumption is considered a marker of social inequalities in health since it is considerably decreased in disadvantaged populations. The main objective of this trial was to evaluate the impact of vouchers for F&V purchase on the consumption of F&V among children living in disadvantaged families in a French urban district.

Methods: The FLAM study was a controlled randomized intervention trial, performed in Saint-Denis (North suburbs of Paris). The study group (intervention or control) was randomly attributed to parent-child pairs at inclusion. The intervention group received vouchers exchangeable for F&V over a 1 year period. Nutritional education through workshops was available for both groups. F&V consumption was assessed through face-to-face food frequency questionnaires. Participants who reported eating less than 3.5 F&V per day were considered low F&V consumers.

Results: A total of 92 parent-child pairs were included, in which 45 were allocated to the intervention group and 47 to the control group. Amongst them, 64 completed the final follow-up questionnaire (30% lost to follow-up). After one year, the proportion of low F&V consumers in children was significantly lower in the intervention group (29.4%) compared to the control group (66.7%, $p = 0.005$). Overall, 82% of the vouchers were used by the families, and 64% families participated in at least one workshop over the study period.

Conclusions: This study found a decreased proportion of small consumers in children after 1 year of distribution of F&V vouchers compared to the control group. F&V vouchers could be an effective lever to increase F&V consumption among children from disadvantaged households.

P 5

BUSCAIL Camille¹

BRAUER Paula¹
MARGAT Aurore³
PETIT Stéphanie¹
GENDREAU Judith^{1,2}
DAVAL Paul⁴
LOMBRAIL Pierre^{2,3}
HERCBERG Serge^{1,2}
LATINO-MARTEL Paule¹
MAURICE Aurélie³
JULIA Chantal^{1,2}

¹ Equipe de Recherche en Epidémiologie Nutritionnelle (EREN), Université Paris 13, INSERM U1153, Inra U1125, Cnam, Centre de Recherche en Epidémiologie et Biostatistiques (CRESS) Sorbonne Paris Cité- 74 rue Marcel Cachin - 93017 Bobigny cedex, France

² Département de Santé Publique, Hôpital Avicenne (APHP) - 125 rue de Stalingrad F-93000 Bobigny, France

³ Laboratoire Educations et Pratiques en Santé (LEPS) EA3412, Université Paris 13, Sorbonne Paris Cité, Campus Condorcet, 74 rue Marcel Cachin F-93017 Bobigny cedex, France

⁴ Maison de la Santé de Saint-Denis, 6 rue des Boucheries, F-93200 Saint-Denis, France

Corresponding author:
Camille Buscail
EREN, Université Paris 13
Bâtiment SMBH
74 rue Marcel Cachin F
93017 Bobigny cedex, France
Phone number: +33148388977
c.buscail@eren.smbh.univ-paris13.fr