Feasibility of a Motivational Interviewing Training for Community Health Workers

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Background: The demand for community health workers (CHWs) has increased exponentially given the prevalence of preventable chronic disease and dismal healthcare access in developed and developing nations. As CHWs navigate challenging conversations and facilitate behavior change, they are commonly tasked with providing motivational interviewing (MI). However, implementation of MI training for CHWs to ensure high-quality use is yet explored.

Objective: Determine the feasibility of an evidence-based MI training targeting CHWs.

Study Design, Settings, Participants: A convenience sample of CHWs enrolled in a CHW training program in Oklahoma were invited to participate in this single-arm feasibility study. Once enrolled, CHWs completed: (1) a pre-training survey, (2) four asynchronous online modules covering didactic material, (3) “homework assignments” to practice MI skills, (4) a final 2-hour interactive in-person session, and (5) a post-training survey.

Measurable Outcomes/Analysis: Data were collected and analyzed using descriptive statistics to evaluate feasibility, represented by acceptability (Likert-scale questions), demand (changes in actual use via the Helpful Responses Questionnaire (HRQ)), implementation (success/appropriateness of recruitment, data collection, and study execution), limited efficacy (changes in knowledge and self-efficacy via the Motivational Interviewing Knowledge and Attitudes Test (MIKAT) and self-efficacy questionnaire (SE-12), respectively), and practicality (extent to which the training adhered to established standards).

Results: Most participants rated the training as “Excellent” or “Good” (93%). HRQ scores increased pre-to post-training (ranges: 1.61-1.97 to 1.63-2.25). The recruitment goal was exceeded by 60%; data collection procedures appeared overly burdensome (33% completed all data collection procedures); and time limited execution of all planned training activities. Knowledge remained stable though confidence decreased by 22%. The only evidence-based element not covered was “Developing a Change Plan.”

Conclusion: While CHW-specific MI training was feasible, there are key implementation barriers. One, the extent to which established infrastructures can support MI training that meets necessary standards to improve use of and confidence in delivering MI needs to be further examined. Two, balancing rigor and burden in data collection for research and/or quality assurance is critical.

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Food Insecurity and Sugar-Sweetened Beverage Consumption Among Young Adults in Community College

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Background: Food insecurity has been linked to lower dietary quality for adults, including high consumption of...
Sugar-sweetened beverages. The association has been inconsistent for children, while fewer studies have investigated adolescents and young adults.

**Objective:** We examined the association between food insecurity and daily sugar-sweetened beverage consumption among young adults in community colleges.

**Study Design, Settings, Participants:** We used baseline data (N = 2,020) from an ongoing cluster randomized trial on health at 29 community colleges in California and Texas. Participants were first-year students assigned female at birth aged 18-25 years. Participants completed an online survey at baseline with measures of health, access to health care and other socio-economic characteristics.

**Measurable Outcome/Analysis:** We used multivariate logistic regression analyses for clustered data to compare daily consumption of sugar-sweetened beverages by food insecurity, adjusting for sociodemographic characteristics (age, race and ethnicity, living with parents, language spoken at home and state of residence).

**Results:** Ten percent of participants consumed sugar-sweetened beverages daily, 38% a few times a week, 39% a few times a month, and 13% never drank sugar-sweetened beverages. Almost one-third (28%) reported being food insecure. Food insecurity was associated with significantly increased odds of daily consumption of sugar-sweetened beverages (adjusted odds ratios [aOR] 1.52; 95% confidence interval [CI] 1.11-2.09). The odds of daily consumption of sugar-sweetened beverages also were significantly higher for Black participants (aOR 1.90; 95% CI 1.02-3.53) than for White participants. Daily consumption of sugar-sweetened beverages was not significantly associated with other socio-demographic covariates.

**Conclusion:** Young adults experiencing food insecurity reported higher daily consumption of sugar-sweetened beverage consumption. There is a need to improve information and resources to reduce sugar-sweetened beverage consumption as an effort to encourage healthy dietary patterns for community college students, especially those with difficulty accessing food.

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**Food Insecurity in the US: An International Student Perspective**

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**Background:** Food insecurity prevalence among international college students has ranged from 5-37%. Most research to date in this population has been quantitative, with limited focus on international students’ unique experiences and challenges outside of a single university.

**Objective:** To qualitatively examine international college students’ experiences related to personal, environmental, and behavioral factors associated with food insecurity.

**Study Design, Settings, Participants:** Trained researchers conducted qualitative interviews with international students (n=27) at three universities in the western U.S. Interviews were audio recorded and averaged 58 minutes in length. Students completed the U.S. Department of Agriculture’s Six-item Short Form Food Security Survey Module and demographic questions.

**Measurable Outcome/Analysis:** Researchers used a content analysis approach. Two researchers independently coded transcripts and met to discuss and reconcile any differences. Data were aggregated by code and food security classification. Researchers independently reviewed the data again and collectively determined overarching themes.

**Results:** Sixteen (59.3%) participants were food secure, and 11 (40.7%) were food insecure. Compared to two food secure students, many food insecure students reported financials and a different food environment from their home country as barriers to obtaining food. Food secure and food insecure students mentioned not owning a car as another barrier, with cultural aspects cited as a reason for not wanting to ask for rides from others. Most food insecure students were unaware of U.S. food assistance programs, whereas most food secure students were familiar with them. Students suggested campus initiatives to increase awareness about available resources and that cooking and budgeting classes could help students integrate into the U.S. food culture.

**Conclusion:** This study provides an in-depth perspective on food insecurity among international college students in the US. Better understanding these experiences can provide researchers with insights into how to address food insecurity in this unique student population.

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**Food Literacy: An Emergent Concept for Dietetic Education**

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**Background:** Food literacy is an emerging concept that has the potential to help address society’s relationship with food and eating that in the last 50 years has led to human and planetary health crises. In 2020, food literacy was added as a required competency to the Integrated Competencies for Dietetic Education and Practice (IC-DEP), the blueprint for undergraduate training of entry-level Canadian dietitians. To date, no information is available about the incorporation of this complex topic into

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