Isaacs (continued)

Target Audience: Undergraduate students in the College of Health Sciences at Appalachian State University.

Program Description: An extensive literature review was conducted to identify determinants of healthy eating and adherence to plant-based diets among college students. Determinants were linked with mediators of the TPB (eg, outcome expectations, perceived barriers) and/or SCT (eg, self-efficacy, behavioral control) to inform the theoretical model. Determinants were summarized to identify three major topics for the intervention sessions: 1) A Beginner's Guide to WFPB Eating, 2) Meal Planning and Shopping for WFPB Eating, and 3) Eating WFPB When Dining Out and in Social Situations.

Evaluation Methods: Pre- and/or post-intervention measures will include socio-demographics, diet quality and adherence, theoretically-informed mediators, depression and anxiety symptoms, anthropometric, biochemical measurements, and acceptability of a WFPB diet. We hypothesize that greater adherence to a WFPB diet will result in improved mental health, biochemical and anthropometric measures, and diet quality and participants in the interactive-experiential group will report better diet quality/adherence.

Results: A comprehensive theoretical model comprising eight constructs from the TPB and/or SCT was developed. Three, 75-minute intervention sessions were also developed and include the following components: session goals and objectives, lesson plans with activities corresponding to theoretical constructs, instructor guides, GoogleSlide presentations, and supporting materials/participant handouts.

Conclusion: The final intervention will be implemented in a feasibility study in April 2023. Post-intervention focus groups will be utilized to inform revisions to the intervention.

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Dietary Changes Among People Practicing Meatless Monday

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Background: High meat consumption significantly impacts the global ecological footprint and health consequences of our food system. Food choices are complicated and influenced by culture, taste, economics, politics, and other determinants of health, thus the need for contributing solutions. Meatless Monday (MM) calls for skipping meat one day a week as a simple first step toward planetary health. Few studies have examined whether reducing one day a week leads to further changes in meat consumption.

Objective: This study investigated the impact of the weekly MM newsletter and how participating in a meatless day influences dietary behaviors related to meat consumption throughout the week.

Study Design, Settings, Participants: This cross-sectional study analyzed responses (n=1,153) from a survey of MM e-newsletter subscribers. Participants were recruited by convenience sampling and included if they were 18 years old.

Measurable Outcome/Analysis: Using logistic regressions, we investigated the relationship between practicing MM, eliminating meat more than one day/week, and incorporating meatless recipes at home and eating out. Additionally, we examined if the duration of receiving the MM newsletter influences the likelihood of eliminating meat during the week.

Results: Participants who were practicing MM were ten times more likely to eliminate meat more than one day/week (Odds Ratio (OR)=9.94, p < 0.001) and twice as likely to eliminate meat entirely (OR=1.98, p =0.008); eight times more likely to incorporate more meatless recipes at home (OR=10.77, p < 0.001); three times more likely to order more meatless meals when eating out (OR=3.18, p < 0.001) respectively. Participants who received the MM newsletter for more than one year were two times more likely to eliminate meat from their diet than those who received the newsletter for less than one.

Conclusion: Eliminating meat one day per week increases the likelihood of further decreasing meat intake and making other dietary changes. MM offers a small-step strategy that leads to additional dietary changes.

Funding: None

Dissemination and Implementation Science Training: Pilot Study Approach for Expanding Nutrition Professionals’ Competency

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Objective: To assess acceptability, feasibility, and appropriateness, change in knowledge, and expertise among participants who enrolled in a Dissemination and Implementation Science (D&I) training.

Use of Theory or Research: The design-focus framework, theory of planned behavior, and Validated D&I competences developed the training’s learning strategies, course materials and structure.

Target Audience: Nutrition undergraduate students at an Appalachian University.

Program Description: An eight-week, online training met once a week for an hour via Zoom. Students completed case studies, discussions, and developed an implementation plan for an evidence-based nutrition program to improve students understanding and expertise in implementation science.

Evaluation Methods: A 40-item pre survey and 42-item post survey were used to test if self-efficacy and expertise change after intervention and Implementation Outcomes to identify feasibility intervention. A two-tailed

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