**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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**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

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**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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Wilcoxon-signed rank test assessed significance in mean differences. Qualitative exit interviews were thematically analyzed and categorized with quantitative results for Implementation Outcomes (5-pt) and Kirkpatrick Learning measures (10-pt).

Results: Knowledge scores (n=8) were significantly higher after the intervention (6.75 ± 0.68) compared to before (4.13 ± 0.68), p= 0.0234, and supported by the Kirkpatrick Scale quantitative (mean scores between 6.94 ± 1.7 (Learning), 7.35 ± 1.9 (Reaction)) and qualitative findings. Expertise rankings were significantly higher after the intervention (3.14 ± 0.29) compared to before (1.86 ± 0.29), p=0.0313. Qualitative results align with the validated psychometric Implementation Outcome findings (3.59 ± 1.26, appropriateness score 3.94 ± 0.85, feasibility score of 4.09 ± 0.67) and support continued implementation of the training.

Conclusion: The absence of nutrition-focused D&I science training created a capacity barrier in nutrition, which hindered ability to evaluate implementation of interventions. This pilot study suggests that a nutrition-specific D&I science training increased knowledge and expertise among participants; and implementation outcomes suggest that this approach is feasible, acceptable, and appropriate resource to build knowledge and expertise in nutrition D&I science. This provides a feasible, acceptable, and appropriate resource for nutrition to build knowledge and expertise in D&I science.

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Elevating Historically Marginalized Voices in a National Aging Network Needs Assessment

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Background: The Nutrition and Aging Resource Center (NRCNA) aims to build the capacity of the Older Americans Act Nutrition Services by supporting the national aging network (NAN). To guide NRCNA programming, a needs assessment was conducted with the NAN.

Objective: The NRCNA prioritizes Inclusion, Diversity, Equity, and Access (IDEA); therefore, this study 1) identified the NRCNA programming needs/preferences of Black, Indigenous, and Persons of Color (BIPOC) respondents and, 2) investigated whether these differed from the collective network (CN).

Study Design, Settings, Participants: An online-needs assessment survey with a convenience sample of the NAN (1,910 respondents) was completed. One out of nine respondents identified as BIPOC (n=190), with an average age of 45 years, 36.5% are NAN service providers, and 66.8% indicated working in NAN for 6+ years.

Measurable Outcome/Analysis: Data were analyzed using R software. Descriptive statistics assessed frequencies and compared differences between BIPOC and CN needs/preferences. Chi-square tests and unpaired t-tests assessed for differences by racial category.

Results: BIPOC respondents’ top three organization goals were 1) implementing innovative programs, 2) connecting with local partners, and 3) emergency planning. The latter two differed from those identified by the CN. The lead training needs for BIPOC respondents were 1) technology, 2) network partnerships/referrals, 3) funding diversification, 4) IDEA, 5) long-term/emergency planning, and 6) Medicaid/Medicare. The latter two differed from the CN. Preferred continuing education and quick information formats were related (p=0.01) to race; however, the three top preferences for BIPOC respondents were the same as the CN including webinars, online courses and emails. BIPOC respondents were more likely than White respondents to attend conferences (p<0.0003), receive innovation project funding (p<0.001), and indicate an interest in learning about alternative meal delivery services and Medicaid (p<0.0009).

Conclusion: This study highlights the importance of viewing data through a racial equity lens as new training needs and modalities were identified, thus, aiding the NRCNA effort to better support aging communities and service providers from populations that have been historically marginalized.

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Eliciting Temporal Perceptions of a Retrospective Food and Physical Activity Behaviors Survey Among Low Income Adults

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Background: Traditional pretest-posttest designs are commonly used in programs such as the Expanded Food and Nutrition Education Program (EFNEP). A significant disadvantage of this method is the potential for response shift bias, which can be eliminated by using a retrospective pretest-posttest.

Objective: To assess how EFNEP participants perceive the temporality of the retrospective pretest-posttest questions, and their survey design preferences.

Study Design, Setting, Participants: Forty adult EFNEP participants from 5 U.S. states/territories partook in semi-structured interviews in 2019-2022. Each participant received a “separate-page” and a “side-by-side” design of the retrospective pretest-posttests, which included one

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