NC3169 Annual Meeting Agenda

May 30 to June 01, 2024

Texas A&M Research and Extension Center - Dallas | 17360 Coit Road | Dallas, TX 75252

Zoom Information TBD

**\*Please note that all times are in Central Time (CT)\***

**MAY 29 Wednesday – TRAVEL DAY**

**MAY 30 Thursday**

9:00 AM Welcome: NC3169 Chairs

9:15 AM Introductions & Update Member Roster

Attendees: Geb Bastian (SDSU), Kylie Pybus (Washington State), Michael Puglisi (UConn), Tomisin Mayaki (SDSU), Stacy Onofrietti (Rutgers), Katelin Alfaro Hudak (Texas A&M), Lexi MacMillan Uribe (Texas A&M), RJ Gibbs (Michigan State), Helen Chipman (NIFA), Diana Romano (OK State), Nurgul Fitzgerald (Rutgers), Krystal Hodge (Illinois), Beth Kerling (NIFA), Andrea Leschewski (SDSU), Shea Austin Cantu (Arizona), Sumathi Venkatesh (Texas A&M), Sarah Amin (URI), Candy Gabel (OK State), Lola Adedokun (Kentucky), Maya Azar Atallah (Rutgers), Karina Diaz Rios (UC Merced), Ilce Medina Meza (Michigan State), Annie Roe (Idaho)

9:30 AM NIFA Opening Remarks: Dr. Helen Chipman/Beth Kerling

New EFNEP National Goals for FY 2025-2029

* Program quality & Program advancement
* Focus on resource sharing among the institutions as well as through USDA and NIFA priorities, including involvement in multi-state and regional workgroups such as NC3169
* Goal – 95% of adults have a positive change in 1 or more food groups

NIFA Opportunities that align with EFNEP: WIC Workforce Development ($29M to support the WIC workforce; SNAP-Ed/EFNEP integration is highly encouraged in the RFA; Carinthia Cherry is the Program Officer), GusNIP Produce Prescription

Update on utilizing WebNEERS for research projects- a solution is being worked out for the states in the AFRI project. If you want to use the EFNEP data, let NIFA know sooner rather than later so we can work out what is needed and is possible.

WebNEERS main goal for next 5 years is modernization, thus research needs have to be realistic so they can work on priorities as well. Decisions can be made after conversations with EFNEP leadership.

Dose-response: what’s the best way to determine participants’ level of involvement and change? EFNEP leadership is really looking forward to our explorations around this question.

10:00 AM Project Overviews and Updates:

**Spanish FPAQ (Adult Questionnaire) – Lexi MacMillan Uribe**

* Currently conducting cognitive interviews with adults whose primary language is Spanish. The next step will be to back-translate the revised questions.
  + Interviews: 60 participants were recruited in CA, NJ, OK, TX
  + Demographic Questionnaire. Removed bidimensional acculturation scale and bilingual language profile.
  + Cognitive Interviews rotate nutrition, physical activity, and food safety questions throughout the one-hour interview.
* IRB approval for all institutions completed
* Team members: Karina, Diana, and Stacy

**Peer Educator Facilitators & Barriers to Teaching Physical Activity to Adult Participants – Sarah Amin and Mike Puglisi**

* Team members: Sarah, Mike, Stacy, RJ, Susan, Annie, Luisa Santos, and Dea Ziso
* Aim: To understand facilitators and barriers to teaching physical activity to adult participants across the NE region of the US.
* Eligibility Criteria for Semi-Structured Interviews: More than two years of experience as a peer educator, more than one year of experience teaching adults, and more than 50% workload is focused on adults.
* Interview Development – Social Ecological Model
  + PA implementation in EFNEP adults lessons
  + Peer educator perceptions around participant enjoyment of PA
  + PA environment where EFNEP classes take place
  + Interview participants completed PA Adult Questionnaire before the interview.
* Results – 15 peer educators were interviewed.
  + Facilitating Approaches – Including participant’s interests, motivational approaches, class discussions, use of EFNEP tools, Meet Participants where they are, and contact outside of class.
  + Barriers to Teaching PA – Perception of Participant Barriers (motivation, interest), classroom space, neighborhood and environmental barriers, cultural barriers, and lack of PA training.
  + Future Program Needs – Training, educational extenders (resistance bands, etc.), affordable PA options, peer educator resources and materials needed (reviewed videos and music that meet class needs), cultural resources.
  + Experience and Training
* Next steps: Expand to other regions. Educators receive $25 Amazon gift card. Another participant barrier is childcare, a common struggle across programs. Are there activities that children could do concurrently? Regarding cultural considerations, Karina suggested assessing the demographics of participants. There is also potential to interview EFNEP supervisors to understand program implementation. Look at the cross-comparison of 24-hour recall and adult questionnaire and where there are areas of duplication of data to reduce participant burden. Potential advancements for recall, make it self-administered. Participants are interested in the reports that are produced from food recalls and adult questionnaire, they want more information about their diet.

**Curricula Content Analysis – Nurgul Fitzgerald**

* Objective 4: Examine the content and implementation characteristics, and effectiveness of EFNEP curricula that target adults’ nutrition and physical activity-related behaviors.
* Effectiveness depends on research-based content, theory basis, incorporating various learning styles & kinesthetic activities, duration and dosage, and implementation fidelity.
* Previous analysis: Hernandez-Garbanzo 2013 (youth curricula) Murray 2015 (adult curricula with DGA)
* Changes compelling this research: EFNEP’s lesson content, evaluation instruments, inclusion of physical activity instructions, and evolving technology.
* Content Analyses: Content and implementation characteristics to investigate include modality, dosage/exposure, supplemental components, engagement and reinforcement methods, concordance with DGA, PAG, and evaluation instruments. Effectiveness will also be measured using associations between the content/implementation characteristics and behavioral outcomes.
* Method: Coordinate with the QoL surveys/interviews with participants on information-seeking behaviors and exposure to PSE level factors in order to reduce recruitment of participants.
* Year 1 Progress: Team-building, literature review of information-seeking behaviors, developing study protocols and instruments to examine the content characteristics of commonly used curricula. The next steps include obtaining a national EFNEP dataset for adult participants.

**Youth Evaluation FPAQ-A Validity and Reliability Testing – Geb Bastian and Tomisin Mayaki**

* Completed FPAQ-A testing (2022). Nineteen cognitive interviews to ensure the content validity of the questions using exploratory factor analysis, inter-item correlations, concurrent criterion validity, and sensitivity analysis.
* Testing that has not been done: Test-retest reliability (two FPAQ-A administrations, 7-10 days apart that are not currently taking EFNEP classes), confirmatory factor analysis (reliability assessment), criterion validity with diet recall and accelerometry, and improved external validity.
* Methods: Two hundred participants will be enrolled from two states from each of the 4 EFNEP regions (Western, North Central, Southern, and Northeast). Missing adolescents from Western and Southern regions. \*Arizona (Shea) volunteered to recruit youth. Annie volunteered to recruit middle schoolers in Idaho. Karina referred Geb to Christie Hedrick who may be able to recruit too. SDSU will be the institution that is the IRB of record.
* Exploratory Factor Analysis – Identified two diet quality domains, food resource management, and food safety. The confirmatory factor analysis will confirm those subgroups.

**Cost, Benefit, and Analysis – Biometrics – Andrea Leschewski**

* Objective: Assess if ENFEP is a cost-effective intervention program by investigating three biomarkers, BMI, blood pressure, and HbA1c.
* 500 participants (250 control/250 EFNEP) in CO, FL, MD, and WA.
* Work Completed: Site and participant recruitment, data collection, research methods manuscript (JNEB), and online CBA tool planning.
* Retention rates: 82% (post), 75% (6-month post), 76% (1yr-post)
* Publication in Journal of Extension (2024) on pilot data. Current revise and resubmit methods paper in JNEB.
* Developments from the pilot in this study include adding biometrics, the control group, and a nationally representative sample.

**Cost, Benefit, Analysis – Behavioral – Annie Roe**

* Identify chronic diseases and 24HDR and Adult Questionnaire variables associated with disease risk. Identify the “score” on the assessment tool to be considered for achieving optimal outcomes related to disease risk, reference person is a 19-50-year-old female, 2000 calorie diet, and has a healthy US-style dietary pattern. If there are no recommendations (ie. AHA reference for stroke prevention), use DRI and DGI.
* Next steps: Determine which variables to use in the final analysis when 24 HDR and Adult Questionnaire variables assess similar outcomes. Acquire the FY2023 data. Determine how many variables a person needs to score optimally on to be considered having optimal nutrition behavior for each disease. Identify the number of FY2023 EFNEP participants who met optimal nutrition behaviors at pre and post assessments.
* The behavioral group creates the methodology and then analyzes the national data set.
* Potential problems include that the 24HDR is a point in time collection and may not reflect their overall data. The team will investigate what their confidence is in the accuracy of the data, which may mean changing the weight on certain variables.
* Lexi asked if there is a sample size that is documented that reduces the errors in the data. Nurgul commented that larger datasets do reduce those errors or inaccuracies. One advantage of the 24HDR is that the quantity (cups, ounces) matches the dietary guidelines. The adult questionnaire asks about frequency.

**Quality of Life – Annie Roe**

* Investigate the impact of EFNEP education on participants’ and educators’ quality of life.
* EFNEP Quality of Life Tool (E-QoL). 40-item questionnaire that asks about the following constructs: physical, mental, relations with people, the place I live, practical activities, Things I do for Fun, Things I do to Improve.
* Preliminary work: Cognitive interviews to establish face validity in multiple states. Then, the team will do test/retest protocol to establish temporal reliability. Compare results from E-QoL to other established QoL tools to establish construct validity.
* Cognitive Interview Recruitment. The team needs more participants from North Central and Eastern regions. More male participants needed (21 female, 2 didn’t answer). **There is funding for 23 additional cognitive interviews.** A $20 electronic gift card (Tremendous.com) will be provided upon study completion and 30-minute interviews.
* Annie received a $1000 award to put toward reliability and validity testing.
* Larger grant application to NIH National Institute on Minority Health and Health Disparities:
  + Are there cognitive, mental health, emotional well-being, and QoL outcomes that result from participation in federal nutrition education programs?
* FY2024-2028:
  + National longitudinal study to determine impact of EFNEP on participants’ QoL
  + EFNEP participants’ perceptions survey: social support, engagement, experiential learning
  + Class delivery survey
  + Relationships between Program Delivery/Perceived Social Support and QoL.

12:30 PM LUNCH

1:30-4:30 PM CBA Working Group - Open Session for All

Roles for New and Continuing Participants

Review Research Timelines

Explore Funding Opportunities

Calendar Dates for Working Group Calls

5:00 PM GROUP DINNER – meet at Dallas Center or at restaurant

- TBD

**MAY 31 Friday**

9:00 AM Opening Remarks/Navigating NIMSS/Recruitment Spreadsheet

Group Photo

9:30 AM DAB Working Group – Open to All

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**DAB Breakout Notes**

Year 2: Develop standardized training resources for 24 HDR on year 2, remove control group

**Content Analysis**

-Planning to assess content and implementation of most commonly used adult curricula, starting with content analysis

-Maya is working on information seeking behaviors literature review

-Start with literature review of previous content analyses: 2 previous ones: Murray et al. (adult curriculum), Garbanzo-Hernandez et al. (youth curriculum); Susan was involved in these, in discussion with her about these, as well as what RJ offered that Michigan uses at the state level

-Building template on spreadsheet to use for content analyses

-Survey states for data on curricula used and online/in person and hybrid for each curricula

-Have the option to ask coordinators to share annual/5 year plans

-Readability of content? Will follow up later with discussion

-Discussed adjusting scale for how often focus areas are covered to percentages

-Nutrition focus options for assessment: 1) ~60 items from youth focused content analysis; 2) lining up with the evaluation tools; 3) Dietary Guidelines alignment; 4) Behavior change theory constructs

-Evidence-based intervention mapping approach?

-Lexi’s colleague has this expertise, worked on a health promotion assessment

-Group agreed that the Dietary Guidelines for Americans would be an appropriate place to start, then for a secondary level coding assess by theory constructs

-PSE was discussed as part of each curriculum: may tie it mostly to implementation assessment

-Discussed importance of assessing cultural competence/DEI framework

-Dosage: Will tie more to meeting objectives, applying to an activity than to time to cover material

**Physical Activity Barriers and Facilitators for Educators**

-Recruitment for national sample

-Incorporate RJ’s training

-Include coordinators at some point: interview or survey?

-Lexi has had success getting feedback from educators on a curriculum

-Will ask to speak in regional meetings

-Discussion about overall questions related to physical activity in EFNEP

-Discussed ways to obtain coordinators’ perspectives around physical activity: regional call, interviews, surveys?

Email everyone about accomplishments: EFNEP Coordinators Meeting, conference presentations, publications, students defending: July 31st due, but get to Geb by 7/17, submit to Lexi/Mike by 7/3; department presentations, guest lectures since 10/28/23

12:30 PM LUNCH

1:30 PM Ilce Medina – UPF research

Metabolomics for Precision Nutrition – The Food and Health Engineering Laboratory @ Michigan State University

Food processing is key for precision nutrition d/t quality, palatability, and consistent supply of foods.

Large ambiguity in the definitions of ultra-processed foods (UPFs), and thus can’t be effectively used in policy and practice.

* Lipid oxidation has detrimental effects on health
  + Dietary oxysterols are quantifiable and could be linked to health outcomes
    - Cooking methods/preparation influences lipid oxidation of foods
  + FooDOxS database with information on >1600 foods and their metabolomic information
* Other research in vit D deficiency, preeclampsia, and cholesterol and oxysterols in cancer and atherosclerosis
* Next step: DOxS interaction with gut microbiota

2:30 PM QoL Working Group - Open Session

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Original timeline – cognitive interviews completed Fall 2023, instrument validation 2024, longitudinal study 2025

New timeline has been compiled in a fancy table 😊

* Orange – data collection
* Green – data analysis
* Blue – tool development
* Black – writing/dissemination

New timeline includes submission for an R01 on Nutrition Education and Quality of Life. This will provide funding for the longitudinal study. Final outputs: 3 manuscripts, 2 conference presentations.

Potential other grant applications? USDA AFRI, American Heart Association, internal grants (U of I nutrition & womens’ health, Rutgers REACH grants)

Funding is available for 23 additional cognitive interviews. Specifically seeking males, participants from Northeast and North Central regions, and Black/African-American participants.

* Stacy is willing to recruit at Rutgers/community sites in NJ
* Lexi is willing to recruit at community sites in TX
* Geb will reach out to SD CDC/SNAP-Ed communities (mainly Native American)

Could we amend the IRB to allow other states to do the interviews in person? This was how the IRB was originally designed so that should be possible. Candy/Diana could do interviews in OK, Lexi has a Cornell student who may be able to assist.

Annie would create individual PowerPoints with participant IDs and 3 randomized questions that would be asked for the cognitive interview.

Training for those doing in-person cognitive interviews: Monday, June 24th, 8:30-10:30 AM Pacific Time

Test-retest and validation protocol: Geb will lead, with SDSU being the IRB of record. Geb, Tomisin, Annie, Nurgul (?), and Stacy will work together to find appropriate construct validity tools. Will meet on Wed, July 10th, 8:30-10:30 AM Pacific Time to convene and figure this out.

Participants Perceptions Survey – Annie, Nurgul, Stacy

How do EFNEP participants perceive being part of the group – is it meaningful to be part of the EFNEP class, what is their perception of the experiential learning. Also measures whether participants use other supports like the MyPlate app or if they are affected by PSE. This is in tandem with the content analysis group. Still at the very early stages, may need to review the literature to identify existing tools and indicators.

* What are the outcomes that this survey should capture?
  + Social support
  + Engagement
  + Experiential learning
  + Other educational resources

5:30 PM DINNER (on your own)

**JUN 01 Saturday**

9:00 AM Report out from Working Groups

DAB: Need to connect with Karen & Dawn to discuss timeline for 24HR

Lots of progress made on the content analysis plan – group agreed to use the DGAs and behavior change theory constructs, PSE, cultural competency/DEI frameworks, evidence-based intervention mapping approach

PA barriers – help from group with recruitment ideas, including looping with RJ’s training, and attending regional meetings. Discussion about the overall place that PA has in EFNEP.

DAB meeting Zooms will switch over to Texas A&M links starting in July and will come from Lexi

Potential of creating an FAQ for new members to orient them to DAB, would help with writing methodology or keeping track of details. Perhaps using Google Drive, Box, or another file sharing service.

QOL: More detailed 5-year plan. Will finish out cognitive interviews this year, finally! Will pivot back to in-person interviews to connect with people and get them to agree. Addl researchers have been recruited. Training is scheduled.

Test-retest protocol & participant perceptions survey – working groups to figure these out. What items are needed for the participant perceptions survey – great discussion.

Addl help for Geb with the impact statement content analysis: Lexi & Aggie Research UGs, Stacy, Shea, + Nurgul & Annie in an advisory capacity.

CBA: Working group to progress on the matrix, plan to finish by the fall. Writing up the decisions being made to inform methods section.

Ilce: The group agreed that any metabolomic research done would need to be very intentional. What would be the purpose of recruiting EFNEP participants vs. other populations? How would this research inform and improve the program? Community relationships are vital for EFNEP’s success – there have been research projects in the past that have created bad blood or even traumatized participants.

Discussion re: Working Group Goals, Objectives, Timeline

General Networking and Research Troubleshooting

Plans for Virtual Mid-Year Meeting Fall 2024

Location & Dates for Annual Meeting Spring 2025

Virtual Mid-Year meeting will be **Friday, October 18th, 2024 from 11:00 AM – 3:00 PM Central Time**

Next Annual Meeting will be **Thursday, May 15 to Saturday, May 17, 2025 in Tucson, AZ. Thank you Shea Austin Cantu for being our 2025 meeting host!**

12:00 PM Travel Home