

SAES-422 Multistate Research Activity

Accomplishments Report

Approved

Project No. and Title: [NC1028](#) Promoting healthful eating to prevent excessive weight gain in young adults (NC219)
Period Covered: 10-2010 to 09-2011
Date of Report: 01-Jun-2011
Annual Meeting Dates: 29-Mar-2011 to 02-Apr-2011

Participants

- Participants Geoff Greene, University of Rhode Island
- Sharon Hoerr, Michigan State University
- Wen Guo, Melissa Reznar
- Tanya Horacek, Syracuse, NY
- Kendra Kattlemann, South Dakota
- Kalissa Mortinsen
- Susan Nitzke, University of Wisconsin-Madison, Mallory Koenings Susan Welsh
- Adrienne White, University of Maine
- Tanda Kidd, Kansas State University
- Cary Snyder, Jin Han
- Sarah Colby, East Carolina University, Kait Slavinsky
- Carol Byrd Bredbenner, Rutgers Ginger Quick
- Onika Esters, Purdue University
- Karla Shelnut, Univ of Florida, Chris Hambrook
- Gale Carey, Univ of NH, Jessie Morrell
- Melissa Olfert West Virginia University, Amanda Berhaupt Melissa Laska, University of Minnesota, Lisa Franzen-Castle, University of Nebraska
- Absent Bea Phillips, Tuskegee University.

Brief Summary of Minutes of Annual Meeting

Brief Summary of Minutes of Annual Meeting Susan Welsh highlighted changes in NIFA structure and grants. State PIs provided updates on activities within each state.

Status of current and pending manuscripts was reviewed.

Group structure was discussed and some decisions made. " For next couple of years, PIs will choose an area of work, either the Behavioral or Environmental, and the projects will combine in year 03. " Guidelines for adding new researchers to the group were finalized. " The Policies and Procedures Subcommittee will develop a framework for duties. " New Group Structure is as follows o Administrative Executive Committee § Chair-Sarah Colby (TN) § Chair-elect Karla Shulnut (FL) § Publications/Website/Presentations/Literature/Tool Repository-Chair Susan Nitzke (WI); other members NY, NJ, WV. KS § Policies and Procedures,

Reports/Awards/Renewal- Chair Adrienne White (ME), others SC, NH, NE, FL § Technology, Computer Training, Statistics/Data Security Chair Geoff Greene (RI), others IN, MI, MN o Behavioral Committee chair-Onikia Esters (IN), others TN, RI, FL, MI, KS, NE, AL o Environmental Committee chair-Tanya Horacek (NY), others WV, WI, ME, MN, NJ, SC, NH Publications; Policy and Procedures; and Technology Committees met and reported discussion to total group.

Geoff Greene reported on lessons learned from using steering committees to guide research endeavors. Findings will be presented at SNE in summer, 2011.

Jennifer Walsh led discussion of the BECS manuscript and the writing team met separately to continue discussions.

Grant opportunities were discussed.

Conference call dates for total group and subcommittees were made.

Accomplishments

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Johnson (WI), Walsh (ME) and Kattelman (SD) lead the formative evaluation and cognitive testing of Y.E.A.H. online lessons to refine the intervention for a full-scale implementation. Lessons included content on Stress Management, Eating, Physical Activity, and Time Management. Email messages (nudges), which were staged-tailored, were developed and cognitive tested Stress Management, Eating and Physical Activity.

Colby (NC) supervised the making of 90 video messages to be used in the Y.E.A.H. project.

Walsh (ME) modified the YEAH educational modules for a low literacy population and developed and tested a smoking module for YEAH. Kattelman (SD) led the pretesting and piloting of the Y.E.A.H. project. Horacek (NY) led a simplified version of the environmental audit on college campuses

Kidd (KS) developed protocol and provided trainings for blood pressure measurements.

Merrill (NH) led the training of two universities (NJ and WV) in methods for conducting biochemical assessments for YEAH project. Greene (RI) developed and evaluated two modules (videos) with CELS CARES funding for use in interventions. They are scheduled to be used by URI Dining Services and URI 101 (introductory class for freshmen) in the 2011-2012 academic year. Online surveys with college students (n=1197) were conducted about issues related to weight gain.

Related Projects. Hoerr (MI) was PI on the Parent Feeding Intervention Development Study-Improving Feeding Practices for Child Diet and Weight in Low-Income Families. NIH-RO1 funding; Improving Nutrition Assessment and Education in Well Child Visits; and Evaluating

Cost-Benefit of EFNEP and SNAP-Ed in Michigan. White (ME) led Maker of Meals research in Maine, conducted an environmental audit and behavior surveys for 70 main preparer of food for children 2-12

Impacts

1. The Y.E.A.H. project was the first study designed to systematically develop and test a tailored, web-based program to prevent excessive weight gain in the 18-24 year old population using the community based participatory research process of PRECEDE-PROCEED. Based on pilot test findings, this intervention is on track to promote healthy weights in the target population. Involving the community directly in the assessment of the physical environment in terms of how it advocates and supports physical activity, consumption of healthful foods, and overall health helps the community gain awareness of and interest in the issues that must be addressed to prevent obesity in young adults.

Publications

Publications First authors marked with * are graduate or undergraduate students that were mentored in manuscript submission.

Greene GW, Schembre SM, White AA, Hoerr SL, Lohse B, Shoff S, Horacek T, Riebe D, Patterson J, Phillips BW, Kattelman KK, Blismer B. Identifying clusters of college students at elevated health risk based on eating and exercise behaviors and psychosocial determinants of body weight. *Journal of American Dietetic Association*. 2011; 111:394-400.

*Schembre, S, Greene, G, Melanson, K. (2009) Development and Validation of a Weight-Related Eating Questionnaire. *Eating Behaviors*. 2009; 10; 119-124. Blismer, B, Prochaska, JO, Velicer, WF, Redding, CA, Rossi, JS, Greene, GW, Pavia, a, Robbins, M. Common factors predicting long-term changes in multiple health behaviors. *J Health Psych*. 2010; 15 (2):205-214.

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Kakarala M, Keast DR, Hoerr SL. School children s consumption of competitive foods and beverages, excluding a la carte. *Journal of School Health*. 2010; 80:429-435.

Franzen, L., and Smith, C. Food system access, shopping behavior, and influences on purchasing groceries in adult Hmong. *American Journal of Health Promotion*. 2010; 24(6):396-409.

*Milan JE, White AA. Impact of a stage-tailored, web-based intervention on folic acid intake of college women. *Am J Health Promotion*. 2010;24(6), 384-387.

Extension Publications Franzen-Castle, L., Katherine Prochaska-Cue, and Cathy Johnston. Healthy Living in Tough Economic Times. UNL Extension publication, G2041. Available at: <http://www.ianrpubs.unl.edu/epublic/live/g2041/build/g2041.pdf>. December 2010.

Franzen-Castle, L., and P. Ritter-Gooder. Omega-3 and Omega-6 Fatty Acids. UNL Extension publication, G2032. Available at: <http://elkhorn.unl.edu/epublic/pages/publicationD.jsp?publicationId=1307>. August 2010.

Manuscripts in press or in review *Murashima M, Hoerr SL, Hughes SO, Kaplowitz S. Confirmatory factor analysis of a questionnaire measuring directive, non-directive and food environmental control practices in Head Start mothers, *Appetite* (in press). doi:10.1016/j.appet.2011.01.031

*Doddivenaka C. & Kattelman K. A Review of Parental Styles and Practices and Influence on Child's Food Intake and Weight Status. Accepted in press to *Topics in Clinical Nutrition*.

*Erickson C., Kattelman K, Remington J, Ren C, Helseth C, & Stevens D. Traditional open-bay versus single-family room neonatal intensive care unit: a comparison of selected nutrition outcomes. Accepted and in press to *Research and Reports in Neonatology*.

Hoerr SL, Abdulkradi AO, Miller S, Waltersdorf C, LaShore M, Martin K, Newkirk C. Improving Measurement of the EFNEP Outcomes Using Factor Analysis of the Behavior Checklist. *Journal of Extension*. (Accepted)

Horacek, T.M., White, A.A., Greene, G.W., Reznar, M.M., Quick, V.M., Morrell, J.S., Colby, S.M., Kattelman, K.K., Herrick, M.S., Shelnut, K.P., Mathews, A., Phillips, B.W., Byrd-Bredbenner, C. (In Review). Sneakers and Spokes: An Assessment of the Walkability and Bikeability of U.S. Post-Secondary Institutions. *Journal of Environmental Health*. (In Review)

*Walsh JR, Hebert A, Byrd-Bredbenner C, Carey G, Colby S, Esters O, Greene G, Hoerr S, Horacek T, Kattelman K, Kidd T, Koenings M, Nitzke S, Phillips B, Shelnut KP, White AA. Development and Validation of the Behavior, Environment, and Changeability Survey (BECS). In review

*Walsh JR, Greene GW, Kattelman K, Colby S, Phillips B, Horacek T, Byrd-Bredbenner C, Hoerr S, White AA. Emerging adults' perceptions of life satisfaction and health behavior: Gender similarities and differences. (In review)

Meier, KS, Rossi, JS, Redding, CA, Prochaska, JO, Pallonen, UE, Velicer, WF, Greene, GW, Rossi, SR, Krebs, PM, Plummer, BA. (in press) Teens and technology: Using tailored multimedia programs for population-based cancer prevention in high schools. *Health Promotion Practice*.

Lofgren, I, Greene, G, Schembre, S, Delmonico, MJ, Riebe, D, Clark, P. (in press). Comparison of diet quality, physical activity and biochemical values of older adults either reporting or not reporting use of lipid-lowering medication. *J Nutr Health and Aging*.

Clark, PC, Blissmer, BJ, Greene, GW, Lees FD, Riebe, DA, Stamm, KE (in press). Maintaining exercise and healthful eating in older adults: The SENIOR project II: Study design and methodology. *Contemporary Clinical Trials*.

Redding CA, Prochaska JO, Paiva A, Rossi JS, Velicer WF, Blissmer B, Greene GW, Robbins M, & Sun, X. (in press). Baseline Stage, Severity and Effort Effects Differentiate Stable Smokers from Maintainers and Relapsers. *Substance Use & Misuse*.

Publications: Abstracts/Proceedings/Book Chapters/Professional Meeting Presentations/ Other

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Walsh, J., White, A., Byrd-Bredbenner, C., Colby, S., Esters, O., Greene, G., Hoerr, S., Horacek, T., Kattelman, K., Kidd, T., Nitzke, S., and Phillips, B. (2010). Use of a Multi-phase Community Assessment Model to Identify Behavioral and Environmental Influences of Obesity for Young Adults. *Journal of the American Dietetic Association*: 110(suppl 2);A-30.

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Quick V. and Byrd-Bredbenner, C. (2010) Behavioral Factors Affecting Young Adults Health and Body Weight. New Jersey Dietetic Association, New Brunswick, May.

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V. Quick, A. Weiner, E. Shu, T. Horacek, C. Byrd-Bredbenner. (April 2010) University Food Environment: An Assessment of the Nutrient-Density of Vending Machine Foods. Presented at the Rutgers Nutrition, Endocrinology and Animal Biosciences Graduate Student Conference, New Brunswick, NJ.

Byrd-Bredbenner, C., Quick V., Weiner A., Shu, E., and Horacek, T. (2010) University Food Environment: An Assessment of the Nutrient-Density of Vending Machine Foods. *Journal of the American Dietetic Association*, 110: A-52.

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Colby S, Kattelman K, Green, G, White A, Horacek T. "Community Based Participatory Action Research: From People to Policy". Presentation accepted Society for Nutrition Education, Kansas City, KS.

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Presentation Accepted) Walsh, J, Mathews, D, Moore, A, Kattelmann, K Perceptions of Weight and Self-Reported Behavior among Low-Income Young Adults. Society for Nutrition Education Presentation, 2011. Mathews, D, Hamilton, W, Windhorst, C, Hock, J, White, A. Identifying Kitchen Skills, Child-Feeding Practices and Quality of Life of Rural Makers of Meals for Children 2-12 Years using Community-Based Participatory Research Society for Nutrition Education Presentation, 2011