

SAES-422 Multistate Research Activity Accomplishments Report

Project No. and Title: NC1193 Assessing and addressing individual and environmental factors that influence eating behavior of young adults

Period Covered: 10-2012 to 09-2013

Date of Report: 21-Mar-2014

Annual Meeting Dates: 05-Feb-2014 to 07-Feb-2014

Brief Summary of Minutes

Present

1. Onikia Brown, Auburn University- Chair
2. Lisa Franzen-Castle, University of Nebraska- (Secretary),
3. Carol Byrd-Bredbenner, Rutgers University; Mallory Koeing
4. Sarah Colby, University of Tennessee & Randa, Amber, and Abbey
5. Geoff Greene, University of Rhode Island
6. Kendra Kattelmann, South Dakota State University
7. Melissa Olfert (West Virginia University), Jade (WV),
8. Karla Shelnutt, University of Florida
9. Adrienne White, University of Maine
10. Devon Golem, New Mexico State University

Not physically present: call in #888-808-6959, conference code 3922068

1. Tanya Horacek, Syracuse University
2. Tandalayo Kidd, Kansas State University
3. Jessie Morrell, University of New Hampshire
4. Beatrice Phillips, Tuskegee University

Discussion

- Call ourselves the Healthy Campus Research Consortium (HCRC)
 - Trademark status – no update (Kendra and Carol)
 - To recap - Carol talked with people who have done similar things and Kendra tried to talk to someone at her institution but they left and now have someone in place again
 - Carol – can go in and do it ourselves online and pay a fee
- Meet up at other meetings as well such as SNEB, EB, etc.

- Write papers as a group – get great reviews internally before go out for external reviews
- Have people with different expertise and areas of interest
- Working on developing a Healthy Campus Index
 - Develop instruments and strategies around environment and behavior issues
 - Environmental Committee– Healthy Campus Audit is under development
 - Behavioral Committee – College Environmental Behavior and Perceptions Survey (CEBPS)
 - Web Health > BEC(K)S> YEAH foundational/background for CEBPS
- Need to start thinking about writing the renewal proposal – develop projects that support the 5 year plan
 - Work with young adult audiences and obesity prevention
 - Healthy eating and physical activity behaviors – chronic disease prevention
 - Plan is due 2015 – need to start writing in 2014
 - Chair of Policies and Procedures committee (Kendra) is responsible for leading the effort, organizing report, and getting feedback from the group

State Reports

- South Dakota – Kendra reported, on a committee (health sciences task force) and attend every meeting to get concerns across, Provost wants some sort of Health Sciences college, do not currently have an internship at SDSU; it is housed in the School of Medicine and now it is going to be moved to SDSU, encourage young faculty to be on the board for SNEB; great organization to be a leader in
- Nebraska – Lisa reported, Interim Dept. chair has become permanent dept. chair, have new Dean of Extension who is pushing the scholarly work of Extension, relocated to campus over the holidays and now located on East Campus, will be going up for P&T this fall and looking for external reviewers, looking forward to working with more students now that on campus
- Florida – Karla reported, split between depts., interim chair is now permanent, hiring for a new director, nutrition scientist and teaching positions, senate passed farm bill as is (SNAP-Ed PI for Florida), looking at going to a cost-recovery model for Extension (recovering salary from grants, switching to fee-for-service)
- Rhode Island – Geoff provided an update, have a new Dean (wants to reorganize the college), Provost has decided he wants a Health College, may be physically moving from one building to another (but there were budget cuts) so there has been delays with moving out of building (push is to produce a Harrington School of Communication because of private donor and use their current building), developing online MS program (In the near future, cannot be RD unless have a MS degree)
- Alabama (Auburn) – Onikia reported, Extension is pushing for outcomes and impacts and want Educators to participate in research, in dept. going to hire MS/RD to teach, am 100% Extension but teaching intro class (they bought out 5% of time to teach), trying to take humanities out of engineering requirements so will drop numbers for intro classes, have online MS program (where a lot of revenue comes from), have an ISPP and can take 12 spots outside of the DPD
- Tennessee – Sarah reported, REACH lab was finally renovated, School of Ag is where Extension is, food science and then nutrition dept. very separated as well as public health (very connected to

nutrition dept. – MPH/MS), talking about School of Public Health in the future, hiring for some positions (cellular/molecular)

- Maine – Adrienne reported, had high teaching loads and research programs and have gotten an instructor who is DPD director and 100% teaching and are using professionals to help with intro classes, have an ISPP and still direct the internship program, she is 50% teaching and 50% research.
- New Jersey – Carol reported, Dept. chair is relatively new, merged with medical school this summer, MS programs developing (MPH in Nutrition), broken ground on new nutrition building; Mallory getting ready to take RD exam, helping with Carol's projects within and outside the multi-state group
- West Virginia – Melissa reported, President has moved on to a different institution and have interim in place with great reputation, Davis College is going from 5 divisions to 3 schools and undergoing name change, pushing for dual degree option (MS/MPH), have lab space at the farm, new building breaking ground with lifestyle intervention lab (bod pod, blood and urine collection, exercise equipment, mini kitchen, etc.), resigned from DI director last year and have moved forward with position description for new person (last year and this spring did not do national match – can only be inactive for 2 yrs)
- New Mexico – Devon reported (just joined), in FCS dept., have a new President and new Provost, dept. in college of Ag and have college of health science and social science that are not related, second semester at NMSU, have 4 faculty members in the dept., am 75% teaching (teach 16 units) and 25% research
- New York – Tanya reported, helping with papers, will provide specific update on the environment audit, search chair for two searches and have 6 candidates on campus this month for interviews, have a brand new Chancellor, move into a new building sometime in 2014, have a great team of students this year
- New Hampshire – Jessie reported, nutrition department seems to be getting smaller with retirements and sabbaticals, have a position open and sent out announcement to SNEB listserv (MS/RD, PhD preferred), university-wide trying to do more with less, not much happening administratively.

Committee Reports

- **Behavioral – CEBPS Survey (Sarah reported)**
 - Version A - Looked at the index and created a mirrored item, collected data and did factor analysis, cognitive interviews, had roughly 1000 survey respondents
 - Version B – changed items based on previous version and testing, content validation, cognitive interviews, did factor analysis, 967 survey respondents
 - How do validate someone's perceptions?
 - Closest you can get is to talk to them and ask them what they think after they just completed the survey

- Mixed methodology of quantitative and qualitative methods looking at how closely the survey captures perceptions and what is missing
 - Have a couple of papers on development/process and looking at how accurate the survey was at capturing perceptions (quant. And qual. analysis comparisons)
 - Data from the summer – anthropometric, dietary, and survey data
 - Differences in perceptions within the same environment and look within those groups for variations
- **Environmental – Audits and timelines (Tanya and Carol reported)**
 - Vending – took a little different approach (health nutrient density core system); validation study with three different approaches at different campuses, data will be back to states (Qualtrics data) and you already have your own excel data for state reporting/abstracts, will analyze what they have by the end of February (so student can finish up thesis) and will use everyone’s data for the full analysis
 - Need extension – RI, NH
 - Will try to be done – AL, ME
 - Will be done – NJ, FL, TN, NE, WV, NM, SD, KS
 - Campus environmental audit – look at convenience stores, mini-markets, food carts, food trucks, Provisions on Demand (POD – podmarket.com)
 - Paper – After working with stats person found no significant correlations (Carol suggested looking at spearman if have not already), going to analyze by region, paper a little delayed and hoping to have it done by the end of the semester
 - Students working on the following areas - Rec services, Convenience stores, and policy
 - Need to have well-defined constructs that relate back to the literature, each construct is on a 5-point scale and each categorical box has a clear definition, going to be able to do factor analysis on data
 - Dining – Healthfulness and Supports
 - Stores - Healthy foods and Supports
 - Recreation programs facilities – each facility (1/2 PA Environment and ½ supports)
 - Equipment/facilities, supports, and overall programs
 - Timeline (excel sheet e-mailed to multi-state research listserv)
 - Have one year to pilot/refine/polish items
 - Going to use items Feb. 2015 for FRUVED
 - Need people to be expert reviewers
 - Need to validate tools so need larger sample size (if do not have enough on your campus, try and pull from surrounding colleges/campuses)
 - Surveys will all be in Qualtrics (may be a few things that need to be entered into Excel)
 - 10 sit-down restaurants, 10 dining halls, and 10 fast food restaurants per state; not just focused on students but also on employees
 - Dining hall collection could take place in spring and fall since some institutions do not have dining halls open in summer months.
 - Tanya will put together an excel sheet and request that group members fill out where they are willing and able to help with
 - Bikeability/walkability – Carol reported - great programmer to work on at beginning Feb. and early March, will use campus map on a computer screen and can allow it to be shared with steering committee (each one will have letter or number to differentiate), not using Qualtrics but will build it into the application with the map
 - The application can be adjusted to phone, tablet, or computer

- Something that can be uploaded and made active
 - Programmer understands that it needs to be used on any campus, anywhere
 - Be able to test it before fall at Rutgers
- **Information, Outputs, and Data (Mallory reported)**
 - Project Tracking Update (ROOTs and SHOOTs)
 - ROOTs – is a bare bones idea and only lasts for 6 months (should submit a shoot within 6 months on idea)
 - SHOOTs – fully formed research idea, questions, methods, submission potential and form (abstract/poster/paper), and is updated annually
 - Shoot coming from Sarah on CEBPS
- **Policy and Procedures (Kendra reported)**
 - The latest version had not been posted yet to the website
 - Kendra will send out latest version to the listserv and requesting comments/feedback by Friday, Feb. 14th
 - For minor issues she will accept and fix, but if it is a major item that changes intent she will wait and bring it to the whole group for a decision on how to move forward
- **Planning committee (Mallory reported)**
 - Robert's rules of order (for deliberative assemblies – to bring order out of chaos)
 - Who is Robert? Why should we bother?
 - Use a quorum, motions, voting, proxy
 - Want to continue to use an abridged version of Robert's Rules within our document

Elections (October 1, 2014- September 30, 2015) *each member must serve on 1 Administrative Support committee and 1 Research Support committee – *See appended document on last year's leadership/membership

- Chair-elect (Melissa) will become Chair for 2014-2015
 - Secretary (Lisa) will be Chair-elect in 2014-2015 and Chair in 2015-2016
 - Devon (new member) will become Secretary for 2014-2015
 - Sub-committee Chairs (2014-2016)
 - Inputs and outputs chair – Sarah
 - Policies and procedures chair – Kendra
 - Program planning committee chair – Karla
 - Sub-committee membership
- Stay on assigned committees

Set next meeting date and place

- April 2015 (4-day block): Tuesday, April 21st – Friday, April 24th in Knoxville, TN
- Travel days are April 20th and April 25th

Accomplishments

1. Development and validation of the College Environmental Perception and Behavior Survey.
2. Developed and implemented Greene Eating intervention.
3. Over the next year, NC1193 will continue development and validation work on instruments to audit campuses with the ultimate objective of creating a prototype Healthy Campus Index.

4. Colby S, Brown O, Horacek H, Kattelman K, Kidd, T, Mathews A, Olfert M, White A. Get Fruved: A peer-led, train-the-trainer social marketing intervention to increase fruit and vegetable intake and prevent childhood obesity, USDA-NIFA-AFRI awarded; \$4.8 million, 2014-2019.

Impacts

The long-term impacts of NC1193s work are 2-fold: (1) to develop tools that can be used by external partners and stakeholders to curb the obesity epidemic, and (2) to deepen understanding of how to best meet young adults needs as they strive to prevent weight gain and adopt healthful habits.

Publications

Manuscripts

1. ACCEPTED) Horacek TM, White AA, Byrd-Bredbenner C, Reznar MM, Olfert MD, Morrell JS, Koenings MM, Esters-Brown ON, Shelnett KP, Kattelman KK, Greene GW, Colby SE, Thompson-Snyder C. PACES: A Physical Activity Campus Environmental Supports Audit on University Campuses. *American Journal of Health Promotion*
2. Koenings MM. Body weight and nutrition consequences of alcohol consumption in young adults. *American Journal of Lifestyle Medicine*. 2013;7(4):250-54.
3. Kattelman K, White A, Greene G, Byrd-Bredbenner C, Hoer S, Horacek T, Kidd T, Colby S, Phillips B, Koenings M, Brown O, Olfert M, Shelnett K, Morrell J. Development of Young Adults Eating and Active for Health (YEAH) Internet-Based Intervention via a Community-Based Participatory Research Model. *J. Nutr. Education & Behavior*. 2014
doi:10.1016/j.jneb.2013.11.006
4. Walsh J, White A, Kattelman K. Using PRECEDE to develop a weight management program for disadvantaged young adults. Accepted Sept 2013. *J. Nutr. Education & Behavior*.
5. Koenings MM, Olfert M, Kattelman KK, Nitzke S. Pseudo-underage students' access to alcohol surrounding three college campuses. *Journal of Hunger & Environmental Nutrition*. 2013;8(1):95-105.
6. Koenings MM. Body weight and nutrition consequences of alcohol consumption in young adults. *American Journal of Lifestyle Medicine*. 2013;7(4):250-54.
7. Horacek TM, White AA, Byrd-Bredbenner C, Reznar MM, Olfert MD, Morrell JS, Koenings MM, Brown ON, Shelnett KP, Kattelman KK, Greene GW, Colby SE, Thompson-Snyder CA. PACES: A Physical Activity Campus Environmental Supports Audit on University Campuses *Am J Health Promot.* (Accepted) 2013
8. Koenings MM, Olfert M, Kattelman KK, Nitzke S. Pseudo-underage students' access to alcohol surrounding three college campuses. *Journal of Hunger & Environmental Nutrition*. 2013;8(1):95-105.
9. Dour CA, Horacek TM, Schembre SM, Lohse B, Hoerr S, Kattelman K, White AA, Shoff S, Phillips B, Greene G. Process Evaluation of Project WebHealth: A Non-Dieting Web-Based Intervention for Obesity Prevention in College Students. *J Nutr Educ Behav*. 2013;45:288-295.

10. Horacek T, Erdman M, Byrd-Bredbenner C, Carey G, Colby S, Greene G, Guo W, Kattelman K, Olfert M, Walsh J, White A. Assessment of the dining environment on and near the campuses of 15 post-secondary institutions. *Public Health Nutr.* 2013;16(7):1186-96. doi: 10.1017/S1368980012004454
11. Horacek, T., Erdman, M.B., Reznar, M. E., Olfert, M., Brown-Esters, O. N., Kattelman, K. K., Kidd, T, Koenings, M., Phillips, B., Quick, V., Shelnutt, K. P., White, A.. Evaluation of the food store environment on and near the campus of 15 post-secondary institutions. *Amer. J. Health Promot.* 2013;27(4);e81-90. DOI: 10.4278/ajhp.120425-QUAN-220.

Abstracts

1. Koenings MM, Kattelman KK, Olfert M. The college alcohol environment's affect on student alcohol consumption and physical activity. *American College of Sports Medicine.* June 2013. Indianapolis, Indiana, USA. (published in *Medicine and Science in Sports and Exercise.* 2013;45:(5suppl):C32-127).
2. Koenings MM, Horacek TM, Kattelman KK, Byrd-Bredbenner C, Gurka M, Philips B, Olfert M. Vending machines, sugar-sweetened beverage (SSB) use and weight status of college students. *Experimental Biology (Proceedings)* April 2013. Boston, Massachusetts, USA. (published in *The Journal of the Federation of American Societies for Experimental Biology.* 2013;27(1_MeetingAbstracts):121.4)
3. Horacek T, Deleso K, Kattelman K, Walsh J, White A, Gurka M, Olfert M. Evaluation of the Healthfulness of University Campus Environments. *International Society of Behavioral Nutrition and Physical Activity Meeting Ghent, Belgium May, 2013.*
4. Koenings MM, Horacek TM, Kattelman KK, Byrd-Bredbenner C, Gurka M, Philips B, Olfert M. Vending machines, sugar-sweetened beverage (SSB) use and weight status of college students. *Experimental Biology (Proceedings)* April 2013. Boston, Massachusetts, USA. (published in *The Journal of the Federation of American Societies for Experimental Biology.* 2013;27(1_MeetingAbstracts):121.4).
5. Franzen-Castle L, Krehbiel, M, White A, Mathews D, Yerxa K, Colby S, Donalson A, Kattelman K, Koens A, Olfert M, Flanagan S. iCook: Developing a 4-H curriculum for youth and adults. *FASAB J.* April 9, 2013 27:1067.9.
6. Colby S, Franzen-Castle L, Kattelman K, Olfert M, Mathews D, White A. iCook: Development of a web-based component of a 4-H cooking intervention. *FASAB J.* April 9, 2013 27: 36.2.
7. Olfert M, Smith E, Flanagan E, Colby S, Shanklin K, White A, Mathews D, Yerxa K, Franzen-Castle L, Krehbiel M, Kattelman K, Koens A. iCook: Lessons learned about recruiting youth and their primary adult food preparer for a 4-H cooking intervention. *FASAB J.* April 9, 2013 27: 1063.18.
8. Mathews D, Yerxa K, Franzen-Castle L, Krehbiel M, Colby S, Meade R, Kattelman K, Kabala C, Olfert M, Flanagan S, White A. iCook: Use of an online process evaluation to facilitate quality control of a 5-State 4-H program. *FASAB J.* April, 2013 27: 367.5.
9. Walsh J, Byrd-Bredbenner C, Kattelman K, Colby S, Greene G, Hoerr S, White AA, Stable-Morrell J, Horacek T, Brown-Esters O, Kidd T, Koenings M, Phillips B, Shelnutt KP, Olnert M.

Examining Differences in Anthropometric Measures and Dietary Intake of Young Adults Attending College or Vocational Programs. *J Nutr Educ & Behav.* 2013;45:S57-S58.

10. Buttarazzi S, Mathews D, Aguirre T, Franzen-Castle L, Shanklin K, Colby S, Kabala C, Smith E, Olfert M, Yerxa K, White A. iCook 4-H: Piloting a Childhood Obesity Prevention Program – Anthropometrics and Dietary Intake of Children 9-10 Years Old. *J Nutr Educ & Behav.* 2013;45:S76.
11. Kabala C, Kattelman K, Koens A, Meendering J, White A, Mathews D, Olfert M, Smith E, Gebremariam Y, Colby SE, Sparks A, Franzen-Castle L, Hall J. iCook 4-H: Assessment of Physical Activity in 9-10 Year Old Children Participating in a Family-centered Pilot Intervention. *J Nutr Educ & Behav.* 2013;45:S69.
12. Koenings MM, Kattelman KK, Olfert M. The college alcohol environment's affect on student alcohol consumption and physical activity. *American College of Sports Medicine.* June 2013. Indianapolis, Indiana, USA. *Medicine and Science in Sports and Exercise.* 2013;45:(5suppl):C32-127.
13. Kattelman K, White A, Greene G, Byrd-Bredbenner C, Nitzke S, Horacek T, Hoerr S, Kidd T, Phillips B, Colby S, Brown O, Shelnutt K, Olfert M, Morrell J. Development of a Randomized Trial Guided by the Process of PRECEDE-PROCEED for the Prevention of Excessive Weight Gain in Communities of Young Adults. *J Nutr Educ & Behav.* 2013;45:S9
14. Kattelman K, White A, Byrd-Bredbenner C, Greene G, Horacek T, Kidd T, Phillips B, Colby S, Brown O, Hoerr S, Shelnutt K, Olfert M, Koenings K, Stabile Morrell J. Project Yeah: Development of a Web-Delivered Theory-Based Intervention for Preventing Excess Weight Gain in Young Adults. IUNS 20th International Congress of Nutrition, Grenada, Spain, Sept 15-20, 2013. *Ann Nutr Metab* 2013;63(suppl 1):487.
15. McPartland S, Melanson K, Greene G, Blissmer B, White A, Olfert MD, Byrd-Bredbenner C, Morrell JS, Kattelman K. Stress, Diet, and Lifestyle in College Students: Analysis of the YEAH Study. Poster session presented at the meeting of The Obesity Society; November 15, 2013; Atlanta, GA.
16. Ruppert M, Colby S, Shelnutt K, Greene G, Brown O, Franzen-Castle L, Kidd, T. Cognitive Interviewing in Survey Development. *J Nutr Educ Behav.* 2013;45(4S):S73-S74.