

**W-1003 Meeting  
October 10-13, 2003  
Fort Collins, CO**

Wednesday

Attendance

Present: Garry Auld, Ann Bock, Carol Boushey, Christine Bruhn, Dena Goldberg, Scottie Misner, Beth Olson, Marla Reicks, Chang Wang, Susan Welsh, Jimin Yang, Sahar Zaghoul, Dawn, Stephanie

Absent: Miriam Edlefsen, Mary McCluskey, Jean Weese

Changes to the agenda

Addition: Brainstorming projects

Issues and Findings from interviews

First question on Calcium Intensive Interview with Dairy Council Food Models

1. Participants responded to the individual food items vs. the dairy council pictures as representative of a group of foods. Beverages are unique so not an issue.
2. Interviews taking 1 hr 15 minutes to 1 hour 30 minutes
3. Table from Garry facilitated note taking
4. Cost an important reason for selection of foods
5. Received more information about reason for food choices for adults than for the kids. Most of the time received the answer for all foods for the kids.
6. Question asked if probes were leading.
  - a. Probes are open ended
  - b. Techniques for probing-briefly discussed i.e. what about nutritious as an example.
7. Since we are interested in canned fish with bones- ie salmon, anchovies, and sardines, it would be better to use a can of fish rather than the Dairy Council pictures of fish.

General Comments

1. Chang had to explain terms
2. Participants were surprised by how much calcium adults needed
3. Posters designed by Miriam were very helpful. Respondents liked them and mentioned they would help get message about need for calcium out
4. Participants learned about calcium
5. People learned about calcium
6. Techniques to recruit
  - Social circles
  - School
  - Church
  - University
  - Neighborhood- participants
  - Flyers
  - Schools

- 4-H
- Extension
- Participants
- Personal note with flyer helped
- 7. Primary respondent is the mother
- 8. No need to look up calcium content of non calcium fortified foods
- 9. Generic supplements on the list
- 10. Probe about weekend vs. weekday in question 4 on tape

Everyone should record the following information for each interview

- Recruitment
- Place of interview/location
- Approximate length of interview
- Remuneration
- Assessment of SES
- Dates of interview

#### Thursday

##### Attendance

Present: Garry Auld, Ann Bock, Carol Boushey, Christine Bruhn, Miriam Edlefsen, Dena Goldberg, Mike Harrington, Jim Jacobs, Mary McCluskey, Scottie Misner, Beth Olson, Marla Reicks, Chang Wang, Susan Welsh, Jimin Yang, Sahar Zaghoul, Stephanie  
 Absent: Jean Weese

At the invitation of Jim Jacobs, Mike Harrington spoke on writing impact statements. He will send the PowerPoint presentation to Jim for distribution. Highlights of presentation follow:

##### 1. History

Since 1946 multi-state projects  
 25% of multi-state dollars on regional research  
 Assigned impact writers who couldn't do anything because impacts not captured  
 Over the last several years we all have been challenged to measure impacts  
 GRPA of 1993 changed how government does business  
 Performance based resource allocation is moving forward  
 The challenge has been to assess and effectively communicate the impact

##### 2. What is impact?

The quantifiable difference a program makes in the quality of life for its clients and general citizenry  
 Not numbers of publications, number of workshops, description of program, number of persons attending a meeting, or number of persons enrolled in a program

##### 3. Why care

Helps build a greater understanding of what you do and its importance  
 Provides an overview

4. Who Cares?

The public  
Congress  
Federal, state and local officials  
Stakeholders  
External funding sources  
Industry

5. Why does their opinion matter?

Seeking quantifiable benefits of programs  
Have competition for their attention  
Exercise some control over funding

6. Importance of impact statements to administrators

Helps build greater understanding of programs by the public  
Makes it easy to sell research, extension, and education programs when you can show outcome  
Provides a product you can reuse

7. Importance of impact statements to faculty and field staff

Programs get more exposure  
Informs public

8. What is an impact statement?

A brief document that describes the social, environmental, and/or economic difference that your research, teaching, or extension efforts have made on the public  
Specifically, it states your accomplishments and the payoff to society

Issue

Diabetes is endemic

What has been done?

Impact- change in behavior of participants  
Native Americans who have seen the CD report that they are now testing their blood sugar levels daily

Key ideas for Multi-state Projects

- What are the project's objectives and what do these mean to each of the members?
- Interdependence and relatedness  
What you been able to accomplish as a result of your participation?
- Examples  
Development of new methodology or approaches  
Implementation of solutions or adoption of recommendations developed  
Leveraging of resources (grants, etc)

## Impacts of our project

- IFAFS
- Development of MBQ and food frequency for children
- Examining factors influencing calcium in Asian adolescents, which is providing information on possible strategies to increase calcium intake of this group.
- Are participants in the project making changes in their calcium intake?
- Perspective of adolescents
- Exploring the relationship between child and parent and its impact on calcium intake of child – can be used to examine other nutrition concerns i.e. modeling impact on obesity

Anecdotal information is very powerful

Money competitive for multi-state projects

How are you going to document impact?

- Keep it simple  
Ex-UH College of Agriculture gives legislators an overview of the type of work done by the college and its importance to the community  
Stories are deliberately kept short and informal  
One story no more than 225 words  
Breezy, non-tech conversational style following in-depth interviews  
Made difference in funding as word got out  
Faculty recognized

Formula for writing impact statements

Problem

Solution

Impact

Jim needs help with annual report- accomplishments, impacts, and publications

State Reports

Post on list serv

Identify modeling as it may relate to other health issues as obesity

A MN student has made additions and subtractions from the MBQ. Marla will post changes made on the list serv.

NM interviewee didn't like repetition in questions; felt there was lack of trust.

Christine reported the voice recognition software Dragon Naturally was not useful.

Oregon finding lots of professional Asians.

Hispanics are non-English speaking. Hispanics recruited by word of mouth.

Differences in eating patterns by season especially breakfast and snacks.

Lots of interesting conversations regarding other sources of calcium, i.e., soy

Susan Welsh

Budget

The FY'04 budget has not passed yet, so we are operating under a Continuing Resolution. The FY'03 budget for CSREES was about \$8M higher than the previous year. Most of the increase, \$46M, went to the NRI bringing its budget to \$166M. The appropriation language allows up to 20% of the NRI funds to be spent on integrated projects that address at least two of the three land-grant missions of research, education, and extension. Obesity will be an important area for integrated projects. In FY'03, \$7M will be awarded for obesity projects through the NRI. The RFA for the FY'04 NRI should be released in Nov.

Review of Dietary Guidelines and FGP.

- Very tight schedule  
Technical Report by beginning of June  
Consumer Report 2005
- meetings open to the public
- HHS has lead now.
- Comments due back from Federal Register.

Mel Mathias is retiring. Nancy Lewis will work for a year.

Diet Health and Knowledge Survey is looking for funding.

Presentation of features of N-vivo with sample analysis of Colorado data

Discussed features of N-vivo

Discussed possible trees

See handouts for notes

This led to discussion of following issues

Lactose intolerance

Meal patterns during the week are different from weekends

Asian-seaweed and pork bones source of calcium. Chang reported that bone soup does not contain much calcium even when prepared with vinegar

Key questions for analysis

How do parents model?

How do parenting styles and expectations influence consumption?

Are there gender, ethnicity, and SES differences in these issues?

What is the influence of self-efficacy of parents?

Need to ask about employment of parents

Other sources of funding

- AAUW- Dena and Miriam will apply for funds for writing up analysis of calcium intensive interviews

- NRI basic and applied for phase III- test educational strategies – use food frequency and MBQ. Plan is to hire us as consultants to collect data to avoid two indirect cost billings.
  - Each person needs to write a letter, provide a CV, and complete a conflict of interest statement
  - Could be used to strengthen intervention and impact
  - Carol, Marla, Dena, Mary will work on grant, Jim will review
- Chang, Marla, and Beth will explore opportunities for studying African American

### Spin Offs

Stephanie in Michigan will be looking at body image, dairy products, and eating attitudes of mother-daughter pairs. Question: Does height and weight preoccupation impact intake, body image, and dairy intake?

Other possibilities for a master's thesis for a graduate student in Wyoming:

- Expand on parent expectations and modeling; Hispanics vs. White; Employed vs. non-employed; Farm vs. non-farm
- Latchkey related to calcium take and obesity. Is there an effect?
- How does employment impact eating patterns?
- How do grandparents influence calcium intake?

### Friday

#### Attendance

Present: Garry Auld, Ann Bock, Carol Boushey, Christine Bruhn, Miriam Edlefsen, Dena Goldberg, Jim Jacobs, Mary McCluskey, Scottie Misner, Beth Olson, Marla Reicks, Chang Wang, Susan Welsh, Jimin Yang, Sahar Zaghoul, Dawn, Stephanie

Absent: Jean Weese

Discussion of Policies and Procedures revisions Ann wrote

Policy and procedures accept with the following changes

- Sharing costs –first
- Sharing of any instrument
- Page 2 first bold in writing ..... Or procure their own statistical analysis and inform. Background – proposal reviewers liked central facility doing data analysis. Data set and variables created centrally
- If a topic between meetings discuss with chair and post on listserv. Posted manuscript on list serv for review before submission.
- Next paragraph omit his or her thesis
- List states – take off Utah and Nevada, add Oregon, Hawaii
- Need to consider submitting presentation at national meetings
- Each member bring a report to the annual meeting
- Page 3 follow author guidelines of JADA
- For contact information add cell phone, take off RD and the administrative advisor

## Analysis of supplement data

### W-191 Papers

1. Motivators/Barriers predictive of consumption of CA rich foods-differ by age, gender, ethnicity. Look at all scales -CA intake- Garry, Rachel, and Carol
2. Intake of CA greater when family has tradition of consuming CA rich foods- Christine, Marsha, Miriam

Need help here

### Carol's report on W-191 data

- 197 valid responses to supplements.
- Vit C most frequent single nutrient
- 29% list valid CA supplement

Many children lack the ability to identify their dietary supplement

The lowest proportions of valid responses were for calcium and protein supplements

Five children wrote the same responses for all three supplement questions

Carol demonstrated data entry for the supplement interview using Access; will make minor changes and send everyone file

### Instructions

for coding ID use the following format CO, M, H 01 (Colorado, male, Hispanic 1)  
(Ethnicity choices are (A, W, H, M))

Enter questionnaire as two files so can check for data entry errors

If don't normally purchase CA fortified foods, look to see if fortified if not national brand.

Carol's presentation of MBQ development

Committees formed. Chair in bold.

Adult scale- will develop draft of MBQP and decide how to correlate pairs

Chang, Miriam, Christine, Ann, Stephanie, Scottie, **Marla**

Analysis of interviews

**Garry**, Dena, Miriam, Christine, Mary, Marla

Education strategies as thank you for taking their time

Garry, Carol, Ann, Sahar, **Miriam**, Dena

Food frequency for adults

**Carol**, **Jimin**, Beth, Dena, Chang, Mary, Sahar

Carol and Jimin: Presentation of development of FQ validation for adults

Study protocol and procedures reviewed and discussed

Utah doing work with Hispanics to increase validity. This project uses a computer that talks and has pictures.  
Consider measuring social desirability using self esteem scale.  
Will add acculturation measure. Scale developed for kids mainly based on language use.

Nutrition education strategies

Thank you piece for volunteers and will begin last phase of study

#### Next meeting

Last two weeks of October in Minneapolis

#### Questionnaire production and data analysis

Minnesota is adding the following

- Acculturation
- Division of responsible for what eat
- Hmong foods go better with water
- Availability of foods changed.

Marla will post these questions on the web.

#### Survey analysis

Wyoming, Indiana, and Minnesota will collect bids for printing and scanning surveys and providing results in an Excel file. Bid based on printing 2000 each of child and adult and scanning 1600 each. Results are to be posted on the listserv. Those who collected bids will make a recommendation to the group. Goal is to complete this process before the end of the year.

We realize New Mexico is a small station with a limited staff. We value Ann's input and all the work she and her colleagues at NMSU did for W-191. In order to give NMSU a break we will consider other alternatives for data analysis.

#### Budgets for this year

Transcription

Cost of analysis

Participant reimbursement

Minor expense of pilot collection

Article by Keith on food frequency validation in press.

#### Timeline

- 11/15 receive Access file from Carol and Jimin
- 11/26 Interviews completed
- 12/12 Send transcriptions to Garry. During review note major themes and quotes
- 1/15 MBQ nodes completed
- 6/1 MBQP draft completed
- 6/4 IRB proposals submitted
- 7/15 Analysis of parent interview
- Nutr strategy



- Field test before administration parent/child pairs
- January 05 field test

### Saturday

#### Attendance

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Absent: Jean Weese

#### Writing Assignments

Parenting modeling- Marla, Miriam, Dena

Treatment of boys/girls- Garry, Mary, Miriam, Sahar

Methods including- N-vivo Garry

Employment of parents- Dena, Miriam

Supplement use and fortified food- Carol, Chang, Beth

Parent confidence- Chang, Dena

Acculturation, legation ethnic patterns- Marla, Chang

Meal pattern and Location- Mary

Factors affecting Ca consumption- Chris, Scottie

Whoever interested in behavior ask Garry to run preliminary analysis

#### Leads for committees

FFQ- Carol and Jimin

MB- Parent Marla

Inteview- Garry

Nutr Ed- strategies Miriam

Lead will see that group works on assignment and conference call with Garry monthly

#### Impact Statements for Jim

Better understanding of parent's knowledge and expectations and how they guide the food choices of their child in their own words.

Reliable valid tool to assess CA intake and factors influencing of CA intake of kids

One of the first researchers to investigate supplement use and attitudes toward supplement use for themselves and their children

Similar one with fortified foods

Better intervention strategies to help guide the public regarding selection of diet to optimize health at a time when is crucial in child's development

Adding to knowledge base of understudied ethnic/cultural groups

By focusing on parent modeling will do messages to entire family

Understanding of parental modeling can be applied to other nutrition and health issues

Carol wrote the following for impact

- Developing instruments: Developed a semi-quantitative food frequency questionnaire for children 10-18 years old to assess calcium intake. None was previously available. The instrument has been made into an electronic questionnaire that can be used in schools, health fairs, and health departments. This tool has been tested for validity and reliability in an multicultural adolescent population
- Methods: The simultaneous administration of questionnaires between parent and child pairs is unique in nutrition and will allow insight into attitudes and behaviors for the entire family
- Reaching underserved group: Information about calcium intake among previously underserved groups, i.e., Asian, Hispanic
- Leveraging resources: IFAFS proposal from W-191
- Improving the health of the population: Behaviors and attitudes that detract from the adequate consumption of calcium are being identified that will enhance the development of nutrition messages to families -parents and their adolescents- the age groups whose bone development is most important for their life.

Scottie will take this information and write a project impact to go in the national report

Election

Chair:	Garry Auld
Secretary	Marla Reicks