

POSTERS

WEDNESDAY, MARCH 27TH

POSTER GROUP 1 OPEN

8:00AM – 8:30PM

***We1: NCCOR'S measures registry user guides: Tools for researchers and public health practitioners to measure diet and physical activity**

Amanda Samuels, MPH, Hatidza Zaganjor, MPH

Selecting appropriate measures for both nutrition- and physical activity-related behaviors can be challenging, given the plethora of information available on measurement. Recognizing a need to standardize measures used in the childhood obesity prevention field, the National Collaborative on Childhood Obesity Research developed the Measures Registry, User Guides, and recently released teaching modules. This session describes how to use this suite of tools to select appropriate measures for obesity-related research and evaluation and shares key considerations to assess prior to selecting a measure. The interactive session will use multimedia to highlight the eLearning teaching modules. The series of short dynamic modules are designed to help build the capacity of public health practitioners, researchers, new professionals, and students to conduct obesity-related research and evaluation.

***We2: Research in vulnerable and protected populations**

Jody L Vogelzang, PhD, RDN, CHES®, FAND, Carol N Agomo, MPH, MBA, Whitney Boling, PhD, MBA, CHES®

Across the US, health disparities exist where gaps in achieving good health are large, persistent and increasing annually. Closing these gaps and achieving health equity for vulnerable populations and protected populations, which include groups who have experienced major obstacles to health, associated with socio-economic disadvantages and historical and current injustices, is often challenging for researchers due to arduous approval processes. Some researchers may intentionally opt to stay away from the study of vulnerable or protected groups and populations for this reason. The exchange of ideas, tips, and strategies with health professionals will help the profession actively contribute to the national dialogue on how to achieve health equity and eliminate disparities. This session will explore ways to integrate underrepresented, vulnerable, and protected populations into research through a facilitated discussion.

***We3: Initiative to improve the health & wellness of employees in a clinical research center**

Alyssa Bullard, MHA, Ashton Madison, MPH, Meghan O'Leary, MA, Marsha Turner, MS, Teresa Day, Christina D Williams, PhD, MPH, Dawn Provenzale, MD, MS

The VA Cooperative Studies Program Epidemiology Center-Durham created a health and wellness (H&W) initiative to increase opportunities for Center staff to improve their overall H&W. Staff developed H&W metrics and conducted an annual survey to gauge H&W interests of all Center personnel. Center leadership endorsed employee use of adjustable standing desks and participation in the Clifton StrengthsFinder assessment. Quarterly activities such as meditation breaks, and healthy potlucks were held based on annual survey results. A mid-year evaluation

found all respondents having participated in at least one H&W activity and the StrengthsFinder assessment with the greatest participation. Overall, all respondents reported being "very satisfied" or "satisfied" with the activities attended. This initiative provided Center staff with increased opportunities to improve their physical and mental well-being.

***We4: Factors influencing breast cancer knowledge and risk appraisals. A mixed methods assessment of college students' perceptions**

Christina Jones, PhD, MA, Marcy Simpson, Jagdish Khubchandani, PhD, MPH, CHES®, Faith Brewer, Tyler Smith, Tiara Wilburn

Little is known about college aged females' perceptions of risk, breast self-exam (BSE) practices, the psychosocial factors impacting women uniquely during this age, and overall knowledge about breast cancer. We used the Health Belief Model and Social Ecological Model as theoretical frameworks to explore college students' perceptions of breast cancer. Female undergraduate students were recruited from general education classes in a large Midwestern university for a survey assessment (n=405) and 2 focus groups. The majority never conducted a BSE (54%), did not know how to correctly conduct a BSE (60%), and never received formal education on breast cancer (70%). More than a third reported that they would be scared to go to a doctor if they found a lump in breast. Our participants seemed to construct an understanding of breast cancer risk based upon their stage in life, with some pointing out the ways in which women in the college years are often neglected in conversations about risk.

***We5: Race/ethnicity and sex disparities found among cancer modifiable risk behaviors of U.S. adolescent parent dyads**

Mary Odum, PhD, Lei Xu, PhD, Ronald D Williams, Jr., PhD, CHES®, Jeff M Housman, PhD, MCHES®

Using secondary data from the National Cancer Institute's Family Life, Activity, Sun, Health, and Eating study, this study examined whether demographic differences exist in modifiable cancer risk factors among a nationwide sample of U.S. adolescent-parent dyads (n=1336). Independent samples t-test and a one-way ANOVA assessed differences in mean scores of modifiable cancer risk behaviors by sex and race/ethnicity, respectively, from cross-sectional, survey data. Among this sample, non-Hispanic Black adolescents and parents were significantly ($p < 0.05$) more likely than their counterparts to engage in multiple dietary and sedentary behaviors which may increase cancer risk or other health problems, including consumption of sugar-sweetened beverages and processed and red meats. Results suggest current guidelines for cancer may benefit from inclusion of younger populations and families.

We6: Environmental health for health professionals: Increasing knowledge and application

Hildi Nicksic, MEd, PhD

Health professionals must be aware of the robust association between the environment, both natural and manmade, and human health. This presentation will explain environmental health and its relationship to overall health and wellness. Participants will be guided through a series of activities to expand basic

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understanding of environmental health that can be directly implemented by teachers and trainers in their own health courses or worksites. The strategies presented will also enhance awareness of the correlation between environment and health among all session participants. Participants will be provided with directions on how to use each activity as health coursework and with statements about the influence activities had on health majors in an undergraduate environmental health course.

We7: Cognitive Stimulation Therapy and cognitive mental health functioning of older adults in a skilled nursing facility

Carol Cox, PhD, MCHES®, FESG, Anna Wang, Sabiya Azim, Julie Hasken, CHES®

Seventy percent of Missourians in skilled nursing care have some level of dementia. Cognitive Stimulation Therapy was implemented in a rural Missouri skilled nursing facility to improve aging participant cognition levels. Between summers 2016-2018, 25 older adults with mild/moderate cognitive decline participated. Rapid Cognitive Screen was used to measure pre-post cognitive function. Pre-tests, curriculum, post-tests, maintenance sessions, and post-post-tests were continuously and consistently delivered. No significant change was noted overall or between curriculum and maintenance session scores. Implementing this type of continuous programming is very challenging in the skilled nursing setting where many medical and other interruptions cannot be controlled. If a SNF is a chosen setting for CST, attendance incentives and creative scheduling strategies are recommended.

We8: A case study of health-related support processes in two happy gay couples

Julie Gast, PhD, MCHES®, Joshua Novak, PhD, Terry Peak, PhD

A semi structured interview protocol was used to conduct 120-minute interviews with each couple and analyzed using grounded theory methods. Five organizing categories emerged during the analysis, resulting in a conceptual process model of health related support in same sex relationships. These categories, provided a snapshot of how processes interact with each other, were Context, Relationship Dynamics, Health Support Processes, Couple Adaptation, and Balancing Physical/Relational Health. Couples described the balancing of relational and physical health an ongoing, important theme in the success of health support. Implications for health education, prevention and intervention will be discussed.

We9: Improving Stroke Outcomes in the Natural State

Olivia Wilson, MS, CHES®, Marzella Backus, MNsc, RN, CEN, Aliza Brown, PhD, Renee Joiner, RN, BSN, Erin Pace, CHES®

Research to identify the needs and access to healthcare utilizing The Arkansas Stroke Assistance through Virtual Emergency Support (AR SAVES) telestroke program. Patients have access to board certified vascular neurologist consultations through 54 rural hospitals across the state. The stroke consults in 2015-to-2016 were evaluated as a measure of AR SAVES reducing rural healthcare disparity. Evidence shows this Arkansas program has improved stroke outcomes moving Arkansas from #1 in stroke mortality to 6th in the nation.

We10: Development of a Health Disparities Workgroup to Improve Veteran Health Research

Meghan O'Leary, MA, Alyssa Bullard, MHA, Ashton Madison, MPH, Marsha Turner, Teresa Day, Christina D Williams, PhD, MPH

The Veterans Affairs Cooperative Studies Program Epidemiology Center – Durham developed a voluntary Health Disparities Workgroup (HDW), which aims to 1) identify opportunities for Center staff and leadership to increase knowledge about existing health disparities and 2) determine optimal ways to conduct research that can address health disparities particularly affecting veterans. HDW members have participated in trainings on topics including implicit bias and systemic bias in algorithms used in research. Research products include analyses of the characteristics of Native American veteran cancer patients, racial differences in cancer treatment and survival, and disparities in genetic testing. Research objectives related to health disparities have also been added to multiple study protocols. Continued efforts are needed to assess and address equity in patient care among veterans.

We11: Paid Sick Leave Benefits and Adherence to Recommended Screening Tests Among Male Labor Workers in the U.S.

Bart Hammig, PhD, MPH, Brooke Bouza

Objective: To examine the association between paid sick leave and health care utilization and preventive screenings in male labor workers in the U.S.

Methods: Using the 2013-2016 National Health Interview Survey (NHIS), labor workers (n=8,553), aged 18-64 years were examined. Logistic regression analyses assessed the association between paid sick leave and the use of preventive health services.

Results: Thirty-five percent indicated paid sick leave benefits at work. Participants with paid sick leave were significantly more likely to have received screenings for blood pressure, cholesterol, and blood glucose, and also were more likely to have utilized health care services or had a dental visit in the past year.

Conclusions: Providing paid sick leave to labor workers may increase their use of preventive health care services. Policy that mandates paid sick leave is warranted.

We12: Prediction of Initiation and Sustenance of Stress Management Behaviors in Veterinary Students: A Test of the Multi-theory Model

Vinayak Nahar, PhD, Manoj Sharma, PhD, MBBS, Dip TD, CHFWM, MCHES®, Richard W Kim, MS, Philip M Stephens, MS, Elizabeth C Johnson, DVM, Jason W Johnson, DVM, MS, DACT

Many students in veterinary schools experience elevated levels of stress. This study utilized the multi-theory model (MTM) of health behavior change to determine potential predictors of initiation and sustenance of stress management behaviors in veterinary students. The participants of this cross-sectional study were students attending veterinary school in the Southeastern United States. Students were recruited via e-mails and were asked to complete a 54-item valid and reliable online survey based on MTM. A total of 342 students responded to the survey, of which 88.3% were females and 89.8% were White. Findings revealed that behavioral confidence and changes in physical environment were

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significant predictors of initiation of stress management behavior change. Additionally, emotional transformation was a significant predictor of sustenance of stress management behavior change. Interventions based on MTM constructs should be built for stress management among veterinary students.

We13: Impact of a Sleep Hygiene and Online Mind-Body Bridging Intervention for US Army Reservists –An Exploratory Study

Joe Visser, PhD, MCHES®, Carol Cox, PhD, MCHES®, FESG, Marissa Leong, Haley Lynn Bylina, Shelby Duessel, Sam White

Members of the US military may be more prone to sleep-related problems, prompting the necessity for targeted sleep hygiene interventions. Members of a selected US Army Reserve unit participated in a brief sleep hygiene education training. During the training, soldiers were also introduced to an existing online resource, designed to assist in promoting improved sleep quality. Impact of the training was measured using a pre-post assessment design, utilizing The Pittsburgh Sleep Quality Index (PSQI). While no change in pre-post total PSQI scores was found, there was a statistically significant increase in the number of hours slept per night. The results of this evaluation show the potential positive impact of sleep hygiene education, however follow-up studies are required. Implications for health education will be discussed.

We14: Lessons from Utah's Healthiest Companies - What Can You Learn?

Megan Flanagan, MPH, Dustin Jones, MS, CPM

"Each year, Utah Worksite Wellness Council awards healthy worksites in Utah using the CDC worksite Wellness Scorecard. We interviewed Utah's Healthiest Worksites on their programs, best practices, and process of developing effective wellness programs from the ground up. We then comprised them into a report to highlight what makes them stand out as leaders in our industry and role models for other companies.

This presentation aims to offer innovation and forward thinking for new professionals, mid-career professionals and health educators, as well as provide them with methods of staying current and predicting future trends. By interacting with one another, participants will spark ideas on ways of improving their own program and walk away with practical takeaways for their own program."

We15: Comparing the Effects of Different Hepatitis B Storytelling Videos among a Sample of Asian Americans and Pacific Islanders

Julia Alber, PhD, MPH, Chari Cohen, DrPH, MPH, Amy Bleakley, PhD, MPH, Beth L Chance, PhD, Sanam Ghazvini, Brenda Trang Tolentino, Rebeca Almeida

This study examined the effects of different types of hepatitis B (HBV) storytelling videos compared to informative videos, on high risk individuals. Results indicated that intention scores to engage in HBV-preventative behaviors were typically lower, on average, for young adult personal story videos and higher for parent story videos. The highest average overall video rating was found for the general facts videos, whereas the lowest average rating was found for older adult personal story videos. Overall, the parent story videos received significantly higher average perceived

effectiveness ratings. The thematic analysis suggested that some participants were less sympathetic towards the speakers in the older adult personal story videos and found them less convincing than the videos of young adult personal stories and parent stories. Findings suggest that stories featuring individuals telling stories about a family member rather than themselves, may better resonate with this population.

We16: Using Service Learning to Develop Grant Writing Skills in Health Educators

Kelly M Bentley

Individuals in the health and social service arena are often required to obtain programmatic funds through grant and proposal writing; however, these funding avenues have become more competitive and difficult to obtain. Importantly, there is little literature related to curriculum practices in this area and even less written about pedagogy employed to teach grant writing to students preparing to work in the field of community health. A course taught in an undergraduate program that prepares students for Community Health Education Specialist (CHES®) certification utilizes a service learning approach to teach specific National Commission for Health Education Credentialing (NCHEC) knowledge and skills, including components of a grant. This presentation will describe the process and strengths and challenges experienced in employing this method for students.

We17: Perceptions of Preconception/Interconception Health Among Women of Low Socioeconomic Status: Differences by Hispanic Ethnicity

Audra L Gollenberg, Kim Fendley

This study aimed to measure the perceptions of preconception health and pregnancy preparation among women of low socioeconomic status. Bilingual student interviewers recruited and interviewed women of reproductive age (18-40 years) at three agencies in Winchester, VA. Women were asked about how they prepared for their past pregnancies, perceptions of preconception health, as well as recent health behaviors. N=174 women were recruited for the study. Most were non-Hispanic White (42%) or Hispanic (43%) and did not have health insurance (54%). A majority of women (56%) did not prepare for their past pregnancies. Among those who did prepare for their pregnancies, "financial or job" preparation was the most common (13%). It is important to assess the knowledge, perceptions and health behaviors of underserved populations when designing preconception health promotion programs targeted at these groups.

We18: The Practicality of Program Planning Courses: Lessons Learned from Health Education Practitioners

Alicia Wodjka, Ph.D., CHES®, Darson Rhodes, Ph.D., MCHES®

Program Planning courses offer many important skills and pedagogical insights for future health educators. The primary aims of the study were to 1) determine student applicability of program planning course content; and 2) identify student application of the course material in future scenarios (courses, occupation, etc.). Student alums (n=20) currently practicing health education (>5 years of experience) were contacted using their professional emails and sent open-ended survey questions. Survey questions included sub-categories to determine application of material

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from program planning courses, current skills necessary in their areas of health education, and suggestions for future students and teachers. Results indicated that different skills are needed depending on the health education specialty of the practitioner. Courses need to ensure the content is geared towards the changing fields of health education and public health to keep up with current practices.

We19: Disparities in the prevalence of disability in the United States by type, by race, and by type by race

Andrew Peachey, DrPH

"Age-adjusted prevalences are reported for the 50 states and District of Columbia, Guam, Puerto Rico, and the U.S. Virgin Islands from the 2016 Behavioral Risk Factor Surveillance System (BRFSS). Participant responses included demographic information and six functional disability types (hearing, vision, cognitive, mobility, self-care, or independent living disabilities) or any disability.

Within the 54 states and territories, the prevalence of any disability was 24.6% and ranged from 18.7% in Colorado to 36.6% in West Virginia and 38.5% in Puerto Rico. Prevalence of disability differed by type. Mobility (12.6%) and Cognitive (10.8%) disabilities were most common. The prevalences of independent living (6.5%), hearing (5.3%) and vision (4.5%). Self-care disabilities were least prevalent (3.5%). Significant differences in the age-adjusted prevalence of each of the functional disability types by race were observed; however, the pattern of differences was not the same across categories."

We20: Change in interprofessional collaborative competencies of public health and other health professions students

Darson Rhodes, PhD, MCHES®, Joseph Visker, PhD, MCHES®, Carol Cox, PhD, MCHES®, FESG, Sam White

Seventy-nine undergraduate health professions students (Public Health, Nursing, Athletic Training, Speech-Language Pathology) enrolled with medical and dental students in a semester-long interprofessional home-visiting program completed the Interprofessional Collaborative Competencies Attainment Survey (ICCAS). The survey was used to assess participants' pre-post program change in self-reported collaborative competency behaviors. The survey contained 20 items worded as behaviors in six categories arranged on a 7-point Likert-type scale. Competency scores in the six subscales were created by summing all items within that subscale. Paired t-tests were calculated to compare post-survey and retrospective pre-survey scores. Statistically significant improvements in post-test scores were found in all analyses.

We21: The Joyful Complexity of Measuring Social Determinants of Health

Emma Olson

The NC Center for Health and Wellness Culture of Results Initiative applies a framework known as Results-based Accountability (RBA) to help health service providers across the state plan and evaluate their projects and services. "The Joyful Complexity of Measuring Social Determinants of Health" will introduce the basic concepts of RBA then present on NCCHW's work partnering with state, regional and local agencies to address social determinants

of health (SDOH). Distinctions and similarities will highlight lessons learned and provide recommendations for addressing SDOH in communities across the USA. Example measures will illustrate critical considerations for prioritizing community indicators and program performance measures. Participants will reflect on their own experiences and apply the RBA process to identify, select and share measures for their own work.

We22: The "New" AIDS Service Organization and Role of the Health Educator

Frederick Schulze, PhD, MCHES®

Certified Health Education Specialists can offer the perspective of helping AIDS Service Organizations deal with crucial issues such as training around advocacy, cultural competency, board development, community organizing, stress management and adapting to change.

We23: Clinical Collaboration has Increased Colorectal Cancer Screenings in Rural Northeast Texas, Improving Health Outcomes

Sarah Tison Malone, CHW, Carlton Allen, Paul McGaha

Colorectal Cancer (CRC) is prominent in Rural Northeast Texas, yet The University of Texas Health Science Center at Tyler has managed to increase screening numbers through collaborating with Federally Qualified Health Centers (FQHCs) and Health Departments (HD). We currently have a Cancer Prevention and Research Institute of Texas grant, allowing FREE CRC screenings to qualified individuals, serving a 19 county area. We reached out to FQHCs and HDs to increase CRC screenings amongst the un/under-insured. We trained staff using PowerPoint, and demonstrated proper FIT collection. Jointly, with The American Cancer Society, we educated organizations on current CRC rates, screening importance, and testing options. In Fiscal Year (FY) 2015 we collaborated with 2 organizations, 8 in FY16, and 11 in FY17 and 18. Screening numbers for FY15 were 1,337, 2,417 for FY16, 3,374 for FY17, and 1,835 currently in FY18. These increases came from our collaboration and expansion of counties with FQHCs.

We24: Evaluating patient and provider level barriers and facilitators to receiving acute stroke treatment: A qualitative study

Narmeen Rehman, Lesli Skolarus, Casey Corches, Alison O'Brien, A Camille McBride, Nishat Islam

While stroke treatments reduce stroke disability, they are underutilized. The Tailored Implementation in Chronic Disease explores determinants of evidence-based practice. We performed 25 semi-structured interviews with medical technicians, nurses, physicians, and visitors in an under-resourced, predominantly minority serving ED. Guideline Factors, Individual Health Professional Factors and Patient Factors domains were identified as barriers to following stroke treatment guidelines. Within Patient Factors, doctor-patient communication was a barrier. Professional Interactions was a facilitator. Theoretical frameworks are beneficial tools to improving stroke treatment practices. Our findings suggest collaboration between the ED and community can increase understanding of acute stroke treatment. Next steps include translating these findings into a community-informed stroke discussion guide.

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We25: Opioid Education and Public Health Law: What Health Educators Need to Know

Brianne Yassine, MPH, CHES®, Montrece Ransom, JD, MPH

Law has long been a tool for protecting and promoting the health of the public, and is a way to deliver a public health intervention to hundreds of thousands of people with the stroke of a pen. Law has been instrumental in combating the opioid epidemic, including passage of Good Samaritan laws, mandating prescription drug monitoring, and expanding naloxone distribution. Public health law education is not just for lawyers and policy teams; practitioners must understand the role of law in public health. Public health law touches every audience health educators teach from trained medical professionals to stakeholders and the public. Speakers from CDC will describe how health educators can incorporate best practices for law and policy interventions into educational material addressing the opioid epidemic. Application of adult learning principles to target different audiences and competencies in law will also be addressed.

We26: A Qualitative Exploration of Social-Emotional Factors Impacting Health Equity Among LGBT Women.

Diana Reindl, PhD, Tera McIntosh, PhD, Rhiannon Lewis, Deystinee Lightner, Lauren Gellar

Research continues to examine the LGBTQ+ population as one unit. Yet, each letter represents an overabundance of identities. For this reason, this study specifically looked at “women who have sex with women” or WSW to document perceptions, experiences and values among WSW. Six focus groups with 37 women ranging in age from 20 to 64 were conducted. The focus group script included open-ended questions regarding perspectives and feelings about relationships, stereotypes, experiences and the 2014 Supreme Court decision to allow marriage among same-sex couples. Responses were audio tapes, transcribed verbatim and thematically coded. Four major themes emerged as factors influencing social and emotional well-being and included: 1) shame and fear, 2) community, 3) gender roles and 4) normalcy. These results offer the first qualitative view which can assist community members and health professionals.

We27: Health Literacy: A practical training for professionals in a healthcare setting

Delcie Strahan, MPH, MCHES®, Theresa Blanco, MEd, MCHES®, CAC, Betsy Amstutz

Health literacy is a well-established area of research and practice, but there are still several challenges to raising awareness on both organizational and individual levels. This train-the-trainer presentation uses the Health Belief Model to provide participants with a structured curriculum to take back to their organization. It has been used successfully for several years to introduce, inform, and empower professionals in a rural community health center. Even the most experienced professional will benefit from participating. This approach uses discussion, hands-on activities, resource analysis, videos, and more to foster a culture of health literacy sensitivity. At the end of the session, attendees will have a stronger understanding of what health literacy is, how it affects their organization and patients, and most importantly - how they can empower their patients and staff more effectively.

We28: Learning about Lyme Disease among Latinos: A qualitative needs assessment approach with key informant health and human service providers in an underserved Latino community

Debra Bill, MPH, PhD, MCHES®, Rosymar Magana, MPH

Lyme disease is the most commonly reported vector-borne disease in the United States. For the past 3 years, Pennsylvania has ranked highest in the nation in confirmed cases with the highest rates reported in Chester County, PA where the project was undertaken. Latinos are the fastest growing population in Chester County. Most are employed in outdoor occupations which may place them at a higher risk for contracting Lyme Disease. However, little is known about Lyme Disease among Latinos. The purpose of this research is to conduct qualitative interviews with health and human service providers knowledgeable about Lyme Disease and Latinos to increase our understanding in this area, and to guide education programs. Interview topics were: views on Lyme Disease; barriers to testing and treatment, at-risk groups; a need for educational programs. Findings from the study will be presented.

We29: Examining Characteristics of Exemplary Worksite Wellness Programs in Utah

Dustin Jones, MS, Megan Flanagan, Lauren C. Manzione, Brenda Ralls, PhD, Rebecca Fronberg, Brittany Brown

Worksite wellness programs are growing, with national data suggesting 75% of worksites have a wellness program. Employers who implement wellness programs are likely to improve employee productivity and decrease absenteeism. Despite the benefits, many worksites struggle to develop programs that affect overall employee wellness. The Utah Department of Health (UDOH) conducted a scan of worksites across the state to obtain a sense of the policies and practices employers are currently implementing for worksite wellness. Lack of participation by high-risk employees was the most frequently cited barrier (27.2%). Other barriers included marketing and communication, lack of guidance for implementing some activities, misunderstanding of the wellness program, not knowing if high-risk employees are participating, and adjustments for remote and night shift employees. The UDOH shared data from the scan with employers so they can identify ways to improve.

We30: Prevalence and risk factors for hepatitis B virus infection among Vietnamese Americans in Southern California

Alice Lee, PhD, MPH, Wura Jacobs, Elena Chan, Priscilla Yuen, BL (Becky) Nguyen, Dung Hua, John Ho, Thai Van Nguyen

Given the high prevalence of hepatitis B virus (HBV) infection among Vietnamese Americans (VAs) and its strong association with risk of liver cancer, studying HBV and its risk factors among VAs is critical. Serological and self-reported questionnaire data collected from hepatitis screening events organized by the Vietnamese American Cancer Foundation (VACF) were used to evaluate whether sociodemographic and other relevant characteristics may be associated with risk of HBV. Using multivariate logistic regression, we found that females, those born in the U.S., and those who reported receiving a HBV vaccination were at decreased risk of HBV whereas those with a family history of HBV infection were at substantial increased risk. These findings provide important insight into HBV risk in the VA community, which can help inform future public health strategies.

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We31: An Exploration of HIV/AIDS and Aging: Understanding Resilience and Health in Aging HIV-Positive African American Women who Live in Urban Areas

Eboni Anderson, DHEd(c), MA, MEd, MSW, CHES®

The resilience of HIV-positive African American (AA) women, who are at least 50 years old and reside in urban areas within the United States, has not been the focus of research when, in fact, it should. Multiple studies have reported that AA women represent 61% of the U.S. HIV infection rates, while being comprised of about 7% of the population. Aging HIV-positive AA women face multiple stigmas associated with the disease, including HIV/AIDS-related illness, ageism, and discrimination based on their diagnosis. Despite these challenges, there are some aging HIV-positive AA women who have resilience. Collecting demographic information, administering quality of life and resilience surveys, and conducting qualitative interviews to determine how resilience plays a role in the health of aging HIV-positive AA women has been the mission, goals, and purpose of this research.

We32: Border Cascades Project. Implementing Routine HIV Testing to eliminate disparities by accessing health services to vulnerable populations along the West Texas Border

Irene Ovalle, BS, CHES®

An estimated 1.1 million people are living with HIV including 162,500 who are not aware of their status. Even though HIV testing has become more widespread, the HIV epidemic falls short of testing the most vulnerable populations. Regardless of what we have learned about HIV there are still cultural and structural barriers that prevent our Latino Community to access an HIV test. The strategies have had insufficient progress and barriers to structural and health equity in the border community include social determinants of health, conflicting understanding by medical providers regarding the guidelines for testing, cost and treatment. Acknowledging structural factors is a first step, the second step should be assessing behavioral factors to increase access to routine HIV testing, recognize inequalities among communities to account for those disparities to provide a holistic approach and bridge the gap to end the HIV epidemic among our population.

We33: Preferred weight loss program formats and amount of incentive money among emerging female adults dropout of a theoretically-based behavioral weight loss program

Ping Johnson, PhD, MS

This study examined whether using technologies in BWL treatment is preferred by young adults with obesity, especially those who dropped out of a BWL program, and the amount of money needed to incentivize their participation. Online survey results revealed that using technologies in BWLs may not be preferred by all young adults with obesity. Future BWLs for young adults with obesity may consider incorporating mobile and internet technologies to the traditional face-to-face and telephone calls, rather than using technologies exclusively. The effects of delivering about half of the program components in traditional format and another half online via a mobile app, internet, or online chat need to be tested in future studies. The amount of money used to incentivize adhering to BWL treatment should be in proportion

to the amount of weight loss related activities attended and outcomes achieved.

We34: Association of Adherence to Dietary approaches to stop hypertension (DASH) diet on different grades of Osteoarthritis (OA) among Iranian menopausal women: Implications for health and nutrition educators

Masoomeh Hajizadehghaz, PhD, Afsoun Abdollahi, Megan Kelley, PhD, MS, CHES®, Khadijeh Mirzaei

"Aims: we investigated the association between adherence to DASH dietary guidelines and different grades of Osteoarthritis among menopausal women living in Tehran, Iran. Methods: 247 participants were categorized into healthy and patients groups. Anthropometric data, blood samples, physical activity, and food intake information were gathered for all participants. Body composition and DASH diet adherence scores were also assessed.

Results: Before age stratification, neither the crude model (OR=0.99; 95% CI 1.05-0.94)) nor adjusted models showed significant results. However, subgroup reanalysis based on age showed that the adherence to DASH diet guidelines significantly decreased the odds of predisposition to OA for participants over 55 years (OR=0.91; 95% CI (0.83-0.99)).

Conclusion: This study indicates that adherence to DASH diet guidelines may decrease the risk of developing higher grades of OA among menopausal Iranian women over 55 years old."

We35: The Impact of Diabetes Self-Management Education on Psychological Distress and Health Outcomes among African Americans and Hispanics with Diabetes

Ninfa Peña-Purcell, Gang Hong

The purpose of this study was to explore the impact of a 7-week culturally tailored DSME/S intervention on psychological distress and health outcomes among African American (AA) and Hispanic/Latino (Hispanics) participants. A pre- and post-test research design was employed for this study. The baseline and post-test assessments were conducted at Weeks 1 and 7 of the intervention, respectively. Findings show Hispanics had significantly greater self-care and self-efficacy scores compared with AA. Adjusting for the pre-test, the post psychological score showed positive association with self care only for AAs, and with self efficacy only for Hispanics. Psychological score was not significantly associated with knowledge in both AA and Hispanic subgroups. For AA only, health status was significant in modeling psychological score.

We36: Applying PRECEDE-PROCEED Model Constructs to Assess Needs for Preventing Opioid Addiction in Tri-state Appalachian Counties

Vinayak K Nahar, Manoj Sharma, Hannah Priest Catalano, Philip M Stephens, Richard W Kim, Jason W Johnson

Appalachia remains plagued by the effects from years of over-prescription of opioids, and subsequently opioid abuse and addiction. This study aims to examine the utility of PRECEDE-PROCEED Model constructs in predicting opioid abuse prevention behaviors among individuals living in Tri-state Appalachian Counties. A PRECEDE-PROCEED model based questionnaire was developed. A panel of experts (n=6) deemed the instrument face

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and content valid. A convenience sample of participants will be recruited malls in Tri-state Appalachia. Internal consistency of the scales will be assessed using Cronbach's alpha. Confirmatory factor analysis will be conducted to establish construct validity, and multivariable modeling will be performed to assess relationships of PRECEDE-PROCEED model constructs with opioid abuse prevention behavior. Study findings and implications to health promotion practice will be presented.

We37: Using Community Health Worker Core Competencies to Inform Sexuality Education Training

Caitlin Holden, MS, CHES[®], Kelly Wilson, PhD, MCHES[®], Meagan Shipley, PhD, CHES[®], Elisa Beth McNeill, CHES[®]

Community Health Workers (CHW) play a vital role within sexuality education and adolescent pregnancy prevention programs, serving as a liaison between providers and community members. CHW provide access to a variety of health services and information while building individual and community capacity through education, outreach, and advocacy. CHW receive formal certification instruction equipping them with the knowledge and skills needed to implement curriculum on a variety of health topics, including sexuality education. Despite training and experience, most CHW report feeling unsure and/or uncomfortable when implementing sexuality education lessons. Findings highlight the need to incorporate tailored training efforts within CHW professional development to increase self-efficacy, competency, and overall effectiveness.

We38: Addressing Cancer-related Disparities – A Collaborative Approach

Patricia Barrington, EdD, MCHES[®]

The CDC funded Comprehensive Cancer Control established a network of six regional collaboratives in Florida. Local cancer control stakeholders meet regularly to address the goals of the state cancer plan. The Northwest Florida Cancer Control Collaborative (NWFCCC) covers 18 counties in the panhandle. The focuses of the NWFCCC are to present cancer disparity-related data specific to the region, incorporate cultural competency techniques, and use evidence-based practices to address issues. The NWFCCC developed and presented a cancer disparity and cultural competency workshop to stakeholders. Cancer databases were analyzed to determine prominent cancers in the NWFCCC area. An Office of Minority Health and Health Equity member conducted a cultural competency training. Feedback from the workshop indicated that participants had a high degree of working knowledge of cancer databases. Evaluation results will help guide future trainings on best approaches to address cancer disparities.

We39: Career Opportunities for Health Education Specialists: Demand, Competition, and Overcoming Role Confusion in a Health System

Jeannine Everhart, Sallie Beth Johnson, PhD, MPH, MCHES[®]

As health systems across the U.S. move to the delivery of patient care through interprofessional teams and become more involved improving population health, career opportunities for Health Education Specialists (HES) are growing. However, often community health workers or nurses may be hired as "health educators". Our investigators conducted a qualitative study of hiring practices in

a large health system serving a region covering southwestern Virginia and southern West Virginia. The study focused on how that health system hires and utilizes health education personnel to support population health initiatives. Findings revealed that demand for specialized skills, competition for available jobs, and confusion regarding the HES role emerged as dominant themes. Strategies to overcome role confusion and tips for new professionals seeking a HES career in a health system are proposed.

We40: More than Competition: Adapting SOPHE Case Study Solutions for Communities

J. Sunshine Cowan, PhD, MPH, MCHES[®], Tiffany Wise, ABD, MPH, CHES[®]

Teams in the annual SOPHE Student Competition receive a case study on a public health topic and develop solutions that incorporate theory and research. This session outlines the process of UCO students who shared their 2018 award-winning solution with a non-profit hospital in OK. They then collaborated to adapt it for a local community, Enid, OK, which holds the unfortunate distinction of being the third city in the nation for opioid addiction. Given its relatively small size, partners tasked with addressing opioid use believed it would serve as a practical pilot for the student competitors' plan. To create a pilot, all students enrolled in the fall Program Planning course researched issues affecting Enid and adapted the plan. Faculty designed methodology to evaluate it, providing results to partners. Ongoing work continues to meet the needs of Enid. Session participants will have an opportunity to develop their own plans for using case study solutions beyond competition.

We41: Worksite Wellness and the Aging Workforce - Meeting our workforce where they are.

Carmen Daniel, MPH, Chandler Winner, MS, Mary Meng, PhD

People are living longer; a man or woman reaching 65 today can expect to live, on average, until the age of 84.3 and 86.6 respectively, remaining in the workforce longer. While adults are remaining in the workforce, it's imperative for worksite wellness programs to develop programming that target this subset of the working population. Thirteen employees completed pre-assessments including functional screening, outcome expectations, mental and physical energy and pain and fatigue and enrolled in a 12-week, 3 days/week, physical activity group exercise program aimed to increase strength, agility, balance and range of motion from pre to post intervention. We expect the program to decrease employee pain and fatigue and increase mental and physical energy. Additionally, we expect functional screening assessments to improve. Both employees and organizations can benefit from desired outcomes and therefore the study has future implications for dissemination in workplaces across the country.

We42: Perceived Communication Patterns with Healthcare Professionals and Internet Health Information Seeking Behaviors: A study of individuals who have significant depression and anxiety symptoms.

Ehikowoicho Idoko, M, Ann Amuta-Jimenez, PhD

The literature provides multiple studies that investigate the impact of online health information seeking about mental health on patient-provider relations and communications. However, this is not the case when the direction of influence is changed. This abstract aimed to further understand how communication about depression

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and anxiety symptoms between individuals and healthcare professionals can influence the former's reliance on the internet. The implication of the results is that healthcare professionals' communications skills can be augmented to reduce the likelihood that health consumers will fulfill unmet needs for information from websites that are not backed by scientific evidence.

THURSDAY, MARCH 28TH

POSTER GROUP 2 OPEN

7:00AM – 9:00PM

***Th1: Effects of a free membership to a citywide, campus integrated, bike share system on college student physical activity behaviors: A randomized controlled pilot study**
Amanda Grimes, PhD, MS, MCHES®, Michele Baker

The purpose of this study was to examine how a free membership to a citywide, campus integrated, bike share system impacted bicycling among college students. Students were recruited to wear an activity tracker and were randomly assigned to either an intervention group or a control group. Participants in the intervention group received a free one-month membership to the bike share system. Data on the type and duration of activity was collected; a pre and post-test survey to assess barriers to biking was also distributed. Initial data analyses reveal no significant differences in biking behavior between groups. Furthermore, less than 1% of participants in the intervention group redeemed their membership; many students cited the risk of overage fees as a major deterrent to redeeming the membership. Results from this study will inform future interventions to decrease barriers, increase physical activity and the proportions of trips taken by bike among college students.

***Th2: Prep'd for preventions: Diffusion of HIV prophylactic innovations in key populations**
Jill C Hoxmeier, PhD, MPH, CHES®, Griff Tester, PhD, MA

Despite the promising evidence of effectiveness for the once-daily, fixed dose of Truvada for pre-exposure prophylaxis (PrEP) for HIV, uptake has been slow. The purpose of this qualitative study was to investigate whether, and how, the Diffusion of Innovation Theory (DOI) can uncover salient influences of PrEP use among men who have sex with men (n = 21) that may be applied to health promotion strategies. Results suggest that DOI is an effective framework for understanding PrEP use; features of the innovation, specific communication channels and characteristics of the social system should be considered with planning initiatives to increase its use among key populations. Implications for health education and promotion will be discussed.

***Th3: The impact of a theory-based wellness course on selected priority health behaviors among college students**
Ping Johnson, PhD, Kandice Porter, PhD, MCHES®, Mia Oberiton, EdD, MA, Monica S Gerda, MS

This study examined the impact of a 3-credit hour wellness course, designed based on the Social Cognitive Theory and Transtheoretical Model, on selected priority health behaviors

between college students who took (Treatment) and did not take the course (Control) in a large public university in Southeastern US. The overall attrition was 40.4% at post course, and 90.4% at one-year follow-up. In general, students who took the wellness course significantly reduced certain risky behavior practices whereas students in the control group had not decreased or even increased those risky behaviors between baseline and post course. Results suggest that the college wellness course may be effective in helping college students reduce their practice of certain risky behaviors. Future studies are needed to address the high lost to follow-up so that the long-term impact of the course can be assessed.

***Th4: Discrimination, integration & multiple mental health burdens: Punjabi young adult experiences in California**
Akinchita Kumar, MSPH, Semran K Mann, CHES®, Lisa Roberts, DrPH, Susanne B Montgomery, PhD, MPH

The ever-increasing diversification of the U.S. population highlights the importance of better understanding different cultures in the context of their integration experiences. Asian-Indians (AI) are particularly vulnerable to the consequences of the model minority myth as they seek to balance adjustment expectations to the majority culture while also meeting the expectations of their culture of origin. For many immigrants, including AIs, the compounded effects of gender, race, class, misidentification, discrimination, and the threat of violence in post-9/11 America result in multiple tensions. This complex set of circumstances puts AIs at increased risk for experiencing mental health burdens. This presentation will discuss the relationship between discrimination and multiple mental health burdens of Punjabi Young Adult AIs in California.

***Th5: Internet addiction, depression, anxiety, and substance use in college students**
Jerome E. Kotecki, HSD, Jagdish Khubchandani, PhD, MPH, CHES®

Internet addiction is an emerging problematic mental health issue requiring more study as the latest DSM-V manual states that internet addiction necessitates more research before it can be formally classified as a disorder. Few studies exist on the relationship between internet addiction, depression, anxiety, and substance use and those that exist are limited by design, sample size, and measures. A valid and reliable survey that was extensively tested was developed based on comprehensive literature review, existing questionnaires, and comments by experts in the field of behavioral health and survey research. Constructs from the "uses and gratification theory" and "social skills deficit theory" were also used to develop the final questionnaire.

Th6: Examining the Efficacy of Bystander Sexual Violence Interventions for First-Year College Students: A Systematic Review
Jennifer Evans, MEd, CHES®, Meghan Shewmake, MA, CHES®, Adam Knowlden, MS, PHD, CHES®

Anyone can experience sexual violence (SV), however, most often, victims are college students. One method to combat SV is to employ bystander intervention education. The purpose of this systematic review was to determine the efficacy of bystander dating/SV, school-based educational interventions, aimed at first-year college students. A search was conducted using MEDLINE, CENTRAL, ERIC, and CINAHL Plus. Boolean search logic was used to extract articles

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published from 2010 to 2017. The initial search yielded 87 articles, but after applying inclusion criteria, only seven articles were reviewed. The results indicated that bystander intervention education is effective in increasing student's bystander confidence; however, these results were mixed. The studies in this review employed different educational programs and instrumentation. Additional research is needed in this area to assess if confidence gained during bystander intervention education can be applied to real world situations.

Th7: Using National College Health Assessment Data to Develop the STI-Free Student Community Program: An Eta Sigma Gamma Student-Led Effort to Address Sexual Health

Ronald D Williams, Jr., PhD, CHES®, Ashley Khanhkham, Colleen Cook, Sara Smith, MA, CHES®, Emily Hayes, Leigh Ann Jensen, Mary Odum, PhD

This poster will share the process of a student-led needs assessment which used both epidemiological and survey data in the targeted and comparison populations to determine the need for a university-based sexuality education program. A student-led, data-based needs assessment was completed to examine the areas of need related to sexual health among the university student population. Results revealed high rates of chlamydia and gonorrhea, as well as low rates of contraceptive use during intercourse. This assessment led to the development of the STI-Free Student Community Program, a peer education initiative which aimed to deliver sexual health education and increase access to contraceptives.

Th8: School Climate as an Intervention to Reduce Academic Failure and Educate the Whole Child: A Longitudinal Study

Shay Daily, PhD, MPH, MCHES®, Michael Mann, Christa Lilly, Alfgeir Kristjansson, Angela Dyer, Thomas Bias, Danielle Davidov

BACKGROUND: A positive school climate may prevent student academic failure and promote academic and life success. The purpose of this study was to determine the longitudinal associations between school climate and academic grades in a group of middle school students who transition into high school.

METHODS: Parallel latent growth curve modeling was used to examine changes among study variables longitudinally using a sample of 2,604 students located in West Virginia.

RESULTS: Students with higher perceptions of a positive school climate exhibited sustained or improved academic achievement over time ($\beta = 0.22$ to 0.30 , $p < .01$).

CONCLUSION: Findings support the value of promoting a positive school climate to support academic success over time.

Th9: Assessing the potential for internet gaming addiction among augmented-reality users

Amy Watring, MPH, Victoria Wagner-Greene, MPH, Thomas Castor, MA, Jessie Kruger, Joseph Dake, PhD

Augmented reality games have multiple public health considerations including potential mental health impacts. The Diagnostic and Statistical Manual of Mental Disorders (DSM-V) includes the Internet Gaming Disorder (IGD) as a "condition for further study". IGD is the persistent and recurrent use of the internet to engage in games and delineates the criteria by which someone

may be considered diagnosable. The purpose of this study was to examine the self-reported behaviors of adults who play Pokémon Go and the reporting of the IGD criteria identified in the DSM-V. A total of 1,680 surveys were collected. The percent reporting five or more of the IGD diagnostic criteria (identified threshold) were 4.6% (online) and 9.5% (intercept). There were differential impacts based on race and perceived overall health. This study helps to provide further information on the IGD condition.

Th10: School Climate as a Universal Intervention to Prevent Substance Use Initiation in Early Adolescence: A Longitudinal Study

Shay Daily, PhD, MPH, MCHES®, Michael Mann, Christa Lilly, Alfgeir Kristjansson, Angela Dyer, Thomas Bias, Danielle Davidov

BACKGROUND: Initiation of substance use often starts during adolescence. Studies suggest a positive school climate may reduce substance use. The purpose of this study was to determine the longitudinal associations between school climate and substance use initiation in a group of middle school students.

METHODS: A longitudinal analysis was used to examine changes among study variables using a sample of 2,097 students located in West Virginia.

RESULTS: A positive school climate may forestall substance use initiation ($\beta = -0.07$ to -0.25 , $p < .01$). Substance use initiation increased as students transitioned into high school ($\beta = 0.96$ to 0.99 , $p < .01$).

CONCLUSIONS: Findings support a positive school climate may delay substance use initiation and promote school success. Students early substance use initiation may be a warning sign to other underlying issues and require additional school support to foster success.

Th11: Using School Climate to Impact School Attendance: Understanding the Importance of School Satisfaction between Middle and High School Students

Shay Daily, PhD, MPH, MCHES®, Michael Mann, Christa Lilly, Alfgeir Kristjansson, Angela Dyer, Thomas Bias, Danielle Davidov

BACKGROUND: Students with chronic absences tend to struggle academically and may not fully benefit from all school has to offer. A positive school climate has been shown to promote healthy student behaviors while reducing the likelihood of absenteeism. The purpose of this study was to determine the mediated relationships between school climate and school satisfaction on different types of absences in middle and high school students.

METHODS: Mediated path analysis was used to describe direct and indirect associations between study variables from a sample of 6,839 middle school (response rate = 82.3%) and 7,470 high school (response rate = 72.9%) students located in West Virginia.

RESULTS: School climate and school satisfaction reduced the likelihood of skipping school in both groups ($\beta = -0.11$ to -0.30 , $p < .01$).

CONCLUSION: Using school climate as an intervention to reduce absences and promote school satisfaction may support large-scale school health interventions.

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Th12: Strategies for Eta Sigma Gamma members to engage in meaningful community engagement: Lessons from the U.S.-Mexico Border

Denise Portillo, Jaclyn Berger, Thenral Mangadu

Located in the binational U.S.-Mexico Border (US-MX) and tri-state region of far West Texas, Eta Sigma Gamma: Gamma Lambda Chapter (GLC) is housed out of The University of Texas at El Paso (UTEP). GLC is focused on developing health professionals with hands-on experience to compel the chapter to develop professional and personal growth; and to improve the health status of the El Paso community. This presentation will discuss the successful collaboration efforts of GLC, professional and personal development strategies employed for ESG members through hands on experience in US-MX border communities, and skills building including community networking, program coordination, and action research through service learning and civic engagement.

Th13: Process and Impact Evaluation of the San Marcos Housing Authority Food Drive: An Eta Sigma Gamma Student-Led Effort to Address Food Insecurity in Hays County, Texas

Mary Odum, PhD, Sara Smith, BHWP, Ashley Khanhkhham, Collen Cook, Ronald Williams Jr, PhD, CHES®, Jeff Housman

This student-led poster will share the program evaluation of an Eta Sigma Gamma service project. Food insecurity has been identified as an issue among Hays County, Texas residents, specifically families in low-income areas who qualify for WIC benefits. To address short-term food security during the winter holidays, the Delta Chi chapter of Eta Sigma Gamma led a food drive from October 15 to December 15, 2017 in collaboration with a local housing authority organization. Delta Chi members coordinated logistics for collection box approval and placement, created advertisements, collected and counted donated items, and delivered the food items to local housing authority partner. The food drive brought in 243 food items, benefiting approximately 100 families. In addition to process and impact evaluation results, lessons learned by participating Delta Chi members will be presented.

Th14: School and community-level factors influencing teen pregnancy prevention program implementation with U.S. youth

Leigh Szucs, PhD, CHES®

The purpose of this case study is to understand salient factors associated with the implementation practices among the 2010-2014 OAH Tier I and Tier II teen pregnancy prevention (TPP) programs. The research design was a multiple case study using cross-case comparison with the Consolidated Framework for Implementation Research (CRIF). The presentation will discuss major themes and factors which limited effective implementation of the TPP programs within the school and community settings.

Th15: Assessing Health Education Students' Self-efficacy in Professional Competencies

Amber Dellich, MS, CHES®

The National Commission for Health Education Credentialing, Inc. (NCHEC) promotes standard professional competencies

for health education specialists, known as the seven Areas of Responsibility (AoR). The purpose of this study was to explore ESG students' perceived confidence to perform the AoR of a Certified Health Education Specialist (CHES) and associated sub-competencies after the planning and implementation of a health education/promotion event. Participants (n=34) completed a self-report questionnaire with items assessing their self-efficacy in completing certain tasks within each AoR, specifically as a result of their participation in the event. Results indicated that students' self-efficacy improved within each AoR, as a result of their participation in the event. Based on these findings, professional development opportunities, such as direct experiences planning and implementing a health education/promotion event, improves students' self-efficacy in the AoR of CHES.

Th16: The Use of Deep Role Playing in Addressing Implicit Bias and Establishing Cultural Competency in Future Healthcare Professionals to Reduce Health Disparity in Healthcare

Milene Donlin

There is a distinctive need for health education and promotion (HPE) principles to be applied in healthcare settings to increase culturally competent care as a means of reducing health disparities. Since nurses have a high degree of direct patient contact, modifications to current nursing curricula to employ HPE modalities and activities would increase understanding and application of effective HPE practices and improve provider-client interactions. Through deep role play scenarios coupled with self and peer-reviews, nursing students gain an understanding of cultural competence in their patient interactions, improve their communication skills, and gain the ability to apply HPE concepts associated with cultural competence in their practice. Through collaboration with HPE professionals, research, and faculty to establish best practices in deep role play scenarios, a culturally competent direct-care provider workforce will emerge ready to effect change regarding health disparities.

Th17: Excellence in the Delivery of Online MPH Practical Experiences

Steve Hawks, EdD, MBA, MCHES®, Julie Gast, PhD, MCHES®

Foundational building blocks for all accredited MPH programs going forward will include carefully designed Applied Practice Experiences (APE), Inter-professional Practice Experiences (IPE), and Integrated Learning Experiences (ILE). For fully online MPH programs, robust learning outcomes in each of these three domains must be demonstrated within an online learning environment across multiple potential settings (urban, rural, out-of-state, international, etc.). The goal of this presentation is to outline best practices in online education related to the design, development, and implementation of practicum and field based public health experiences in diverse settings. Best practices were identified using literature reviews, model program site visits, consultations with CEPH staff members, peer-reviewed curriculum development, and rigorous pilot testing.

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Th18: Assessing confidence and perceived barriers to teaching sexual health education among Arkansas personnel.

Betty Hubbard, EdD, MCHES[®], Jacquie Rainey, DrPH, MCHES[®], Heather Hudson, PhD, MCHES[®]

Arkansas leads the nation for the highest teen birth rates. The purpose of this study was to conduct a needs assessment with Arkansas public school personnel to assist with identification of appropriate professional development opportunities to address students' sexual health risks. The needs assessment consisted of focus groups and assessments in confidence and content knowledge of sexual health content. Barriers included a variety of personal, cultural, and organizational barriers to teaching content. Confidence and content knowledge assessments results showed improvements from pre-training to post-training in nearly all areas. The conclusion of this study is that school personnel want more training on sexual health content and skills and that training is helpful. Implications for health education include advocating for more mandated training for those teaching sexuality education.

Th19: Using Health Behavior Theories and Models to Develop an Instrument to Identify Obesity Perceptions in Health-Related Majoring Undergraduate Students

Rhonda Rahn, PhD, MS, CHES[®], Heather Clark, DrPH, Leduc Sherman, PhD

Using theory to create assessment instruments can aid in study design and ease instrument implementation. Further, having a theoretical framework for developing instruments can play a crucial role in conceptualizing measurement issues and problems. Undergraduate participants completed a survey that was developed using the Theory of Planned Behavior constructs and other major health behavior and health perceptions instruments as guides and bases for final survey items. The purpose of this project was to implement an instrument developed through understanding various health behavior theories and models in order to investigate perceptions of obesity among current college students. Pilot test subscales were analyzed using Chronbach's alpha analysis. Knowledge, attitudes, behavioral control, perceived susceptibility, normative beliefs, current health, and current health behaviors. Low alpha's resulted in a revision of the original instrument to be used in the full survey administration.

Th20: Disparities with perceived health status among university students, staff, and faculty

Whitney Boling, PhD, MBA, CHES[®], Scott Snyder, PhD, Olabode Ayodele, MPH, PhD, CHES[®]

Background: Perceived health status has been studied among university students. However, these studies have excluded campus faculty and staff, and have not described associated disparities related to perceived health status.

Methodology: A cross sectional survey of students, staff, and faculty at a Midwestern university was conducted to assess perceived quality of health.

Results: More 18-21 year olds and African Americans than expected rated their health as poor or fair. More faculty than expected rated their health as excellent and fewer than expected rated their health as poor or fair.

Conclusion: These analyses describe perceived health status disparities existing on a university campus. Many of the findings are troubling and have implications for student success and campus policy.

Th21: Factors that moderate differences in HPV knowledge among university students, staff, and faculty

Whitney Boling, PhD, MBA, CHES[®], Scott Snyder, PhD, Olabode Ayodele, MPH, PhD, CHES[®]

Background: Studies of Human Papillomavirus (HPV) knowledge on college campuses have been conducted. What remains unresolved is whether differences in HPV knowledge between faculty, staff and students are moderated by other factors. This study addresses this important health education issue.

Methodology: A cross sectional survey of students, staff, and faculty at a Midwestern university was conducted to measure socio-demographics, knowledge of HPV, knowledge of HPV vaccine, HPV vaccination status, and quality of health.

Results: The main effects found for role and for other factors were parallel. Furthermore, the statistical significance of differences in knowledge that exist between faculty, staff and students varies based on other factors.

Conclusion: With the exception of perceived knowledge of HPV, role and associated factors accounted for small amounts of variance in knowledge scores.

Th22: Translating research activities, project work and practice to publications: Examples for the graduate student, the practitioner, and the service-oriented professional

Rhonda Rahn, PhD, MS, CHES[®], Carol N Agomo, MPH, MBA, Nana Ama Kwarteng Baryeh, MS

In the past years translational research i.e. "from bench to bedside to curbside" has gained a lot of momentum in both the clinical and public health education sector. There is a push of knowledge transfer and interaction between researchers and users to increase population health through findings from research. Several conceptual frameworks have been proposed to assist clinicians and public health education researchers to increase translational efforts. However, there is still a need and a lack of direction among service-oriented professionals and early career professionals such as graduate students who want to translate their projects into research and publications. Often times, results from project work are disseminated as internal reports with very limited users. Increasing dissemination among these groups could inform the profession about novel methodology and underserved populations in the health education field.

Th23: Promoting awareness of campus health and physical activity: Evaluation of a public health student team-based project

Cindy Kratzke, PhD, CHES[®]

This pilot study evaluated a campus team-based project to promote health and physical activity and the undergraduate public health students' perceptions of team-based projects through reflective writing assignments. Projects were selected as active learning to engage students in the learning process. The results included new

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knowledge and skills for student-led health project management and success with collaborative teamwork environments.

Th24: Quality Evaluation Tool for Clinician Online Continuing Medical Education

James M Bishop, Brittany Rosen, Gary L Kreps, Skye McDonald, MS, CHES®

This session describes the development and validation of an instrument evaluating the quality of online CME interventions for clinicians. Additionally, this session will describe six quality evaluation indicators (access, content, design, evaluation, interactivity, and theory models) and their sub-indicators. These quality indicators are important as they are a foundation for intervention developers to effectively communicate current medical information and new guidelines from medical organizations and, in turn, impact patient communication and care.

Th25: Longitudinal Changes in Internal Development Assets after Continued Participation in a Rural Youth Mentoring Program: 2009-2017

Ronald D Williams, Jr, PhD, CHES®, Andrew Gonzalez

Peer mentoring programs have yielded success in both prevention of early drug use and development of social assets among at-risk youth. The goal of this initiative was to successfully improve internal developmental assets through a successful mentor-mentee match. Twenty-four mentor-mentee matches initially enrolled in the program with 13 successfully completing four years in the program. Only three mentees completed eight years in the program. There appears to be a positive impact on internal assets (Commitment to Learning, Social Competency, Positive Identity) through four years of mentoring, with subsequent diminished returns. Rural communities are often ineligible for nationally-recognized inter-generational mentoring programs, so the development of effective local programs is essential to healthy development of at-risk youth.

Th26: Increasing male college student use of on-campus mental health resources: Harnessing the power of social marketing to increase mental health literacy and help-seeking behaviors

Gregor Rafal, Rita DeBate, PhD, Amy Gatto, MPH

College males are likely to engage in high-risk coping strategies for poor mental well-being as opposed to utilizing campus and community resources. The current study applied a social marketing framework to design a program to increase mental health literacy and help-seeking behaviors among male college students. Triangulation of qualitative and quantitative data with marketing principles revealed the following marketing mix: a) product: identification of signs and symptoms of poor mental well-being, increased help-seeking behavior; b) price: self-stigma, self-confidence, masculine ideals; c) place: student health services, confidential locations, on-line; and d) promotion: self-care, connection of physical signs to mental health, and positive masculinity. Translation to practice resulted in a men's health initiative comprised of multiple target-marketing campaigns with calls to action, development of a Success & Wellness Coaching program, and the use of on-line self-help modules.

Th27: Teaching Old-Fashioned Professionalism to the Modern-Day MPH Student

Anna Torrens Armstrong, PhD, MPH, CPH, MCHES®, Somer Burke, MPH, Caitlynn Carr, MA, Christopher King

Our MPH program has consistently provided career planning and professional development programming in various formats for students. However, multiple indicators emerged highlighting a need to better understand our students' needs as they relate to career planning and professional development. Student feedback, community preceptor feedback and low attendance rates for professional development events led to a quality improvement study to identify students' perceived needs for career planning and professional development, in order to tailor current offerings and provide more targeted programming. This presentation will provide an overview of the process, results of the qualitative survey on student, faculty, alumni and community preceptor perspectives, and resulting prototypes developed for the pilot along with preliminary pilot feedback.

Th28: An Outcome Evaluation Study of the UConn online graduate Certificate of Interdisciplinary Disability Studies in Public Health

Tara Lutz, Ph, M, CHES®

Literature documents a lack of disability content in public health programs and highlights the UConn graduate Certificate of Interdisciplinary Disability Studies in Public Health as a model. The Certificate uses the 10 Essential Public Health Services as a framework to study the health and well-being of people with disabilities (PWD) and their families, and the communities in which they live, learn, work, and play. It is comprised of four courses offered entirely online. Since 2014, over 150 students from 14 disciplines have taken at least one course. This outcome evaluation will assess how effective the course content is at increasing student knowledge on the topic of public health and disability. It will also assess the course(s) as a motivating factor that lead students to pursue and secure employment in jobs that serve PWD, and if the knowledge gained is applied in these settings.

Th29: Process evaluation of Sex in the Swamp: A student-led sexual health and spring break safety fair

Tyler G James, MS, CHES®, Katelyn Ruth Meeks, Julia R Varnes, PhD, MPH, MCHES®

The American College Health Association's Healthy Campus 2020 objectives target increasing the proportion of students who receive information on a variety of health risk behaviors. To address this, a university chapter of Eta Sigma Gamma hosts an annual health resource fair to educate students about both safer sex practices and general health risk behaviors associated with spring break. We conducted a process evaluation to determine participant reach, stakeholder satisfaction, and opportunities for improvement through multi-mode surveys. Results indicate that participants and community vendors were satisfied with the event and agreed the program met its goal. Student participants reported improved learning outcomes regarding sexual health knowledge and spring break safety. We discuss the implications of conducting a student-led process evaluation of a student service-learning event on program improvement and summative evaluation planning.

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Th30: Preventing and Responding to Adolescent Dating Violence: A Comparative Review of School Personnel Practices and Perceptions

Jagdish Khubchandani, PhD, MPH, CHES®, Amy Thompson, Michael Wibilishauser, PhD, CHES®, FESG, Jeffrey K Clark

More than half of the American adolescents engage in romantic relationships before graduating high school. In these relationships, dating violence (DV) is a prevalent problem with 10–30% of American teenagers reporting physical, sexual, or emotional abuse in a romantic relationship. Schools have a major responsibility in shaping health behaviors and ensuring safety of children. Many states now require schools to play an active role in preventing DV. However, little is known about American school personnel's perceptions and practices on DV prevention. The purpose of this study was to assess the current practices and perceptions of school personnel assess from a national random sample of school principals, counselors, nurses, and social workers. Results will be shared at the conference.

Th31: Game Changer: Tobacco 21 Policy

Wendy Hyde MEd, CHES®

The presentation will address how 40 million Americans are addicted to nicotine and about half a million die annually from tobacco related disease. A review of existing research indicates that traditional tobacco use among youth has decreased in recent years. However, findings reveal a substantial increase in the use of other nicotine delivery systems such as e-cigarettes, Juul, hookahs, and flavored cigars, particularly among adolescents and young adults. To combat this trend, there is a growing movement to raise the minimum legal sales age (MLSA) for all nicotine and tobacco products to 21. In the last four years, 330 cities and counties, in 21 different states, comprising of over 25% of the U.S. population have enacted Tobacco 21 legislation. Raising the MLSA to 21 has been shown to reduce high school smoking by half, and an FDA sponsored report projects that Tobacco 21 nationally would save 4.2 million years of life, just among kids alive today.

Th32: WICHEALT: A Digital Tool for Sustainability

Marian Davidove, Robert Bensley, Ph, Rebecca Rivas

As online participant-centered systems enter the realm of nutrition education and counseling, there is a need for new research on using digital tools to motivate WIC participants to adopt healthy eating behaviors. This research project marks the first ever attempt to introduce sustainability to WIC Program participants via wichealth, the national federally-approved online WIC education tool. This Capstone project on using wichealth as a digital tool for sustainability will contribute to a lack of research regarding WIC participants' existing interest in food sustainability, knowledge and awareness of sustainability issues, and the effect of sustainability education on the adoption of three new behaviors. The project will attempt to answer research questions on the relationship between sustainability education and willingness to increase intake of fresh fruits and vegetables, increase breastfeeding initiation and duration, and reduce food waste to maximize food dollar.

Th33: Integrating health language into organization mission statements and other expressions of organizational identity

Martin Wood, Christina Lynn Jones, PhD, MA, Nicole Driver, Sabrina Mangapora

Organizations use mission statements, and other expressions of organizational identity, to represent themselves to the public, to guide all activity. Such statements may clearly reflect ethos and purpose related to health. Investigators examined mission statement, vision, values, beliefs, purposes, and strategic plans from a stratified random sample of 350 universities and colleges, excerpted from institutional websites. Guided by a codebook, segments of text from all 554 sources sampled were coded as indicative of one of 7 health dimensions, healthy environment, and general health. Content analysis was then performed using NVivo Pro (v12). After eliminating the 20 most frequent words from a master list, words and phrases unique to specific health dimensions were listed. Participants will apply results to integration of health themes in statements of organizational identity statements.

Th34: Peer Attitudes Toward Children with Intellectual Disabilities

April Poteet, Laura Nabors, Ph, ABPP, CPH, Liliana Rojas-Guyler, Ph, FESG, CHES®

Policies on inclusion-based education have resulted in increased interaction among typically developing students and students with disabilities. Students most likely included in mainstream classrooms are those with learning disabilities, such as an intellectual disability (ID). ID is characterized by significant limitations in intellectual functioning, social skills, and practical skills that hinder intellectual and social development. Research indicates that children with IDs often face low peer acceptance. This presentation describes the results from a study that investigated the relationship among characteristics of the perceiver and peer acceptance, including gender, contact, and empathy. Research such as this study is essential in order to design interventions to improve social acceptance and decrease stigmatization in this population to improve overall health and well-being.

Th35: Establishing a model campus-wide breastfeeding initiative

Michele Vancour, PhD, MPH

Building on promising practices for breastfeeding in higher education, a breastfeeding-friendly campus initiative was launched at Southern Connecticut State University and recognized with the state's first award sponsored by the Connecticut Breastfeeding Coalition. With shared responsibility at the heart of Southern's model, the initiative embraced the entire campus community to meet the growing lactation needs of women—our students, faculty, staff and visitors—and their children. In response, a plan was created to address this often-overlooked aspect of university/college health. It engaged a diverse group of volunteer Breastfeeding Champions representing various departments as it focused on sustainable strategies anchored in social justice. Key partnerships between invested university and local individuals resulted in the development of policies, procedures, and practices that strengthen the work-life supportive culture on campus.

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POSTERS (CONT.)

Th36: A Comprehensive Approach to Reducing Binge Drinking Among Young Adults

Kerri Mahoney, MPH, Lara Hunter, LCSW

The National Institute on Alcohol Abuse and Alcoholism indicates that the number of alcohol-related deaths among college students in the U.S. continues to rise despite improved science on how to prevent alcohol use on campuses. The latest numbers reflect that 1,825 college students die annually due to alcohol related deaths and many more suffer negative impacts academically, socially and physically, and high risk use continues to be a serious public health issue. Stony Brook University (SBU) utilizes a comprehensive approach to reduce binge drinking and risk factors associated with such use through public health models. Incorporating screening, peer educators and bystander intervention training, SBU has seen an increase in awareness of alcohol and other drug services, students calling for help and below average binge drinking rates.

Th37: Demographics and Daily Hassles as Predictors of Stress among College Students

Chris Eisenbarth, PhD

The college years represent a period of transition from adolescence to adulthood when students are faced with many hassles (or daily demands) that result in excessive stress. The aim of this study was to identify demographic and daily hassles of students that predict stress. A sample of 494 college students (men = 238; women = 256) completed a self-report questionnaire to assess demographic variables, daily hassles, and symptoms of stress. Multiple regression analyses identified gender (women) as the only demographic factor to predict stress ($p < .01$), whereas noise, physical appearance, financial debt, and organization of time were daily hassles with significant associations with stress ($p < .05$). The findings from this study provide clues about the key hassles that cause college students to experience stress and are critical to target in interventions to improve student health.

Th38: The Two-to-Four Year Transition in Public Health Education: Guidelines for Collaboration

Maggie Magoon, Ph, Jodi Brookins-Fisher, PhD, MCHES®

In 2014, Mid Michigan College (MMC) and Central Michigan University (CMU) began collaborating on Health Education courses that transferred between institutions. The 2014, "Community Colleges and Public Health Project: Final Report" provided a model to develop transferable programs in public health. In 2017, CMU and MMC partnered to develop the Associate in Applied Science (AAS) after review of Occupational Outlook, salary, return on investment, and regional competition. MMC collaborated with Everyday Life Consulting to offer a Community Health Worker credential that would ladder to the AAS. The long-term career pathway for new, seasoned, or mid-career professionals provides career and workforce development beginning with short-term training and AAS at MMC transitioning to a bachelor's degree (Health Educator) and master's degree in Public Health at CMU. All degrees can also stand alone.

Th39: LIFE: A University Based Program to Enhance Student Connectedness and Retention

Isaiah Jesus Hurtado, Barry Hunt, Brittney Oliver, Antonio Gardner

Three-fourths of students starting college in 2015 continued their education the following academic year, while only three-fifths were retained at their starting institution (Tizon, 2017). Students' connectedness to their institution has been shown to affect both retention and student health status. This work discusses the decrease in student retention rates and looks at characteristics of student wellness and motivational factors in their decisional process to return. Student success in college is dependent on far more than their intellectual capacity to retain classroom information. This work concludes with the introduction of an interactive and educational program adapted from a childhood board game, designed to link students with appropriate resources for support. With replication and expansion, there is potential for improving student connectedness at other institutions.

Th40: JUUL Patterns of Use and Purchase Among College Students

Jakob Hester, Amanda Wiggins, PhD, Ramakanth Kavuluru, Melinda Ickes, PhD

Limited research exists regarding Juul, the most popular e-cigarette in the U.S. This study sought to identify patterns of use, polytobacco use, and purchase of Juul among college students. A cross-sectional online survey was administered in April 2018 to a convenience sample of undergraduates at a southeastern public university. Of the 371 respondents, 36.8% reported ever using Juul, while 21.2% used Juul in the past 30 days (i.e., current users). Nearly a quarter of current users reported use on 20+ of the past 30 days and another 25.7% initiated use in the past 30 days. Only 44.9% owned a Juul and half had ever purchased Juul pods (i.e., cartridge refills). Polytobacco use was reported by 52.6% of current Juul users. Males, White/non-Hispanics, lower undergraduates, social fraternity/sorority members, and current cigarette smokers were significantly more likely to be current Juul users. More research to understand these trends is needed to develop targeted campus programming.

Th41: College Women's Use and Perceptions of Exercise-Related Social Networking Sites: A Qualitative Pilot Study

Kristen Welker, PhD, Laura Nabors, Amy Bernard, Rebecca Vidourek

Pages dedicated to fitness are becoming increasingly present on social networking sites. These pages, known as "fitspiration" pages (a play on "fitness" and "inspiration") seek to inspire viewers but little is known about the real world influence these pages may have on those who view them. Results from a small, exploratory focus group indicate that college women may use fitspiration pages for a variety of reasons and place greater trust in fitness pages with "real" images and with many body types depicted. Future studies should continue to explore the ways in which viewing fitspiration pages may influence health behaviors and other psychosocial variables.

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POSTERS (CONT.)

Th42: Assessing health literacy behaviors in public health undergraduate students

Heidi Hancher-Rauch, PhD, CHES®, Amie Wojtyna, Angelitta Britt-Spells, Amy Rohr, Madeline Wilks

This pilot study explored the relationship between self-reported health literacy skills and behaviors relevant to accessing health information among undergraduate public health students attending a mid-sized, private, mid-western university. Associations between class rank, perceived health literacy, and health information seeking patterns among students were explored. Descriptive and inferential statistics were calculated. Of 52 participants, 55% needed help completing medical documents, 72% perceived health information they received as reliable, and most felt comfortable questioning their doctors. Results were utilized to set program goals to enhance the quality of health information literacy taught across public health courses. Additional results and recommendations for improving health literacy and health information source evaluation among undergraduates will be discussed.

Th43: Processes for sharing study findings with study participants in a health disparity setting

Aimee James, PhD, Lindsey Manshack, MPH, Amy Ayala, Sara Mohamed, Amanda A Lee, Sarah Lyons Humble, Jean Hunleth, Amy McQueen, Cynthia Joan Herrick, Su-Hsin Chang

Despite calls to do so, few public health researchers actively disseminate study findings back to participants. Sharing findings can lay a foundation for inclusive research by promoting trust and building two-way communication between researchers and study participants from historically underserved populations. In the course of our study about cost-related nonadherence to medication, many participants asked to learn the study findings. We describe a process for developing a plain-language, numeracy-friendly, and inclusive results summary for study participants. Using plain language techniques, community cultural awareness, and showing gratitude and respect for participants' contributions may promote future research participation and increase health and research literacy, leading to more diverse public health data and equitable programs.

Th44: Implementation of Exercise is Medicine on Campus to Increase Physical Activity at a Large Urban University

Amy Gatto, MPH, Jennifer Bleck, A'Naja Newsome, Jessica Abbie Garcia, Laurie Schrider, Rita DeBate

Despite programming to increase physical activity (PA), university students continually fail to meet national guidelines. In order to increase PA among university students, a large urban university in the southeastern US adapted and implemented Exercise is Medicine on Campus (EIM-OC) during the 2018-2019 academic year. EIM-OC is a nationally recognized initiative focusing on the promotion of PA as a vital sign of health by: increasing daily movement, assessing PA during physician visits, providing education and tools to strengthen PA habits, and referring students from health care providers to fitness specialists. A systems-thinking, public health approach was used to guide the development of primordial, primary, secondary, and tertiary prevention strategies.

During this roundtable discussion participants will explore (1) interventions to increase PA on college campuses, (2) replication of EIM-OC, (3) barriers to PA on college campuses, and (4) evaluation of EIM-OC.

Th45: Hunger on Campus: An Exploration of Food Insecurity Among Students at a Mid-Size, Public University in New England

Victoria Zigmont, PhD MPH, Peggy Gallup

Background: Food insecurity among U.S. college students varies from 14.1% to 59%. This study explored the prevalence, risk factors, and impact of food insecurity among college students. Methods: A campus-wide survey of 1212 undergraduate students measured the prevalence of food insecurity among undergraduate students. Results: Almost thirty percent of students at this university were food insecure. Food insecure students were more likely to have an anxiety or depression diagnosis, and eat a less nutritious diet than those who were food secure. Food insecure students experience barriers to food security including a lack of knowledge, cooking ability, access to cooking space, time for cooking and transportation to go grocery shopping. Conclusions: The information gathered on how and why students experience food insecurity will help to identify solutions to this problem among college students.

Th46: Challenge, Learn, Present: The Three Tenets to Professional Development for MPH Students

Robert Rinck, PhD, MPH, Monica Allen, Kathleen Roe, Kevin T Roe

Before MPH students graduate, there is need for Professional Development activities. The activities were created to enhance and advance public health career objectives separate from internship. The activities are faculty approved trainings and a reflective, skills-based and theoretical framed professional poster to showcase their experiences. A Poster Presentation Gala is held where students present posters to practitioners, faculty, students and community members.

Th47: Promotion of the dual MSW/MPH degree as a sound way to serve and empower marginalized communities.

Sue Forster-Cox, PhD, MPH, MCHES®, Anna Nelson, MSW, LCSW, Sophia Sepp

The benefits of the Master of Public Health in Community Health Education and Master of Social Work dual degrees at New Mexico State University are identified. The NMSU dual degree program attracts passionate students with rich, distinct backgrounds and life experiences that inform and enrich their studies. NMSU is 50 miles from the US/Mexico border, providing students with opportunities to use their developing skill sets working with racial and ethnically diverse international and disadvantaged populations. The melding of the knowledge, theories, analytical, and practical skills of the MPH/MSW degrees, propels alums to work in a wide array of settings, providing services, developing and administering programs, empowering, encouraging, and supporting vulnerable, underserved, racially and ethnically diverse populations. Individuals, families, groups and communities benefit when they can interface and work with dual MSW/MPH prepared professionals.

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POSTERS (CONT.)

Th48: Evaluation of an Online Mental Health Literacy Intervention for College Students

Jennifer Bleck, Rita DeBate, Amy Gatto, MPH, Emily Walters

Possessing a low level of mental health literacy has been identified as a deterrent of help-seeking behavior among college students. Students with higher levels of mental health literacy are more likely to utilize treatment services for mental health disorders. To address the issue of low mental health literacy among college students, a large southeastern university implemented an online module called Kognito for new incoming students. Kognito is an interactive online training module aimed at increasing mental health literacy on college campuses. This study evaluated the effectiveness of Kognito for increasing mental health literacy among college students. The findings of this study will be used to increase the effectiveness of this program and ultimately increase mental health literacy on our campus.

Th49: The Influence of Fitspiration Social Networking Site Use on College Students' Appearance Motivation for Exercise

Kristen Welker, PhD, Laura Nabors, Rebecca Vidourek, Amy Bernard

Fitspiration (i.e., a play on "fitness" and "inspiration") pages on social networking sites are dedicated to inspiring fitness, but viewing these pages has been previously associated with body dissatisfaction and appearance-motivated exercise. This study explored the relations among demographic factors, use of fitspiration pages, body dissatisfaction, BMI, weekly exercise, and appearance motivation. A survey was developed and administered to college students (n = 416). About half (n = 204) of the students viewed fitspiration pages, typically for about one to ten minutes daily. Students with higher ratings for appearance as motivating exercise spent more time viewing pages, than those with lower appearance motivation for exercise. Body dissatisfaction was negatively related to increased appearance motivation to exercise. BMI was related to appearance motivation for males, but not females.

Th50: "Very little has been written": True or False? Improving Your Literature Searches to Locate the Evidence

Elaine Hicks, MS/LIS, MPH, MCHES®

Information literacy skills (the ability to understand how information is organized, how and where to locate it, evaluate and use it) are foundational to evidence-based practice and are described in competency sets used in health education preparation programs and practice and librarian standards for higher education. Librarians are uniquely qualified to develop 21st Century information skills among health education and promotion professionals. In this skills-based professional development presentation taught by a public health librarian, you will be able to understand the principles of bibliographic database design, use a six-step literature search process to efficiently locate relevant peer-reviewed literature in MEDLINE/PubMed and find sources of grey literature and data both in the classroom and on the job.

Th51: Determining imposter syndrome (IS) in a diverse group of community health students in a southern rural medium sized university: preliminary findings and implications for student success.

Mary I Hawkins, PhD, CHES®, Derek Cegelka

Imposter syndrome (IS) is a pervasive feeling of self-doubt or fraudulence despite evidence to the contrary. IS is common in minority and disadvantaged students, at graduate and undergraduate levels, and in both sexes. IS can manifest as mental illness and can negatively impact professional success, particularly in first jobs or new work roles. There is little data about IP in health education students. The purpose of this study was to determine community health students' IP scores in order to successfully identify potential barriers to professional roles in internships or jobs. Junior and senior community health students (n=138) answered the Clance Imposter Phenomenon Scale (CIPS) and demographic questions. IP characteristics were strongest in minority and female participants. Strategies to counteract IP were suggested.

Th52: Use of Social Dating Apps and its Impact on Risk of Sexually Transmitted Infections among College-Age Youth in Central Virginia

Oswald Attin, MS, PhD, Olushola Olaitan Ogunleye, Roshan Purohit

The rates of sexually transmitted infections (STIs) have increased substantially in recent years, such that the rates reported in the U.S. in 2016 were the highest ever. This study aimed to decipher whether the use of online dating apps among college-age youth in Central Virginia was associated with STI risk. Data were collected from 326 respondents through an anonymous self-administered questionnaire.

Almost a quarter (23.9%) reported using at least one dating app, the most common of which was Tinder (80.5%). More than one-third of users (34.6%) had ever had sex with someone they met on a dating app. However, dating apps users were much more likely than non-users to have been diagnosed with an STI (5.2% vs. 1.2%, p=0.037, OR=4.4). Similarly, there was significant evidence that having sex with a person met on a dating app and diagnosis with an STI were not independent (p=0.003).

Th53: Assessing the Deaf Patient's Experience in the Emergency Department

Tyler G. James, MS, CHES®

2019 SOPHE PATIENT ENGAGEMENT FELLOW

Deaf American Sign Language users are an understudied and underserved population that experiences poor communication outcomes in medical settings. This population is more likely to use the emergency department (ED) than their hearing counterparts, for less emergent conditions. The majority of research investigating Deaf patient-hearing provider communication is outdated, fails to consider technological advances in the field of medical interpreting, and does not examine the context of the health system. Yet, community members and experts in the field continue to report poor ED communication which has implications for patient health, public expenditures, and compliance with federal law.

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POSTERS (CONT.)

Th54: Unintentional Injury and Long-Term Opioid Use

Vivian Lyons, MPH

SOPHE/CDC UNINTENTIONAL INJURY FELLOW

Long-term use of prescription opioids among injured patients is a growing problem in the United States. While there is a substantial body of literature on sustained opioid use, a much smaller body focuses specifically on characteristics associated with opioid use among an injured population. As prescribing practices for opioids remain at least partially consensus based, studying the development of chronic prescription opioid use in the trauma population would offer critical insight into prescribing practices and identifying high-risk populations. We will create a novel, statewide database of unintentional injury patients in Washington State from 2014-2017 with one year of follow up for each patient that will allow study of the association between individual, injury and treatment characteristics, and post-discharge opioid prescription utilization on development of chronic prescription opioid use.

Th55: Improving caregiver selection of child restraint systems through interactive virtual presence

Marissa Swanson

2019 SOPHE/CDC UNINTENTIONAL INJURY FELLOW

Correct use of child restraint systems (CRS) reduce child injury and death in motor vehicle crashes. Caregiver training provided by Child Passenger Safety Technicians (CPSTs) via interactive virtual presence may increase caregiver access to CPSTs, increase rates of correct CRS use, and reduce child injuries. In this study, 146 caregivers in rural Montana completed remote consultation with CPSTs. Correct CRS selection significantly improved from baseline to post-intervention (exact McNemar's test $p < .001$). Interactive virtual presence is a novel technology that can be used to connect underserved populations with public health practitioners to address important health and safety issues.

FRIDAY, MARCH 29TH

POSTER GROUP 2 OPEN

6:30AM – 1:30PM

*Fr1: The Lice Project: Lice education in an elementary school

Julie Mumm, Jessica Miehe, Erica Mumm

The true incidence of head lice within the United States is unknown; however, Centers for Disease Control and Prevention (CDC) estimated that in 2013 there were between 6 million and 12 million cases. The Lice Project's goal is to provide education about head lice to both students and parents at local elementary school. Pre- and post-surveys were conducted to ascertain the knowledge gained by both students and guardians. Significant findings included increased knowledge of students regarding how lice is spread and where lice live as well as a decrease in lice infestations during the 2017-18 school year versus the previous school year when no lice education occurred.

*Fr2: School health teachers' practices on teen dating violence prevention

Jagdish Khubchandani, PhD, MPH, CHES®, Jeffrey K Clark, Amy Thompson, PhD, CHES®, FESG, Michael J Wiblishauser

Teen dating violence (ADV) is a significant adolescent health problem in the United States (US) which has recently received increasing attention from school administrators, parents, and public policy makers. Every year, 10-30% adolescents in the US report being abused in a romantic relationship. Health teachers can play a central role in identifying and intervening in TDV (e.g. understanding the scope of problem and its impact on the health of the adolescents and helping develop rules and formulating policies to alleviate the problem). The overarching goal of this study was to identify the perceptions and practices of health teachers on preventing TDV. A national random sample of 500 health teachers was sent a 45-item reliable and valid questionnaire. Results will be described in our presentation.

*Fr3: Translating a healthy eating and exercise program for children and parents: Community health in action

Laura Nabors, JaLisa Elkins, Myia Lang, April Poteet, Kristen Welker

Dissemination and translation of obesity prevention programs to be successfully implemented in different community settings is needed. The pilot studies reviewed in this presentation will examine the implementation of the Children's Healthy Eating and Exercise Program in three different programs in 2015 through 2017. Participants were elementary school-age children and their parents. Different series of lessons were presented in each setting and the lessons and various dissemination tools will be reviewed to provide new tools for health educators interested in delivering healthy eating programs for children and parents based on participant needs and staffing of the program.

*Fr4: THE IMPACT OF LOW HEALTH LITERACY ON SUBSTANCE USE

Beth Lanning, Alexandra Larsen, Kelly Ylitalo, Dr. Renee Umstatt Meyer, Jackson Griggs, MD

The purpose of this study was to examine the relationship between measured health literacy and smoking and alcohol consumption behaviors as well as health anxiety in low-income adults visiting a federally funded community health center. Health literacy was measured using the Newest Vital Sign tool and smoking and alcohol consumption behaviors were gathered from electronic medical records. Health anxiety was tested using a shortened Whiteley Index. Results indicate that low health literacy is a significant problem in the study population with only 13.73% demonstrating adequate health literacy. Current smoking was found to be associated with lower health literacy. No relationship was found between health literacy and alcohol consumption. The relationship between health literacy and risky health behaviors like smoking highlights the importance of adequate health literacy education and indicates a potential benefit of screening for health literacy in a primary care setting.

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POSTERS (CONT.)

***Fr5: Mobilization and empowerment of vulnerable population in a suburban city in New Jersey**

Chia-Ching Chen, Tetsuji Yamada, Ling-Cai Yuan, Marilyn Mock, John Lancaster

Community mobilization is a way to empower communities and motivate individuals to get more active. This study described the process of planning and implementing social service programs in a socio-economically underprivileged neighborhood in a suburban city in New Jersey. The community coalitions were formed in which key characteristics, values, needs, attitudes, social norms, health behaviors, and priorities were identified. Opportunities and challenges were identified. Through collaboration from all segments of the community, mobilization as a social process has shown to be an effective approach to increase awareness in the community.

Fr6: The association between helicopter parenting and incoming college students' risk behaviors and communication skills

Darson Rhodes, PhD, MCHES®, Jennifer Boyle, PhD

In an examination of the association between over-parenting and college students' risk behavior, communication skills, and conflict resolution skills, 451 incoming freshmen and 407 parents (162 dyads) completed surveys. T-tests revealed significant differences between student and parent reports of parenting behaviors, with parents reporting greater levels of both autonomy support and college specific helicopter parenting. Controlling for depression, a series of regressions were performed to analyze the impact of student reported parenting behaviors on students' risk behaviors and communication skills. College specific helicopter parenting and general helicopter parenting significantly predicted communication skills. Autonomy support and general helicopter parenting significantly predicted conflict resolution skills.

Fr7: Recommended Interventions for Enhanced Nutrition in Pregnancy. An Integrated Literature Review

Chanadra Young Whiting, EdD, MPH/HSA, CHES®, Audrey Miller

Throughout the world, nutrition has been identified as an important health concern for pregnant women and fetal development. This is particularly true in developing nations where nutritional deficiencies are not uncommon. However, it is similarly a concern in more advanced countries as the obesity epidemic has grown. Undernutrition and overnutrition are thus primary health concerns among global populations, and these nutritional conditions in pregnancy have been linked to a number of negative health outcomes for both mothers and infants. Despite this awareness and concurrent evidence, however, effective interventions to improve pregnancy-related nutrition and specific instructions have yet to be clearly defined. From this perspective, an integrated literature review was conducted in an effort to better define which interventions offer the best opportunities for improvement in this area and which areas require further research evidence and guidance.

Fr8: An Evaluation of Guided Grocery Store Tours for SNAP-eligible Adults in Philadelphia, Pennsylvania

Brian Zepka, MPH, Vanesa Karamanian, Frances Simone

Philadelphia's poverty rate, the highest of the ten most populous U.S. cities, is a primary factor that limits adults from purchasing and consuming healthy foods. The purpose of this evaluation was to determine whether participating in a hands-on, nutrition education tour at a local grocery store had an impact on the intent to practice healthy shopping behaviors among SNAP-eligible adults. Participants reported high levels of intent to practice healthy shopping behaviors in four key areas; reading food labels, comparing unit prices, finding whole grain foods, and identifying three ways to purchase produce. Participants also reported on program improvements, recruitment methods, and overall tour satisfaction. These findings suggest that guided grocery store tours are promising approaches to delivering SNAP-Ed services and improving nutrition-related behaviors among program participants.

Fr9: Relationship of HPV knowledge to vaccination status among university students, staff, and faculty

Whitney Boling, PhD, MBA, CHES®, Scott Snyder, PhD, Olabode Ayodele, MPH, PhD, CHES®

Background: Human Papillomavirus (HPV) knowledge and vaccination status have been studied. This study examined the relationship of demographics and HPV vaccination uptake, knowledge, and extent knowledge relates to vaccination status.

Methodology: A cross sectional survey of students, staff, and faculty was conducted to measure socio-demographics, knowledge of HPV, knowledge of HPV vaccine, and HPV vaccination status.

Results: HPV knowledge was associated with vaccination status but not by gender or interaction. Correctly answering knowledge items was associated with higher likelihood of receiving the HPV vaccine.

Conclusion: Knowledge levels for men and women are not significantly different after role adjustment. Yet, men report less awareness, exposure, vaccination rates and confidence in knowledge about HPV. HPV knowledge appears to be related to vaccination uptake.

Fr10: HIV Education and Early Detection for Adolescents and Young Adults in the Bronx

Alice Kwon, Madhumitha Rajagopal, PhD, Xavier Quezada, MPH, Avinoam Levin, Vidushi A Purohit

Although HIV incidence in New York City has decreased in recent years, the Bronx consistently has higher rates of new cases. In order to increase early HIV education and detection in the Bronx, we created HIV Education and Rapid Testing (HEART), a community service group at Albert Einstein College of Medicine. HEART collaborates with the peer education program HIV & Me to teach HIV-related courses to high school students, and with Lehman College to offer free HIV testing at a student health clinic. All 20 student ambassadors who were provided with HIV education reported significantly increased confidence in teaching peers about HIV topics. A total of 71 college students were tested for HIV at Lehman College, most being 19-24 years old. Rates of safe sexual practices for individuals who were tested were only 32%, indicating the continued need for early education and detection.

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POSTERS (CONT.)

Fr11: Using workers' compensation injury data to explore violence against K-12 urban public school teachers in Ohio

Jessica Streit, PhD, Steven J Naber

Violence against K-12 public school teachers is a major U.S. public health concern. However, very little is known about teacher victimization risk factors. The purpose of the current study is to identify determinants of physical violence against K-12 urban public school teachers in Ohio using workers' compensation claims data. Systematic coding of workers' compensation claims for employees of nine large urban school districts in the state of Ohio (n=19,508) is currently underway. According to our preliminary analyses, approximately 25% of all claims were filed for an injury sustained during a violent event at school. Teachers filed more than half of all violence-related claims. Intervening during student-student violence may be one of the most common situations in which teachers sustain violence-related injuries. Practical implications and future directions will be addressed.

Fr12: U.S. Adolescents' Consumption of Fried Foods, Sugary Foods, and Energy Drinks

Ronald D Williams, Jr, PhD, CHES®, Jeff Housman, PhD, MCHES®, Mary Odum, PhD, Mary Dixon, PhD, CHES®

Type 2 diabetes now makes up about 45% of new-onset cases of diabetes among U.S. adolescents. This study assessed adolescent consumption of energy drinks, fried foods, sugary foods, and energy drinks using a nationally-representative sample from the 2014 FLASHE Study. Adolescents who consumed energy drinks within the past week were more likely to consume sugary foods including candy, cake, desserts, and sugary cereals. They were also more likely to consume fried foods including potatoes, chicken, and chips. While direct health risks of energy drinks are documented, these beverages may also influence other unhealthy dietary practices among teenagers. Both public and school health programs that provide dietary education should note these behavioral trends in an effort to reduce consumption of energy drinks, fried foods, and sugar among adolescents.

Fr13: Food insecurity among immigrants and refugees of diverse origins living in metropolitan Atlanta: The roles of social connectedness and acculturation

Milkie Vu, Ilana Raskind, Cam Escoffery, PhD, MPH, CHES®, Yotín Srivanjarean, Carla Berg

We explored associations between food insecurity and social connectedness and acculturation among diverse immigrants and refugees living in metro Atlanta. From 2017 to 2018, we collected survey data from 162 adults attending health fairs or programs hosted by two community-based partner organizations serving immigrants and refugees. The sample included 26 (16.05%) South Asians, 84 (51.85%) Vietnamese, 26 (16.05%) Burmese, and 26 (16.05%) Latinos. Twenty-eight adults (17.28%) reported experiencing food insecurity. In adjusted multivariable logistic regression models, social isolation was associated with higher odds of food insecurity (aOR=2.77, p<0.0001). Future health promotion efforts and research should focus on the mechanisms through which social connectedness may protect against food insecurity in this population.

Fr14: Youth-led Action Research: A strategy for successful tobacco prevention policy

Montzerrat Garcia Bedolla, Shalin Craig

By utilizing the strategy of Youth-led Action Research, Youth Leadership Institute (YLI) has successfully engaged youth leaders in the San Mateo County Tobacco Education Coalition's advocacy efforts to establish Smoke-free Multi-Unit Housing policies which now protect over half of all multi-unit housing units in San Mateo County. Participants will learn how this strategy provides youth with the tools to be leaders of policy change to improve health in their communities and prevent youth use of tobacco while advancing public health policy.

Fr15: Implementing Tobacco Free Policies within Behavioral Health Settings

Alexandra Ernst, Laura McCann, Susan McLain, Hannah Savage, Duane Barksdale, Jennifer Keith, MPH, CPH, Mark Modugno, Judy Ochs

Individuals with behavioral health conditions (mental illness and/or substance use disorders) remain disproportionately impacted by tobacco use. The Pennsylvania Department of Health (DOH) Division of Tobacco Prevention and Control has identified tobacco use within behavioral health settings as a key focus for its ongoing work to address health disparities.

To date, DOH regional contractors have reported smokefree policies for 172 behavioral health sites across the state. Of these sites, 129 (75%) offer on-site tobacco cessation services. Pennsylvania State Hospitals are collaboratively working to become 100% tobacco free by 2020.

This presentation will focus on strategies implemented by DOH and progress made to address health disparities within this population, specifically through implementing tobacco free policies in behavioral health facilities and hospital campuses.

Fr16: Inaccuracy in parental reports of adolescent human papillomavirus vaccination: A multilevel analysis of the influences of state-level and parent-level factors

Milkie Vu, Minh Luu, Regine Haardörfer, Carla Berg, Cam Escoffery, PhD, MPH, CHES®, Robert A Bednarczyk

We explored potential correlates of the accuracy of parental reports of adolescent HPV vaccination status. Data from parents of 19,751 adolescents (2016 National Immunization Survey-Teen) were analyzed. Outcomes included inaccuracy in reporting 1) vaccine initiation (≥ 1 dose) and 2) completion (3 doses). In the sample, 20.6% and 22.2% inaccurately reported initiation and completion, respectively. Parents of racial/ethnic minority and households with more socioeconomic disadvantages were more likely to inaccurately report vaccine initiation and completion. Having seen more providers was associated with higher accuracy, suggesting the importance of increased access to vaccine records. State vaccine policy does not appear to have an impact on the accuracy of parental reports, pointing to a need to further examine differential policy implementation.

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Fr17: Increasing flu vaccine awareness and use in college students: A multidisciplinary approach

Nikki Hillier, PhD, MCHES®, Lauri J DeRuiter-Willems, Amanda Harvey, Stacey Knight-Davis, Kathleen Phillips, Ph, Sheila R Simons

Among college students, flu vaccination rates are abysmal. The unique barriers students face are numerous. This effort explores the value of a multidisciplinary approach to increasing flu vaccination. To improve vaccine rates, several departments have teamed up for a multidisciplinary approach to flu education and prevention. Plans for the entire semester are in place to highlight the importance flu prevention. Events include vaccination clinics, a library exhibit, talks, movie screenings, student work, themed menu items at the student café, and a competition. Vaccination rates will be assessed at the end of the fall semester and reported. We expect using a multi-disciplinary approach will increase students' awareness of influenza's severity and their vulnerability to it. Through a sense of community, students will protect their campus, and more students will receive the vaccine.

Fr18: Eddie Nash Foundation for Foster Youth - Program Evaluation Report

Monica Venable, MPH, Laura Chandler, Dr. H

The Eddie Nash Foundation for Foster Youth (ENF) is a non-profit organization committed to help foster youth transition into adulthood successfully. An assessment of the ENF programs was completed to address gaps and challenges and identify recommendations to enhance program capacity. It is important to understand reasons why foster youth encounter negative long-term outcomes such as homelessness and incarceration once emancipated from the Child Welfare system. A literature review was conducted to identify: foster youth trends, gaps, best-practices, and recommendations. An evaluation report was written to report ENF successes and limitations as well as discuss recommendations to improve ENF impact. As a result, the evaluation report revealed resilience, gratitude, and self-efficacy were strong protective factors that could support foster youth to succeed later in life.

Fr19: Designing an Evidence Based Adaptive Lacrosse Manual for Children with Disabilities

Joanna DeMarco, DHSc, CHES®, Elena Chbeir, Aubrey Feth, Luke Hobi, Marlene Keith

Participating in sports is a common way for children to engage in physical activity and socialization. Participation in these activities for children with disabilities is lower and can contribute to a more sedentary lifestyle. One method of increasing participation for children with disabilities is the implementation of community based adaptive sports programs. While some adaptive programs exist, there is often a lack of sustained participation due to personal, social, environmental and institutional barriers. Lacrosse is a fast growing sport in the U.S. but is one of the most underdeveloped and under researched adaptive sports program. Despite annual lacrosse participation growth, there is a lack of research on how to design, implement and modify the sport for disability. The aim of this research is to design an evidence based manual for adaptive lacrosse in children with disabilities in a community setting.

Fr20: "Theory at a Glance" Assignment: Teaching Theory to Future Health Educators

Susan Roberts-Dobie, PhD

"To demonstrate that theory is not abstract, but present in the health communication around them, Health Promotion majors are assigned a "Theory at a Glance" assignment in their "Implementing Health Promotion Programs" course. For this assignment, students are asked to submit 2 health communication pieces (HCPs) across a variety of categories.

Students are then assigned four HCPs to analyze and determine how each utilizes theory for behavior change. Using the National Cancer Institute's 2005 Theory at a Glance online publication, students identify the theory they believe the creator of each HCP was utilizing when developing the piece, justifying their decision by identifying which constructs are utilized and how they are utilized.

Students completing the assignment show a strong understanding of the how theory is utilized in HCPs to influence health behaviors."

Fr21: When knowledge isn't power: Considering the Appalachian/American cultural power code—formula

Joni Marie Gray

This presentation shares the stories of women from Appalachia. Their voices speak of the struggles to make mothering decisions in a culture of poverty, health disparity and shifting gender roles. Their perspectives challenge the notion that information (of/about breastfeeding) is power, and instead reveal the influence of an almost sinister power code which operates as the default or scripted infant feeding choice in Appalachian/American culture—formula.

Fr22: Textbook vs. Reality: Perspectives of Faculty, Alumni, and Student

Patricia Barrington, EdD, MCHES®, Stephanie Sisko, Kayla McLaughlin

This is what you learn in the textbook. This is what happens in reality. Having a strong academic foundation in health promotion principles including theory, models, assessment, implementing, and evaluating programs is essential for health promotion undergraduate students. Equally important for students to understand is that real-life events do not always follow a scripted process. This case study provides an example of how integrating textbook knowledge and real-world experience simultaneously can greatly augment student learning. Students in a theoretical foundations of health promotion class learned about health promotion processes in the classroom and applied the information directly by participating in planning, implementing, and evaluation of a first-time community event. Course assignments paralleled the timeline of the event process, so students made prompt connections between how the process was supposed to work according to textbook guidelines and how it happened in reality.

Fr23: A School Based Mobile Dental Model using Strategies to Promote Oral Health Awareness and Engage Community Partners

Lori Clavette, MSDH, Shannon Hanson, MSW

CHCI has operated a Mobile Dental Program in Connecticut for over 10 years, and provides services to over 150 schools.

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Presenters will discuss strategies that have been implemented in an effort to increase awareness about the importance of oral health with community partners. In addition, presenters will discuss strategies that can be used to increase health literacy in an effort to reduce oral health disparities and increase the percentage of children who obtain oral health care. Presenters will also include how they achieve quality assurance and program sustainability through administrative management, operational structure, and methods of data collection, analysis, and utilization.

Fr24: Empowering Young People to Turn Their Passion into Activism

Chelsea Aeschbach

To effectively promote the health of the next generation, THEY need to be involved in the conversations and decisions that impact them. Because THEY are the experts. THEY are able to provide authentic insights into the concerns, ideas, and preferences of their generation. THEY can make a difference.

Session participants will be exposed to Wisconsin's youth advocacy fellowship which provides young people the knowledge, confidence, and skills to be young leaders and activists. They are empowered to lead initiatives, participate in decision making, and create positive change for the future of the nation and future of the world. Participants will be exposed to the innovative youth engagement strategies that have made this effort such a great success and ideas of how to incorporate into their existing efforts.

Fr25: Bridging the Gap between Public Health and Educational Outcomes: A Latent Class Analysis of CDC Youth Risk Behavior Survey 2015

Tiana Yom, MPH, CHES®

The purpose of this exploratory, quantitative research study is to examine students who exhibit multiple health risk behaviors by using latent class analysis (LCA) with a nationally representative dataset. Using a nationally represented dataset, the Youth Risk Behavior Survey (YRBS) 2015, of 15,623 high school students from 125 schools, this research study explored and analyzed the "additive", synergistic associations of physical activity, sleep, screen time, dietary behavior (specifically beverage and breakfast consumption), and mental health (specifically violence related behavior, bullying and depression) on academic achievement among students in grades 9-12 in the United States. Results suggest that additive, health-related problems play a major role among young people, especially urban minority youth.

Fr26: Energy Drink and Energy Shot Use is Associated with Nonmedical Prescription Opioid Use Among Adolescents

Jeff Housman, PhD, MCHES®, Ronald D Williams, Jr., PhD, CHES®

This presentation will demonstrate the relationship between energy drink (ED) and energy shot (ES) use and nonmedical prescription (NMRx) opioid use among 12th graders through the examination of the 2016 data from the Monitoring the Future study. Results indicate that students who consumed ED or ES are more likely to misuse prescription opioids, thereby increasing overall health risks. Specific data from the Monitoring the Future study and multi-level approaches to prevention of ED, ES, and NMRx opioid use will be discussed.

Fr27: An evaluation of a weekend backpack food assistance program, Smile Club: a cross-sectional study

Sweta Sinha, Emma Tumarkin, Acadia Webber, Heewon L Gray

Food insecurity is a public health concern across the United States. According to 2016 report issued by the United States Department of Agriculture, 8% of children (6.5 million children) were food insecure. It may also affect a child's academic performance at school and general well-being. The backpack weekend food assistance programs have been implemented in various parts of the nation and the effectiveness of the programs on reducing food insecurity has been well documented. However, there is a gap in the literature in examining behavioral change outcomes such as eating more fruit and vegetables among backpack program participants. This study evaluated the effectiveness of an on-going backpack weekend food assistance program on health behaviors in addition to food security outcomes. This was the first evaluation study for the program, Smile Club that has been implemented for six years at an elementary school in a low-income neighborhood in Tampa, Florida.

Fr28: How we know what we know about healthy eating: Investigating the relationships between diet self-efficacy, social support, and nutrition literacy

Christina Jones, PhD, MA, Shannon Powers, Sara Kruszynski, Kailey Adkins

Amidst increasing rates of Type 2 Diabetes, increased focus has been drawn towards understanding what factors influence the dietary decisions of Americans today. The impact of nutrition literacy, or one's ability to access, interpret, and use nutrition information, has been well established. However, little research has investigated what psychological and social factors may be meaningfully connected to one's nutrition literacy. The following analysis sought out to investigate the relationships between social support, diet self efficacy, and nutrition literacy as well as the impact of these variables on the relationship between nutrition literacy and Body Mass Index. Through a cross-sectional analysis of 104 participants completing validated measures of these constructs and biometric assessments, we found that complex relationships exist, such that increased diet self efficacy and more developed social support networks do not always correlate with higher nutrition literacy scores.

Fr29: The Transactional Model of eHealth Literacy: Engaging Diverse Stakeholders in a Multi-Method Validation Approach

Samantha Paige, PhD, MPH, Michael Stellefson, Janice L. Krieger, Charkarra Anderson-Lewis, JeeWon Cheong, Christine Stopka, David Miller

eHealth literacy conceptual models have been derived over the past decade to account for the social nature of eHealth. There are two significant and inter-related limitations to these models. First, the communication skills needed to thrive within the transactional domains of eHealth remain underdeveloped. Second, key eHealth stakeholders are rarely included in the development of these models, hindering their applicability and translation to research and practice. The purpose of this study was to engage key eHealth experts and lay end-users in a triangulated approach to validate the core assumptions and elements of the Transactional Model of

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eHealth Literacy (TMeHL). Through a multi-method approach (virtual expert panels, in-person interviews with lay end-users), the core elements and assumptions of the TMeHL were confirmed.

Fr30: Addressing Tobacco Point-of-Sale in Pennsylvania through Youth Engagement and Tobacco Retailer Store Assessment

Jennifer Keith, MPH, CPH, Laura McCann, Erica Saylor, Sarah Lawver, Isabelle Rocca, Maya Gutierrez, Molly Anthony, Hannah Savage, Joy Meyer, Jennifer Folkenroth

Since 2017, the American Lung Association has worked to advocate for a point-of-sale (POS) strategy to reduce tobacco use in Pennsylvania. Retail stores are the primary avenue for tobacco marketing, accounting for over 90 percent of promotional expenses. Since many types of advertising are limited under legal restrictions (e.g., television ads), the tobacco industry capitalizes on using advertisements in tobacco retailer outlets. Youth who are members of Pennsylvania's Tobacco Resistance Unit (TRU) in Harrisburg and Scranton have worked to collect data on tobacco retailer advertisements, available products, pricing and warning signage since 2017. Findings from these assessments have informed outreach to decision makers in efforts to change statewide laws on tobacco licensing and legislation.

Fr31: Evaluating the Impact of Service at an Emergency Department Help Desk on Student Volunteers

Margot Bellon, Annie Hu, Brenna McLoughlin

The Stanford Health Advocacy and Research in the Emergency Department (SHAR(ED)) program is a student-run organization with a focus on service-learning. Undergraduate volunteers screen ED patients for social needs, refer them to community resources, and follow-up on patient outcomes. Along the way, students are exposed to not only the emergency department (ED) environment, but also the importance of social determinants on health and disease. The program's objective is to enrich student understanding of social medicine and public health while providing valuable services to ED patients. Here, we investigate how the SHAR(ED) experience shapes students and the extent of its impact on their careers and personal growth.

Fr32: Evaluation of a Relaxation Station to Reduce Anxiety Among Undergraduate College Students

Jennifer Bleck, PhD, Emily Frances Walters, Amy Gatto, MPH, Rita DeBate

To address stress and anxiety among students at the University of South Florida, we created relaxation stations consisting of massage chairs, bean bags, and sleep pods at centralized locations on campus. This study aimed to evaluate the effectiveness of one relaxation station on reducing student reported stress levels. A pre- to post- design and a survey consisting of the state subscale of the state-trait anxiety inventory was used to measure change in current anxiety levels. A total of 162 students completed both the pre- and post- assessment over one week. Overall, the average anxiety scores significantly decreased from prior to using the massage chair to after using the chair ($p < .0001$) with a large effect size ($d = .85$). All but one student indicated that they intended to use the relaxation station again.

Results suggest that use of the relaxation station was associated with significant reduction in anxiety symptoms and support continued implementation and expansion of the services.

Fr33: Time, Practice, and Professional Responsibilities in Translating Evidence into Practice in Health Programming Coursework

Anders Cedergren, PhD, CHES®

A curriculum review was undertaken to account for public health competencies. As a result, a one-semester program planning class was split into two courses. Students issued surveys and conducted focus groups to collect primary data. They also reviewed secondary data in the professional literature. Groups confirmed professional competencies and ethical principles in their health education program drafts, operationalized theory constructs, and identified unique conditions through expert interviews. All programs were pilot tested and evaluated. Students participating in all phases of programming is critical as public health seeks greater consistency in the translation of evidence into practice. This innovative teaching strategy allowed students to experience the cyclical relationship of evidence informing practice and practice generating evidence.

Fr34: Immersive Virtual Reality Technology to Develop and Understanding of Brain Function

Mary Metcalf, PhD, MPH, CHES®, Bradley Tanner, MD, ME, Elizabeth Tanner

Patients cursory comprehension of brain functioning and behavior may lead to unwillingness to engage fully in addiction and impaired mental health prevention, recognition, and treatment. Immersive headset-based Virtual Reality can help patients with addiction and mental illness understand the true mechanisms behind their suffering. In VR they visualize the intended impact of treatment modalities, take control over outside parameters, such as addictive cues, and practice challenging those cues. Patients can apply virtual success to real-world challenges, where they can further build confidence and patterns of success. Our VR Brain Exploration project is creating a virtual brain patients traverse in an immersive virtual reality headset to improve understanding of brain mechanisms, confidence, and interest in learning more about the relationship of brain functioning.

Fr35: Engaging teens with ASD/ID in sexual health interventions

Darby Andre, Isabelle Rocca

This presentation uses data from a larger study that evaluates the impact of a sexual health curriculum developed for youth with ASD and mild ID. Specifically, we analyze the relationship between program facilitation quality, level of participant engagement, and participant satisfaction of a sexual health intervention designed for youth with ASD or mild ID. Preliminary analyses have pointed to a correlation between high program facilitation quality and high levels of participant engagement and satisfaction. We anticipate this research will identify valuable strategies for health educators to adhere to guiding theories of curriculum and engage participants to produce higher levels of satisfaction and preparedness for intimate relationships in youth with ASD and mild ID.

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Fr36: Lessons Learned Using Fitbits to Assess Physical Activity in an Obesity Prevention Program for Children

Laura Nabors, Kristen Welker

This presentation reviews lessons learned from implementing Fitbit technology in an after-school obesity prevention program for elementary school youth at a local recreation center, and may assist researchers seeking to do the same with their programs. Fitbit technology can be valuable in assessing movement and activity of obesity-prevention program participants; however, issues with inconsistent attendance, loss of interest, and lack of adherence from the children compromise the accuracy and usability of data collected. This commentary intends to inform the field of the struggles presented in this program, and offer advice for future programs seeking to use this technology.

Fr37: Hope Theory: A New Way to Approach Health Education and Promotion

Maureen Howard, Ed, CHES®, Debra M Vinci, Carla J Thompson

A continually re-emerging health issue is the sedentary lifestyle led by many Americans. Hope theory (Snyder, 1994) represents a strategy to support innovative approaches in health education and promotion but has not been recognized on a meaningful level for this type of application.

Hope theory is based on the premise that all human behavior is goal-oriented. Hope theory constructs of waypower and willpower serve as complementary and necessary components of any goal pursuit. Waypower refers to the ability to identify the way to reach a goal and willpower refers to the will needed to initiate and maintain action toward a goal. The use of hope theory by new, mid-career, and seasoned health professionals can make a difference as they help people learn the value of implementing the two components of successful goal achievement, waypower, and willpower.

Fr38: Wayne State University Community Health Pipeline: Creating Youth Agents of Change in Community Health and the Local Food System

Rachael Dombrowski, PhD, MPH, Noel Kulik, Stephanie Osborn, Whitney G Moore, James Mallare, Jaclyn Ruth Wilke, Nathan McCaughtry

The Community Health Pipeline (CHP) works to create youth leaders and empowered agents of change in the areas of food systems, health equity and food access by formalizing relationships among organizations, leveraging resources, training youth leaders, supporting youth in post-secondary opportunities and addressing the lack of diversity in the community health profession. Detroit youth were recruited into the CHP, consisting of 5 Pillars: 1) nutrition education in high schools; 2) farmer's markets and urban farm experiences; 3) summer work apprenticeships with local agencies; 4) participation on the CHP youth advisory board (YAB); and 5) career development and college preparation. Process outcome measures revealed high satisfaction with program delivery and increased interest in continuing with the program in future years. The CHP can serve as a model for other academic and community institutions to provide positive and engaging programming for youth.

Fr39: A cross-sectional study examining association between parental feeding practices and eating habits of children

Sweta Sinha, Emma Tumarkin, Acadia Webber, Heewon L Gray

Parental feeding practices such as controlling feeding can impact a child's lifelong eating habits. The purpose of this study was to examine the associations between parental feeding practices and child's eating habits. It is important for parents to understand the implications of different feeding practices on children's eating habits as it can also lead to dislike towards certain food items. This research was carried out in an elementary school in a low income-neighborhood in Tampa, Florida. Researchers collected data on eating, physical activity, and screen time habits and feeding practices of the parents as a part of the evaluation of a weekend backpack food assistance program. The present study highlights key findings in relation to parental feeding practices and children's eating and other lifestyle behaviors. This work contributes to growing evidence in relation to the association between parental feeding practices and children's eating habits.

Fr40: Parent Perspectives of a Healthy Food Incentive Program within Detroit

Rachael Dombrowski, PhD, MPH, Angela Hojnacki

Detroit residents face significant health disparities and preventable poor health outcomes as a result of social and environmental disadvantages. To combat these disparities, the Fair Food Network instituted a healthy food incentive (HFI) program in 2009 throughout Michigan called Double-Up Food Bucks (DUFB). DUFB matches \$1 for \$1 purchases of fruits and vegetables by Supplemental Nutrition Assistance Program participants through participating farmers markets and grocery stores. Through a mixed-methods design, perspectives of Detroit Public Schools parents (N=32) were assessed through focus groups and surveys. Parents appreciated the HFI program within their communities and were positively influenced by them (ate healthier, purchased more fruits and vegetables). There were many suggestions to increase awareness of the DUFB program, including: adding more stores to the program and improving advertisements and signage.

Fr41: Implementing the Strategic Prevention Framework in Appalachian and Rural Communities: Lessons Learned and Hope for the Future

Tessa Miracle

Ohio Mental Health and Addiction Services founded Ohio's Strategic Prevention Framework for Prescription Drug Abuse to generate statewide capacity for combating prescription drug abuse. This initiative included a special focus on assessing and building capacity for the Appalachian communities across the state. This required the recruitment and input from a diverse set of stakeholders as well as the culturally competent application of assessment, capacity-building, implementation, and evaluation strategies. The result of this collaborative initiative was an engaged network of state agencies, local coalitions, and community stakeholders armed with customized assessments to prepare for customized and evidence-based strategy implementation.

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Fr42: Wellness + Health Care: Adapting evidence-based curriculum to enhance the future of the Inland Empire community

Terisha Gamboa, MPH, Angelica Baltazar

wHealth (wellness + health care) is a health education program that utilizes evidence-based curriculum from the national HealthCorps organization and the train-the-trainer model to meet the health education needs in public school education as well as cultivate the development of health care workforce in the San Bernardino County and its surrounding communities in the "Inland Empire" region. This geographical area, compared to adjacent regions in Southern California, is at a high shortage of health education and health care professionals. The purpose of this program is to meet these community needs, targeting high school and junior high students to increase awareness for healthy lifestyle behaviors in chronic disease prevention and generate their interest in future health careers with the partnership of local universities and community organizations.

Fr43: Leading the Fight to End Childhood Lead Poisoning: Harris County Public Health's Journey to combat this Re-Emerging Health Issue

Ashlei Dawson, Nathalie Cardona, MPH, Aurelia Payne, MPH,

The Harris County Public Health (HCPH) Childhood Lead Poisoning Prevention Program (CLPPP) is devoted to reducing childhood lead exposure by educating parents/guardians about lead-related health hazards as well as increasing blood lead screenings for children under six years of age. Research shows that low-income, minority children are more susceptible of being exposed to lead poisoning. This is due to many factors such as living in homes and apartments built before 1978 and parents who are exposed to lead at work. The CLPPP program's attempt to resolve this re-emerging issue is done by case coordination, health education and promotion in our community. Currently in our first year, our program has reached over 2,000 children within unincorporated Harris County. The ultimate goal of the program is to expand the knowledge of lead related health hazards to Harris County residents while increasing the number of children who are screened for lead.

Fr44: Answering the Call: Working to Achieve Health Equity Through Violence Prevention

Terri Lee, MPH, Afra Hussain, MPH

The Indiana State Department of Health approaches sexual violence from a public health perspective, recognizing that primary prevention, including efforts to change cultural norms, behaviors, and practices is essential to create a state free from violence. In 2015, over 30 community partners were convened in a year-long state planning process for Indiana's Sexual Violence Primary Prevention program. At the conclusion of this year, the 2016-2021 Indiana State Sexual Violence Primary Prevention plan was created. The Indiana State Sexual Violence Primary Prevention Plan was designed to reduce Indiana's sexual violence burden and to guide the future of Indiana's statewide sexual violence primary prevention program. This presentation will explore how Indiana's sexual violence prevention program has developed since the state plan was enacted.

Fr45: A Content Analysis of YouTube Videos Related to Tooth Brushing

Grace Zhou, Hayley Groglio

Google Trends shows YouTube search of toothbrushing increased yet video source and quality remain unexamined. The aim is to analyze the most viewed toothbrushing videos' source, structure, engagement and educational content using ADA/AAPD recommendations. Univariate and bivariate analyses were done. Inter-rater agreement was 80% to 95%. Small media channels (SMC) and healthcare product companies (HPC) uploaded the majority. Most were animated, musical and for children. Standard soft-bristled toothbrush, pea-sized amount of fluoridated paste, horizontal scrubbing, and brushing twice daily for two minutes were advised and/or featured. No significant difference seen in educational content created by SMC vs. HPC. Most videos were not made by dental professionals and don't reflect current ADA/AAPD recommendations. Future directions may be collaborating with SMC and using a larger sample size.

Fr46: Healthy Habits, Healthy U: Collaborating to Reduce Cancer

Caille Spear, Marcus Chapa

"Reducing cancer risks and increasing healthy habits require a collective effort. A hospital, university and school district partnered to create Healthy Habits, Healthy U (HHHU) a two-day primary cancer prevention program. HHHU focuses on how these health habits: 5 fruits and vegetables, 2 hours of screen time, 1 hour of physical activity, and 0 sugar-sweetened beverages (SSBs) can reduce cancer risks. The university provides trained teaching assistants and the hospital supplies cancerous tissue samples for students to view during the 8th grade health lesson.

Students (N=707) completed pretests and post-tests. Their knowledge of health behaviors impact on cancer risks and cancer 101 increased. Students identified eating more fruits and vegetables (78%), increasing physical activity (71%) and replacing SSBs (68%) as actionable behaviors over the next two weeks."