

Experiences of Participants with Parkinson's Disease in a Pilot Crossover Trial with Protein Pattern Interventions: A Qualitative Analysis

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Learning Outcome: Evaluate how participants' lived experiences can lead to improvements in future diet trials for patients with PD.

Background: The purpose of this qualitative analysis was to explore feedback and personal experiences of participants with Parkinson's Disease (PD) in a pilot trial comparing a Protein Redistribution Diet to a Protein Consistent Diet.

Methods: Eleven individuals with PD who participated in a randomized crossover pilot trial were asked to complete in-person, semi-structured interviews. Participants were asked about their experiences following a Protein Redistribution Diet vs. a Protein Consistent Diet as well as their perceptions of participating in a diet trial specifically for people with PD. Data were analyzed by one coder via thematic analysis using NVivo 14. Responses were grouped into major thematic categories and relevant subcategories that represent participant feedback and experiences.

Results: All eleven participants completed interviews. On average, participants were White (100%), age 65.4 (+6.6) years, and male (63.6%). Based on the thematic analysis, three main themes emerged with corresponding subthemes - (1) Perceived Benefits: Education on PD and nutrition; New recipes; Feeling like I'm contributing. (2) Experiences with Diets: Varying effects on PD symptoms; Challenges with food procurement and preparation. (3) Desired Changes: Reducing burden with daily tracking; More flexibility with food choices. Overall, participants shared that they enjoyed and valued their experience while in the study; though, many discussed the time commitment and effort required to fully participate.

Conclusion: The lived experiences of participants with PD in this study can be used to enhance future methodology to better align with participants' needs, improve adherence to diets, streamline food-tracking methods, and ease respondent burden.

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High Levels of Self-reported Understanding and Satisfaction Among Faculty, Preceptors, and Students in Graduate Programs in Nutrition and Dietetics: Results of ACEND 2024 Surveys

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Learning Outcome: Describe the results of the 2024 ACEND surveys of the Graduate Programs in Nutrition and Dietetics.

Abstract: In 2024, the Accreditation Council for Education in Nutrition and Dietetics (ACEND) continued its annual surveys of the Graduate Programs in Nutrition and Dietetics (GP) that adopted competency-based education (CBE) required by the Future Education Model (FEM) standards.

The survey used a 1-7 Likert scale with 7 indicating the highest level of satisfaction. A total of 19 faculty and 50 preceptors responded to the survey, majority of whom (73%) reported having received training on CBE in the last year, with few (15%) reported receiving live webinar-based training. The largest individual training source reported by faculty and preceptors (28%) was from recorded ACEND sources, with nearly half (47%) reporting training from online, in-person or alternate sources. On average faculty and preceptors were more than satisfied with all program components.

Notably, faculty were more satisfied than preceptors with experiential learning ($p = .07$) and CBE ($p = .06$) at the .10 level. A total of 254 students responded to the survey. Of these, the majority (90%) reported having received CBE training during their graduate program. On average, students felt they understood CBE ($M = 6.04$, $SD = 0.87$) and were satisfied with trainings ($M = 5.97$, $SD = 1.19$). In addition, students felt ready to practice as RDN's ($M = 6.21$, $SD = 0.87$) and were confident in their abilities ($M = 6.07$, $SD = 0.97$). Same as in previous years, results of the 2024 ACEND surveys indicate high levels of understanding and satisfaction of CBE among different parties involved with the GPs.

Funding Source: Accreditation Council for Education in Nutrition and Dietetics.

High Adherence to a Color-coded Planogram Optimizes Food Placement in Military Food retail

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Learning Outcome: Describe the feasibility of adhering to a color-coded planogram in military retail settings to promote healthier food placement.

Background: Government-funded military dining facilities use stoplight color coding (Green-Yellow-Red) to label and distinguish high-performance (Green), moderate-performance (Yellow), and low-performance (Red) foods and beverages. Green-Yellow-Red codes guide behavioral design strategies such that Green items are most visible and accessible. However, most food venues on military installations are "for profit," where feasibility of implementing this low-cost practice remains unknown.

Methods: Eight planograms across one micro market and three vending machines were revised by Green-Yellow-Red classification: Green items were placed at or above eye level, Yellow below green, and Red lowest. Green items were identified with tags. Foodservice teams implemented and maintained planograms for three months. Adherence, percentage of correctly placed items, excluding empty slots, and percent empty slots were calculated for seven of the displays (incomplete data at one) at the beginning (T1) and end (T2) of the three-month period. Median (%) and interquartile range are presented.

Results: Median planogram adherence was 87 (77, 96). Adherence declined over time from 90 (81, 98) at T1 to 83 (69, 92) at T2. Adherence was highest for Green items 100 (86, 100), followed by Red 91 (82, 100), and Yellow 77 (53, 100). Empty slots per display increased from an average of 7% (0, 13%) at T1 to 11% (3, 33%) at T2.

Conclusion: Adjusting planograms in military retail venues is a feasible strategy to promote healthier food placement. Further strategies are needed to maintain adherence over time, such as labeling all slots according to their color codes or exclusively rearranging Green items.

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