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Title of Proposal: Community Advisory Board Recommendations for the Adaptation of the Family Eats Program

BCM Mission Area: Research

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Abstract:

Authors: Chishinga Callender; Jayna Dave; Maria Jibaja-Weiss; Jane Richards Montealegre; Debbe Thompson The Family Eats Program is an 8-episode, evidence-based online obesity prevention program for parents of 9-12-year-old Black/African American children. Its goal is to help parents modify the home food environment to promote and support healthy eating behaviors and child obesity prevention. In preparation for its implementation in a community setting, a Community Advisory Board (CAB) was convened to review the program and provide suggestions for needed modifications for community adaptation and dissemination. The CAB comprised of key stakeholders (n=12) in the Black/African American community who reside in the Dan L. Duncan Comprehensive Cancer Center's catchment area (i.e., Houston Metropolitan Statistical Area). CAB members participated in six sessions via a combination of Zoom meetings and online surveys. During the sessions, CAB members reviewed program content, structure, and delivery format, and offered suggestions for implementation strategies. Utilizing a modified Delphi technique, following each session, a summary of key ideas was created and shared with CAB members, where they had an opportunity to provide additional clarification and/or refinement of the ideas and suggestions. After all sessions were completed, CAB members were asked to answer a brief survey, which utilized the quantitative community engagement measure to rate perceived level of community engagement. CAB member participation was high (100% for 5 sessions, 83% for 1 session). Suggested program modifications included

expanding the definition and portrayal of family to enhance diversity and inclusiveness (structure), focus on a balanced diet vs low fat diet (content), and adapting program delivery to enhance social connection among families (delivery format) to best serve the needs of the local catchment area. Suggested implementation strategies included identifying and engaging an internal program champion and providing ongoing external facilitation and technical guidance. The perceived degree of community engagement among CAB members was high (average score=4.3/5). In conclusion, utilizing a modified Delphi technique with a thoughtfully appointed CAB, we were able to elicit critical guidance on needed adaptations to the Family Eats program and strategies to ensure the program is acceptable and appropriate among Black/African American families. Next steps are to simultaneously evaluate the effectiveness and implementation of the Family Eats program in a community setting.