

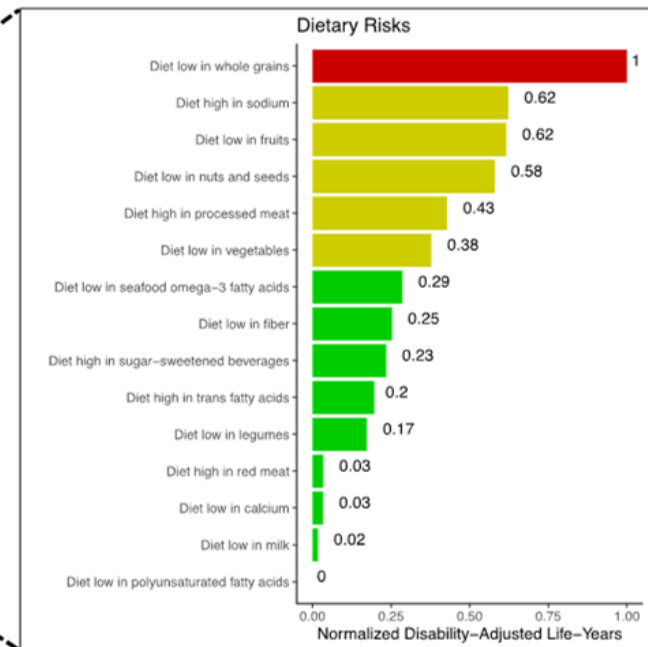
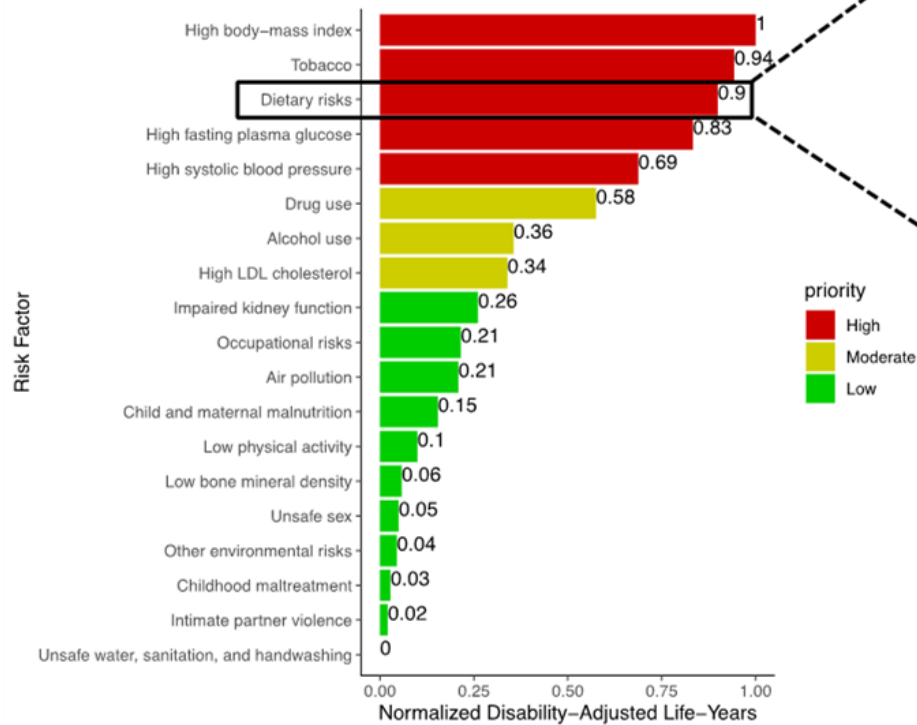
Making Scientific Information Usable:

Development and Assessment of a Novel Intervention to Boost Healthy Lifestyle Decision-Making

Laura J Weishan and Olivia G Wiese



US Disease Burden



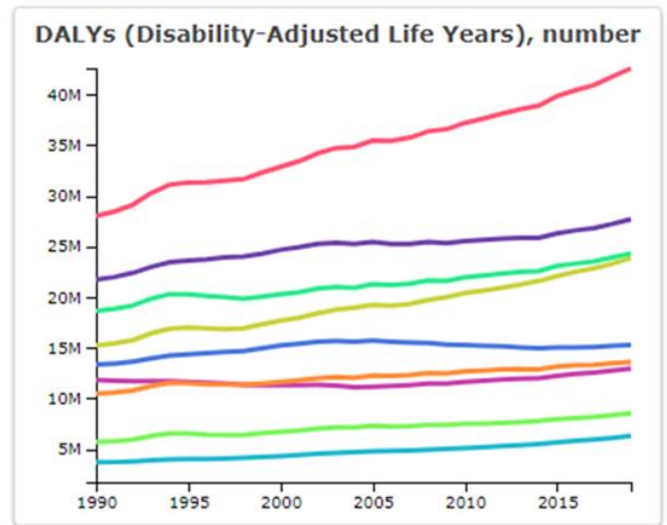
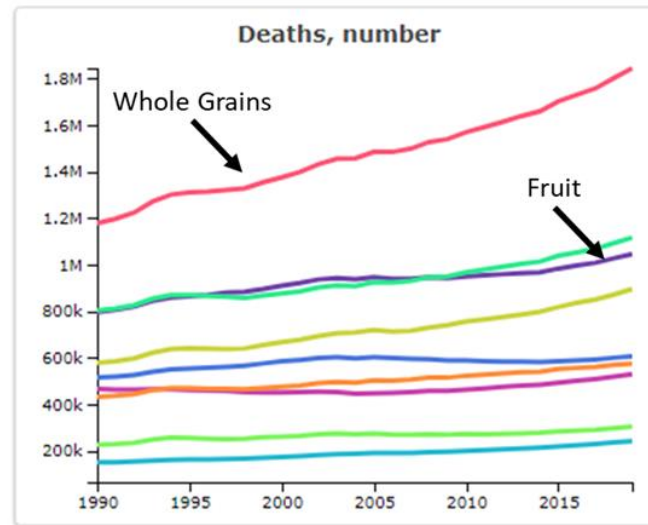
GBD, 2019

Significance

Diet Modification and Whole Grains

Legend

- Diet low in fruits
- Diet low in vegetables
- Diet low in whole grains
- Diet low in nuts and seeds
- Diet high in red meat
- Diet high in processed meat
- Diet low in legumes
- Diet high in sugar-sweetened beverages
- Diet low in fiber



Significance

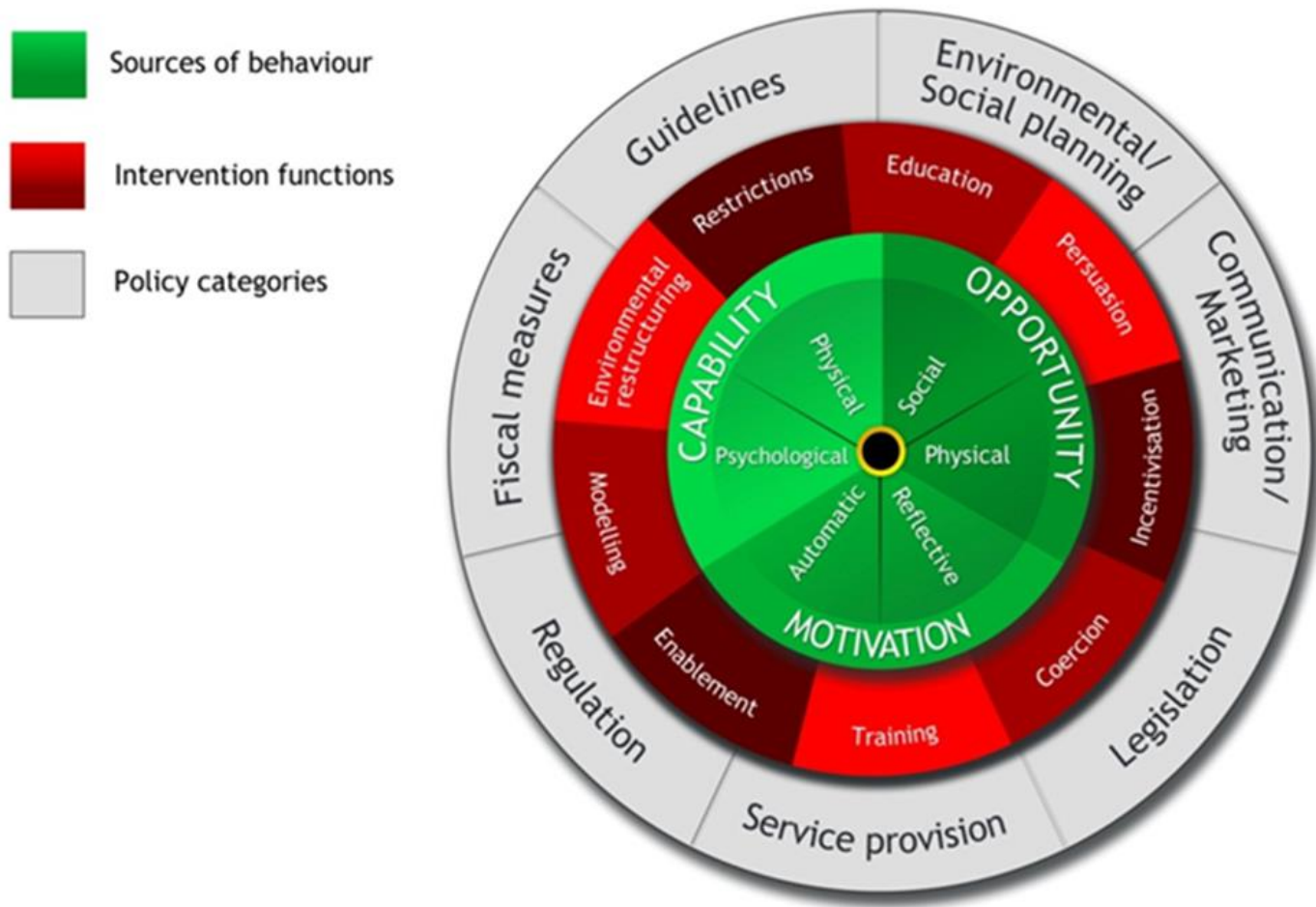
Dietary Intake Compared to Recommendations



Snetselaar et al., 2021

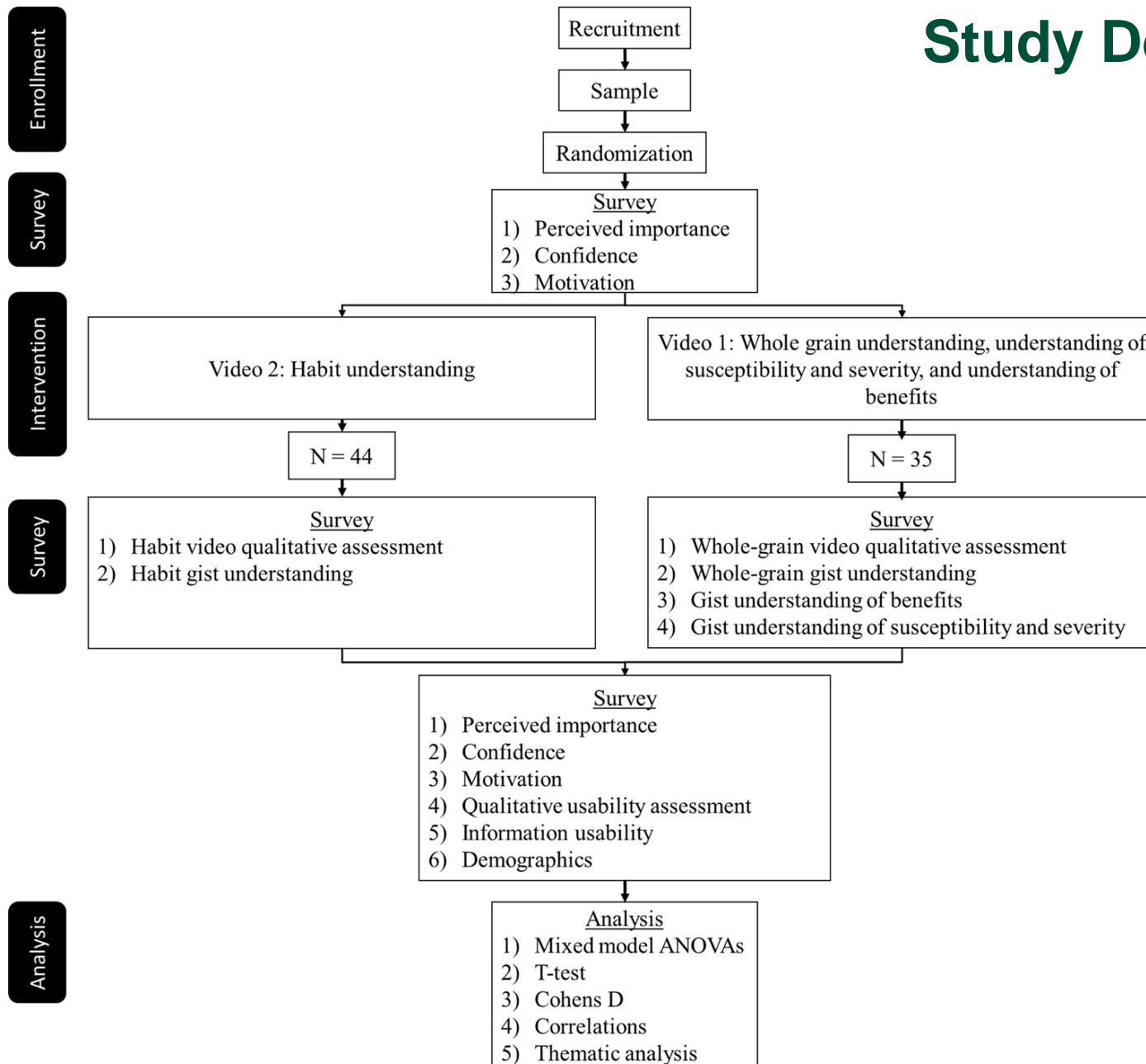
Significance

Behavior Change Wheel Model of Intervention



Significance

Study Design



Video Intervention

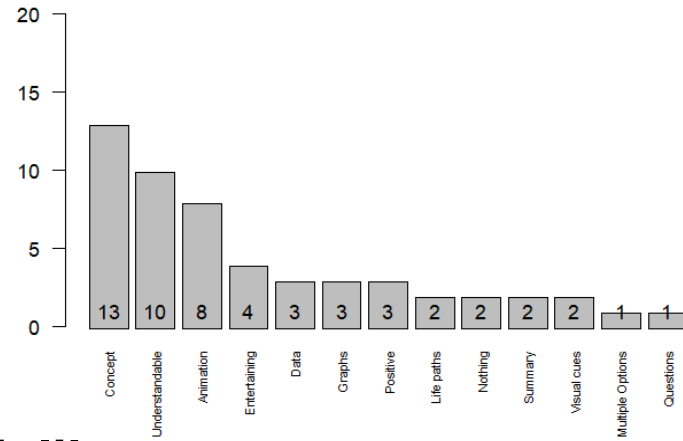


Predictions

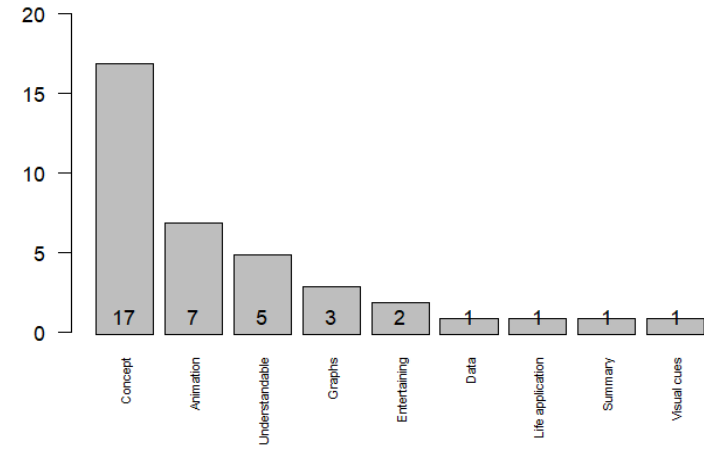
1. Provide preliminary evidence on the effectiveness, enjoyment, and efficiency of the intervention
 - a. **Hypothesis 1.** *The WG video intervention will increase the perceived importance of whole grain intake compared to the habit video intervention.*
 - b. **Hypothesis 2.** *The WG video intervention will increase confidence in the perceived importance of whole grain intake compared to the habit video intervention.*
 - c. **Hypothesis 3.** *Compared to the habit video intervention, the WG video intervention will increase motivation to consume whole grains.*
2. Results will reveal changes that would make the intervention more usable

Likes

Factors that Contribute to Liking the Habit Intervention

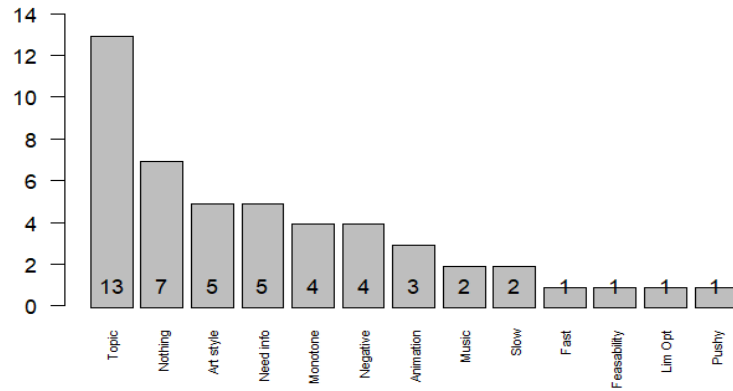


Factors that Contribute to Liking the WG Intervention

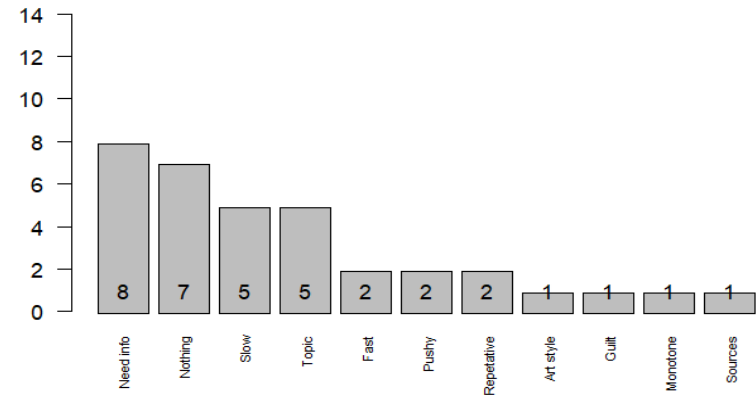


Dislikes

Factors that Contribute to Disliking the Habit Intervention

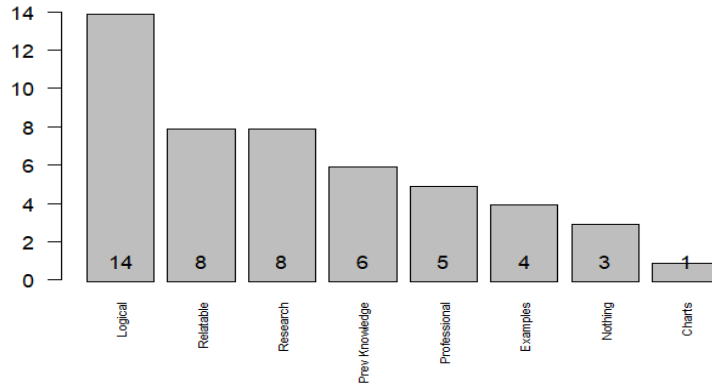


Factors that Contribute to Disliking the WG Intervention

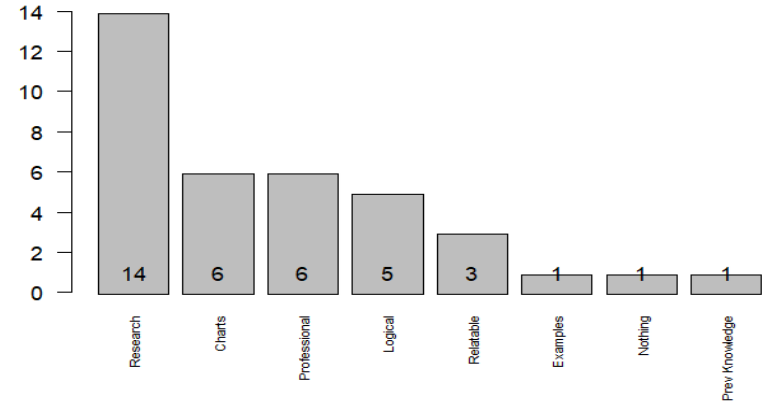


Confidence

Factors that Contribute to Confidence in the Habit Intervention

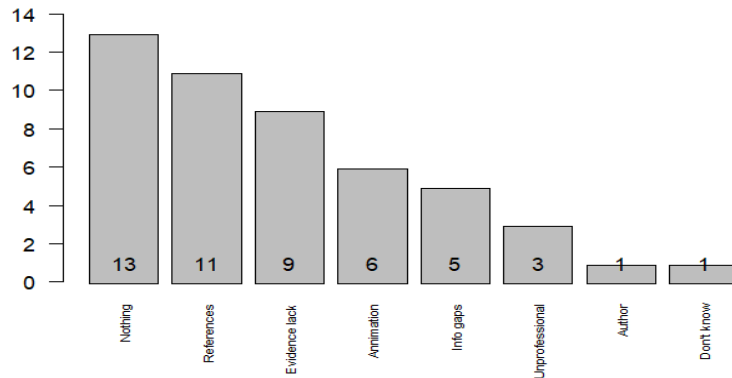


Factors that Contribute to Confidence in the WG Intervention

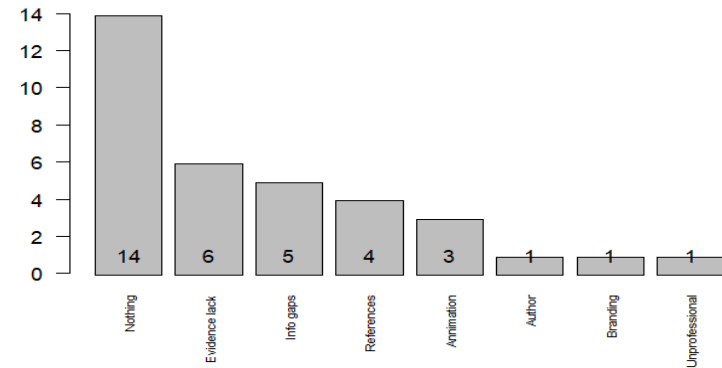


Skepticism

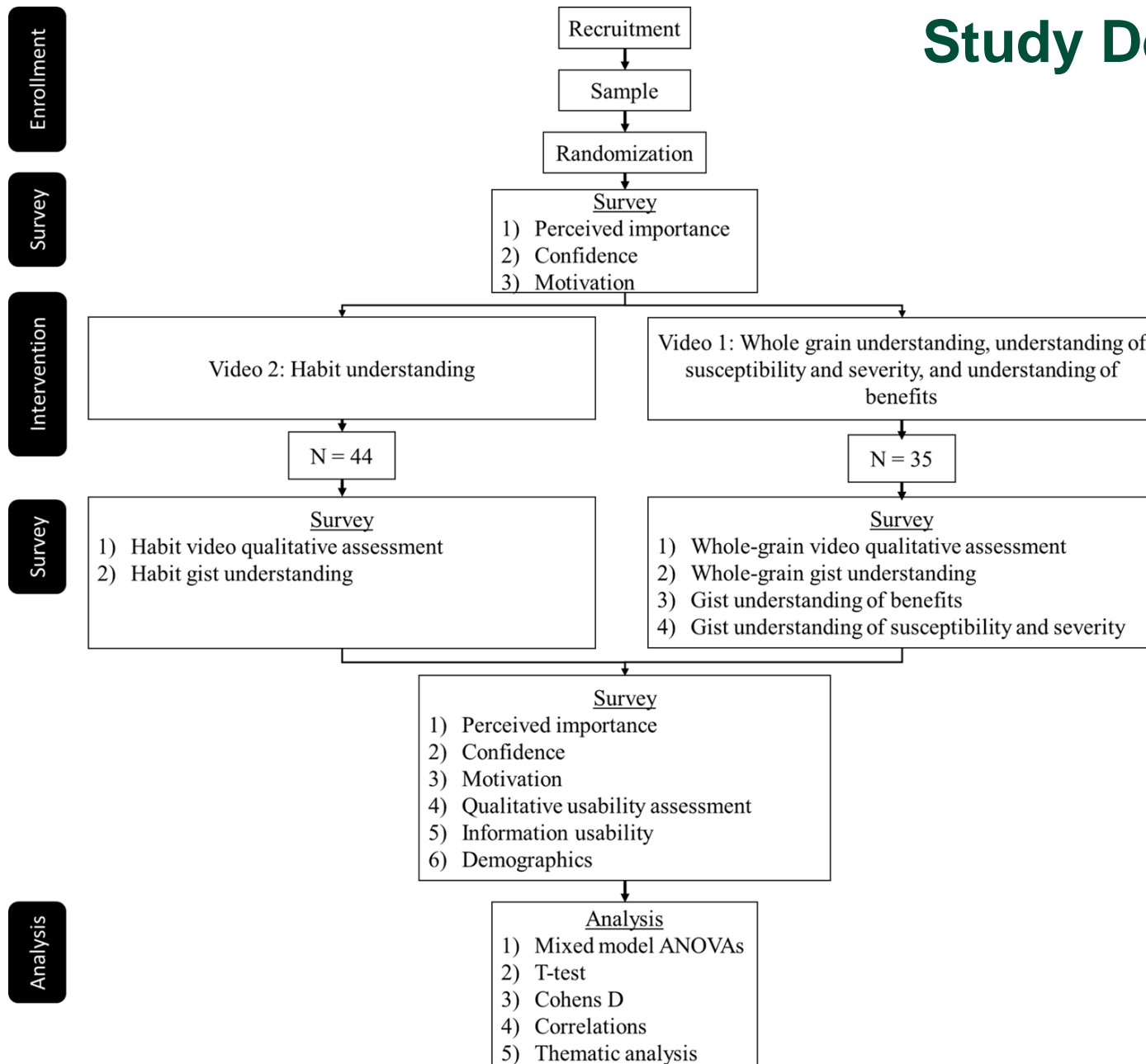
Factors that Contribute to Skepticism of the Habit Intervention



Factors that Contribute to Skepticism of the WG Intervention



Study Design



Future Direction

Enjoyable

Develop an engaging and aesthetically pleasing intervention

Efficient

Have the public view brief videos their own time

Effective

Increase healthy habits over time

Resources

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