



# NUTRITIOUS EATING

WITH SOUL STUDY

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# Agenda

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- Study Purpose
- NEW Soul Results Reveal
- Focus Group Results
- COVID Study Results
- What are we doing now?
  - NEW Soul D&I
  - mLIFE
  - DG3D
- Questions

## Purpose of the NEW Soul Study

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- More African Americans die from cardiovascular disease (CVD) than any other chronic disease condition.
- Despite this disparity, African Americans are underrepresented in nutrition and CVD interventions.
- Research has shown that African American vegetarians/vegans have significantly lower risk of hypertension, diabetes, cancer and high total and LDL cholesterol.

Fraser G, et al. Public Health Nutrition FirstView (2014) 1-9.

Tantamango-Bartley Y et al. Cancer Epidem Biomar 22(2) (2013) 286-94.

## Purpose of the NEW Soul Study

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- The NEW Soul study compared two healthy versions of soul food cuisine: Omnivorous and Vegan
- The objective of the NEW Soul study was to determine which diet allowed for greater sustained changes in body weight, lipids, and blood pressure.
- An innovative aspect of the Nutritious Eating with Soul (NEW Soul) study is that it partners with local soul food restaurants (both omnivorous and vegan) and chefs in order to ensure palatable versions of each diet.
- [47\) New Soul Study testimonials 2019 - YouTube](#)



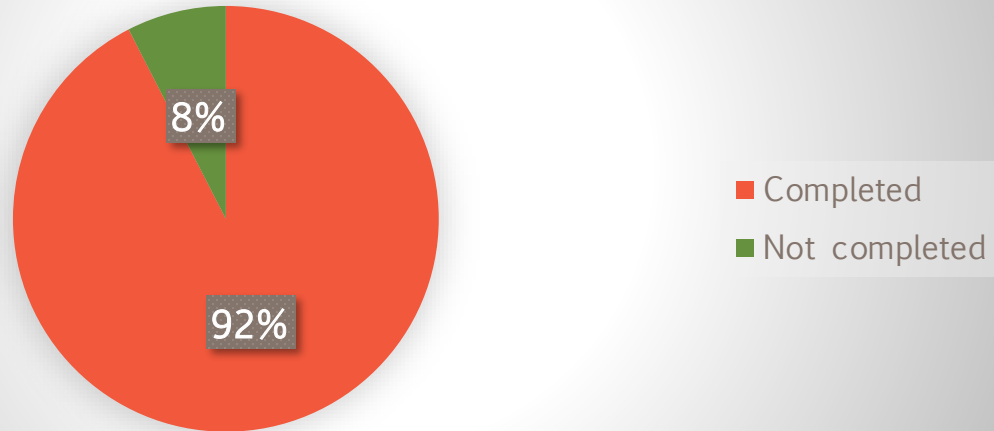
NUTRITIOUS EATING

WITH SOUL STUDY

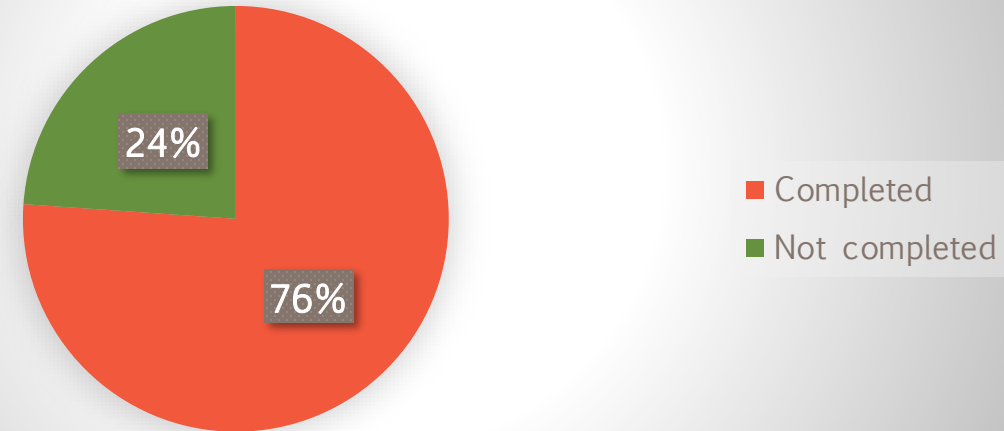
# NEW SOUL RESULTS

# NEW Soul Completion Rates (159 started the study)

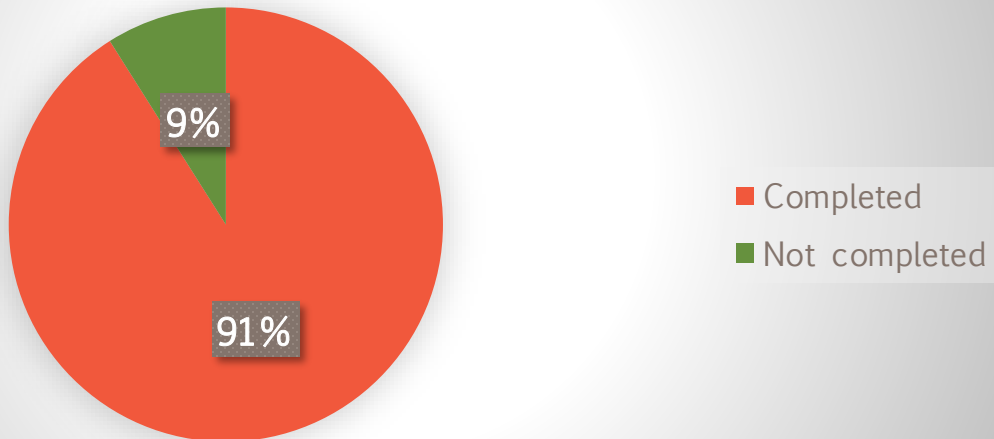
3-months



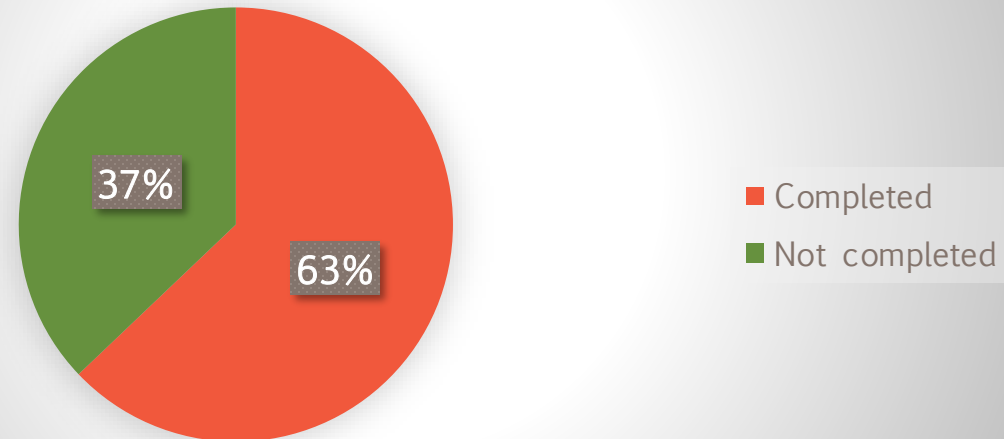
12-months



6-months

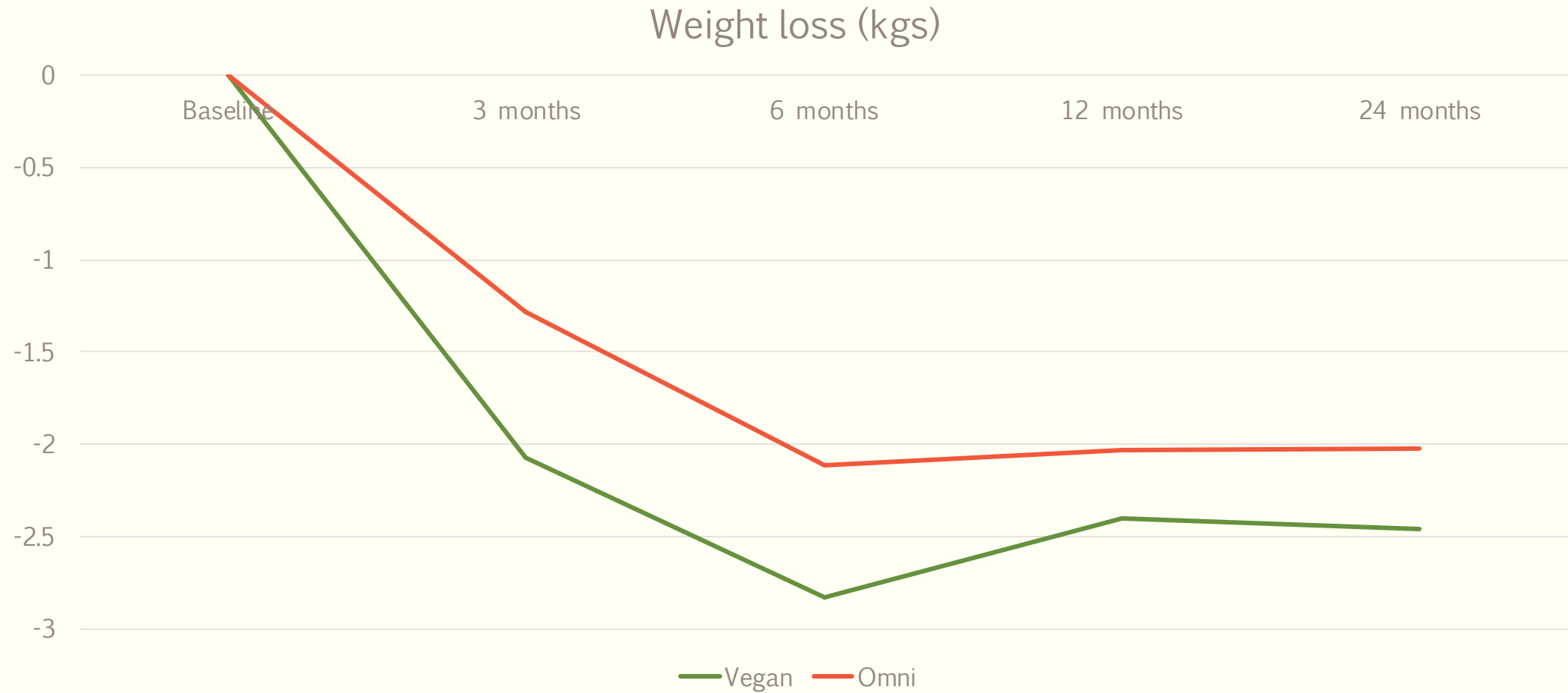


24-months



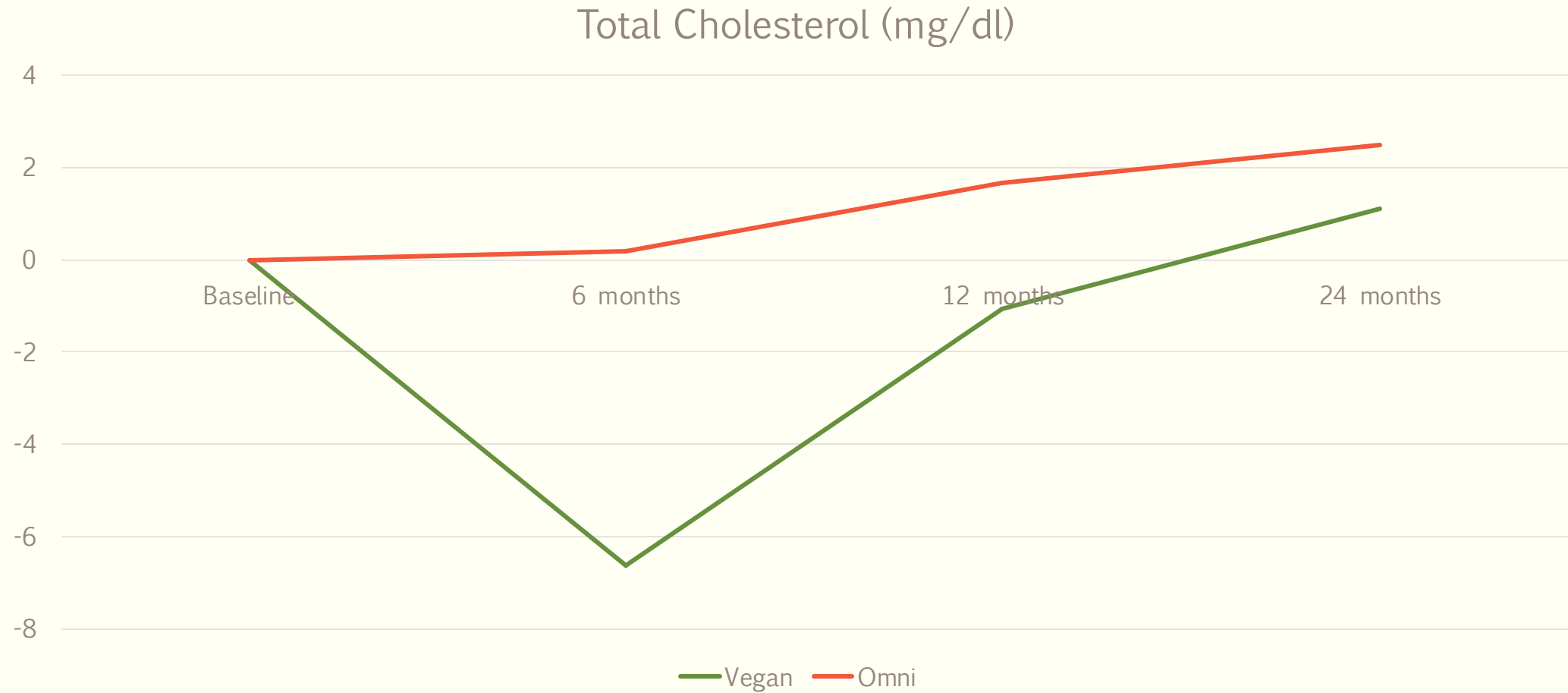
# Weight loss by group

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# Change in total cholesterol by group

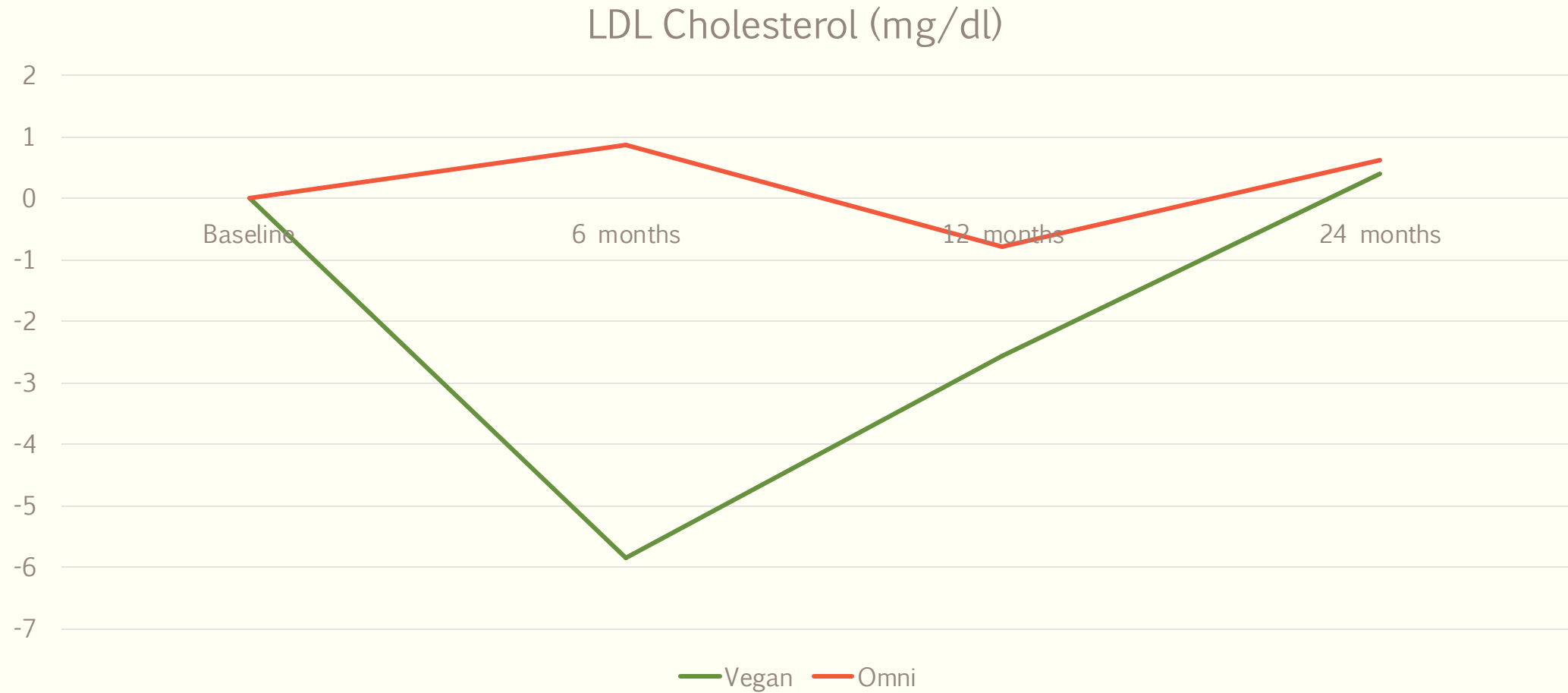
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# Change in LDL cholesterol by group

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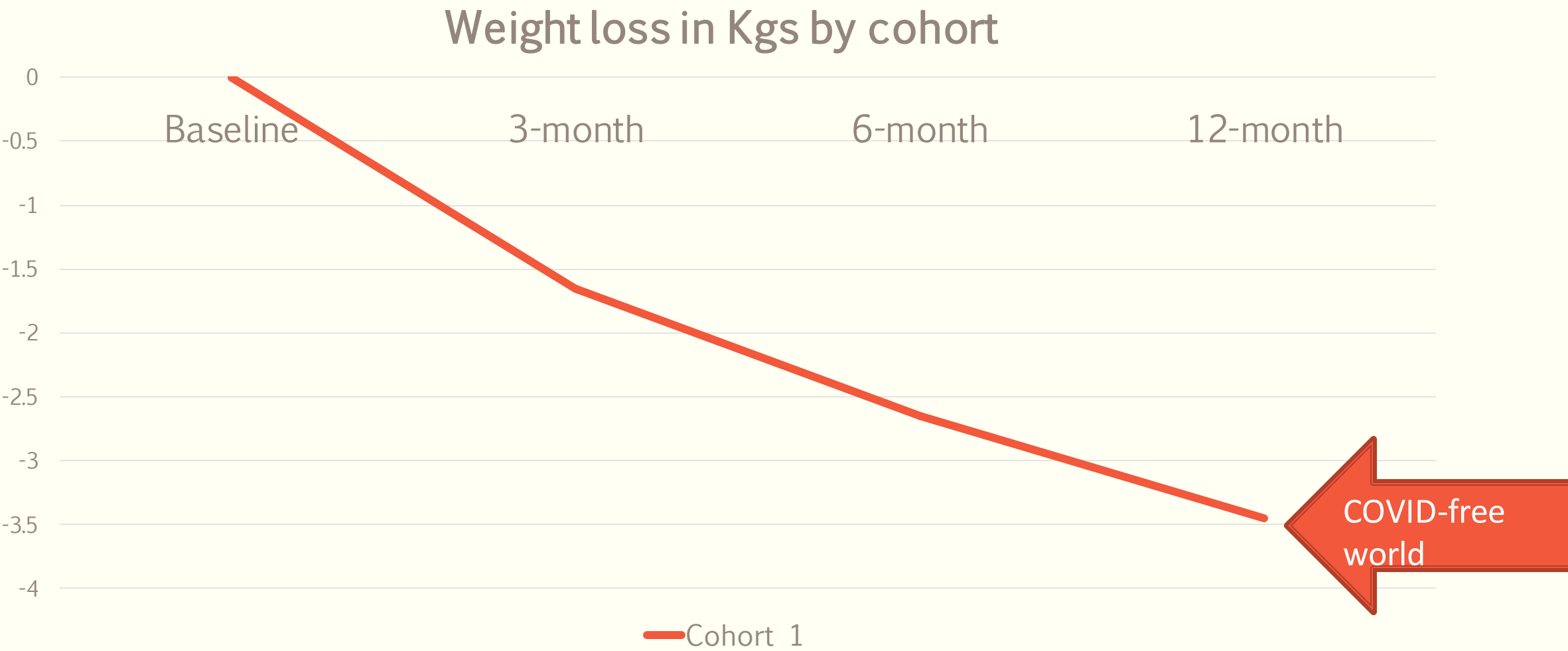
No outcomes were significantly different by group

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Wait really????  
Nothing was  
different?



# Weight loss by cohort



Bleh...COVID.



## Commentary

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# COVID-19 Messed Up My Research: Insights from Physical Activity and Nutrition Translational Research

**Gabrielle Turner-McGrievy,<sup>1</sup> Tanya M. Halliday,<sup>2</sup> and Justin B. Moore<sup>3</sup>**

# Diet quality

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- Vegan diet group had higher dietary quality as compared to the Omni group at 3, 6, and 12 months as measured by the Alternate Healthy Eating Index and the healthy plant-based diet index (hPDI).
  - These indices measure components of the diet like fruits and vegetables, beans, and whole grains.

## Take-home message

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- Both groups saw improvements, particularly those who adhered to their assigned diets.
- We hope you all gained some important nutrition, stress management, physical activity, and cooking skills that you can take with you beyond the end of the study.

# Questions?

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# Focus Group Study-Published!

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> [J Acad Nutr Diet](#). 2022 Apr;122(4):811-824. doi: 10.1016/j.jand.2021.10.023. Epub 2021 Oct 30.

## **"Food Doesn't Have Power Over Me Anymore!" Self-Efficacy as a Driver for Dietary Adherence Among African American Adults Participating in Plant-Based and Meat-Reduced Dietary Interventions: A Qualitative Study**

[Nkechi Okpara](#)<sup>1</sup>, [Christina Chauvenet](#)<sup>2</sup>, [Katherine Grich](#)<sup>1</sup>, [Gabrielle Turner-McGrievy](#)<sup>1</sup>

Affiliations + expand

PMID: 34728414 DOI: [10.1016/j.jand.2021.10.023](#)

# Just a refresher

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4 Focus Groups took place February 2020 (Thank you for your participation!)



2 Groups Omni and 2 Groups Vegan



9-months into your intervention (you were attending bi-weekly)



We asked you all barriers and facilitators for following your diet, what strategies or skills you adapted from classes, and suggestions for moving forward.

# Results

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9 themes found for facilitators and barriers to following a Vegan or Omni Diet



Food preference, planning and preparation, identity and tradition, mindfulness, representation, social support, social influence, accountability, and state of mind.

Quote  
Theme: Representation

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*“Facilitators ...like the choice of the Facilitator really matters...Kenny matters.”*

*“One of the best motivators for me here is Kenny. Seeing someone like him do it makes them feel like they could be capable.” “Kenny gets up there and talks about ‘well I ain’t doing it yet. You know, I’m working on it, I’m struggling”*

Quote

Theme: Identity and Tradition

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*“We had the lasagna the other night [during NEW Soul class] ...That was really good to see... It was almost like it was that comfort food I finally tasted, you know? Like “mmm-mm”, this is really hearty, you know. So that's what I felt with the lasagna.”*

Quote

Theme: Accountability

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(Jokingly) “*Who...said that we needed the magnet of Marty’s [study staff] face to put on your refrigerator? To remind you not to eat something!*”

# When COVID came...

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■ We went from this...



to this...

## Success/Challenges

- We are so appreciative that you continue to attend these meetings.
- It is GREAT you signed up for this study and research that is extremely important!
- Just remember -
- It's important to follow your diet—even during the holidays.
- It's also important to your health—following your diet will reduce your risk of developing CVD, diabetes and other chronic diseases.
- Let's discuss on how you will stay active and eat healthy over the holidays.



Summer 2020

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- We had a unique opportunity to examine associations between COVID and health
  - Remember all the restrictions?
  - Starting *new* research recruiting *new* participants was very difficult.
  - Thankfully, we already had participants (aka, you)!





## Summer 2020

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- Some of you signed up to receive a Bluetooth e-scale to help track weight during those early COVID months



## Summer 2020

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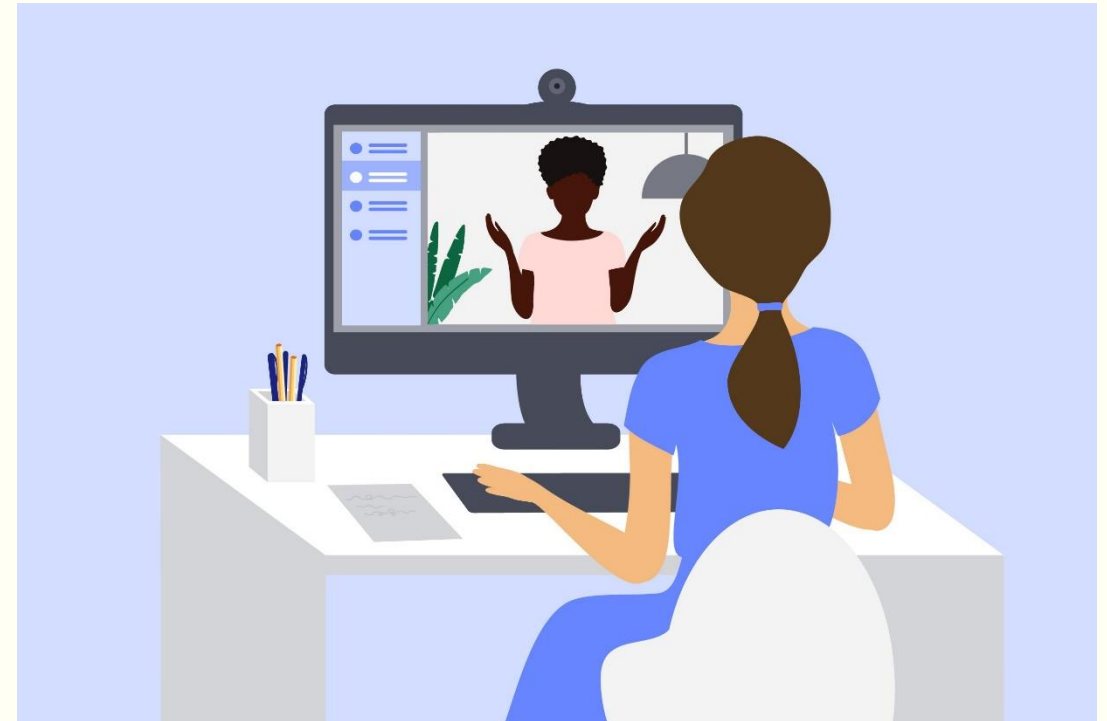
- Half of participants (75) signed up to receive an e-scale; 70 successfully completed set-up and submitted a weigh-in
  - We compared those who received a scale and those who did not
  - We found that older participants and females were more likely to sign up to receive a scale

While it was not a full return to “normal,” we were able to complete in-person assessments on a delayed schedule later in the summer.

## Summer 2020

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- We spoke with 20 participants to learn how the pandemic was associated with:
  1. Stress and stress management
  2. Controlling eating behaviors
  3. Being physically active
  4. Managing weight



# Summer 2020 COVID Interviews

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## 1. Stress and stress management

- You described managing stress through:
  - writing/journaling
  - exercise
  - mindfulness and meditation
  - religion
  - sewing/crocheting
  - spending time outside
- You shared about increased COVID-19 stress due to:
  - restrictions on work
  - eating behaviors
  - concerns over children's health
  - inability to complete everyday activities

## 2. Controlling eating behaviors



*I wasn't being conscientious at all. You know, I kinda like went from thinking about, planning it and all that to okay, it is what it is. We're just gonna eat whatever we want to eat.*

*"It's better that I'm able to cook more. It's nice to have control over what's going in my mouth."*

## Summer 2020 COVID Interviews

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### 3. Being physically active



*"I don't like to walk...I don't have my Zumba or anything like that, so I don't work out as nearly as much as I used to."*



*"because of the pandemic and being home, and not going as many places, I'm able to exercise more...it's kind of helped me to kind of slow down and focus."*

## Summer 2020 COVID Interviews

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### 4. Managing weight

*“I’m gaining weight...I would like to change some of the things I’m cooking in the house, ‘cause I am definitely like sabotaging myself.”*

*“I’m not doing so bad. Like...stop being so hard on yourself” and “just think of the big picture. What is the goal, and know your why. Like, why is this important?”*

## Summer 2020 COVID Interviews

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### Bonus insights!

*“[don’t] be too hard on yourself.  
If you don’t reach it, you can  
always try again tomorrow.  
Every day is a new day, new  
opportunity,”*

*“....be strong...this is an opportunity  
for everybody. What you do with  
the opportunities is up to you.  
Everybody has the opportunity to  
come out of this different than they  
came into it.”*



# NEW Soul Dissemination and Implementation (D & I)

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D&I asks the question:

How do we bring the NEW Soul program to the community?

## NEW Soul Dissemination and Implementation (D & I)

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The goal of this study is to partner with and help vegan soul food restaurants reach more people in their community, teach about the benefits of vegan diets, and introduce participants to the cuisine served at the restaurant.



*in partnership with*



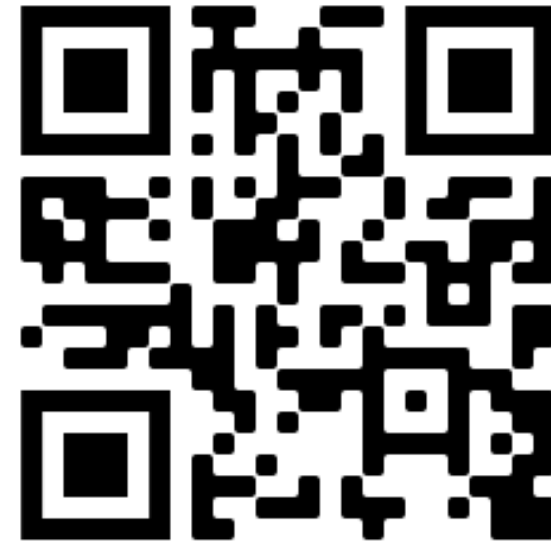
## NEW Soul Dissemination and Implementation (D & I)

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- 2 restaurants, 1 local and 1 out of state, to deliver a 12-week version of NEW Soul (vegan diet group only, no omni)

### Restaurant #1

Mimsy's Restaurant  
494-1 Town Center Pl  
Columbia, SC 29229



scan for menu!

# NEW Soul Dissemination and Implementation (D & I)

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Restaurant #2

TBD

Considering  
restaurants in:



## NEW Soul Dissemination and Implementation (D & I)

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Cohort Number	Location	Planned Dates
1	SC	Apr-Jun 2023
2	SC	Oct-Dec 2023
3	SC	Apr-Jun 2024
4	TBD	Oct-Dec 2024
5	TBD	Apr-Jun 2025
6	TBD	Oct-Dec 2025

# NEW Soul Dissemination and Implementation (D & I)

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Recruitment for cohort 1  
will begin later this year in  
2022 and early 2023!

# The Mobile Lifestyle Intervention for Food and Exercise (mLife)

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12-months remote lifestyle intervention:

- Daily track all your meals
- Use a FitBit to track your physical activity
- Use a FitBit scale to track your weight
- Listen to 2 podcasts weekly and read an in-app tip of the day (provide you with information about healthy eating and strategies to stay active).
- Encourage and facilitate social support among fellow participants.



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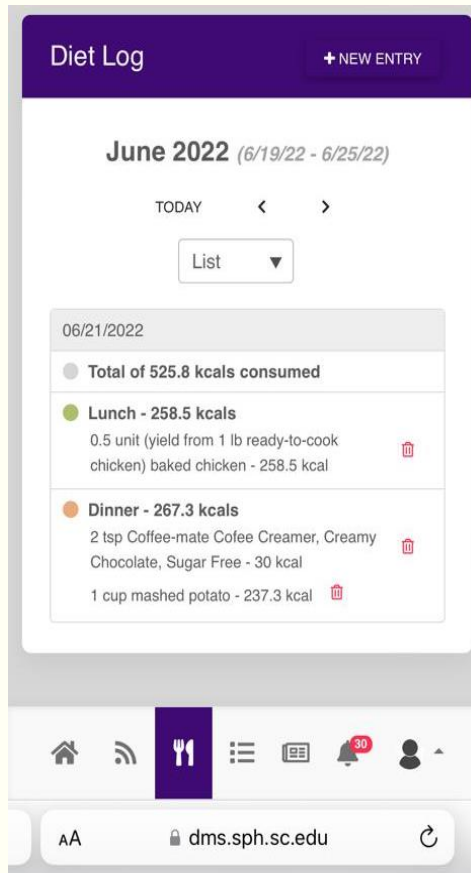
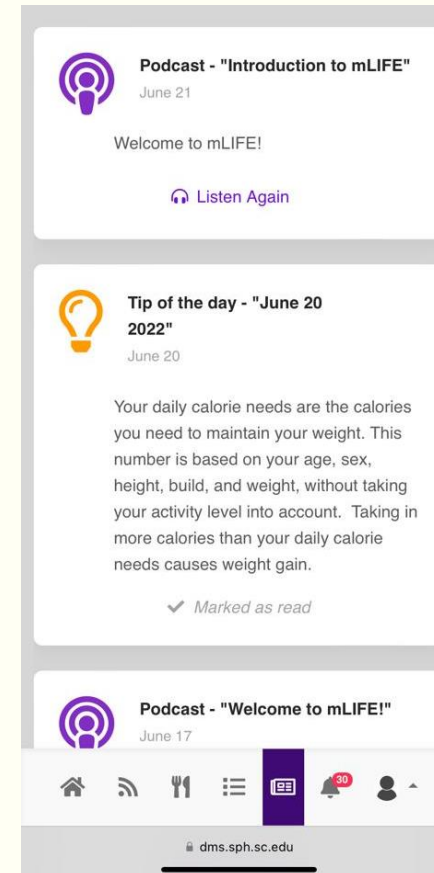
mLife asks the  
question:



Will social support  
in a mobile setting  
help people lose  
weight and  
decrease their risk  
for T2DM?



The mLife study aims to help people to lose weight while using different digital technologies.

**Podcast - "Introduction to mLIFE"**  
June 21

Welcome to mLIFE!

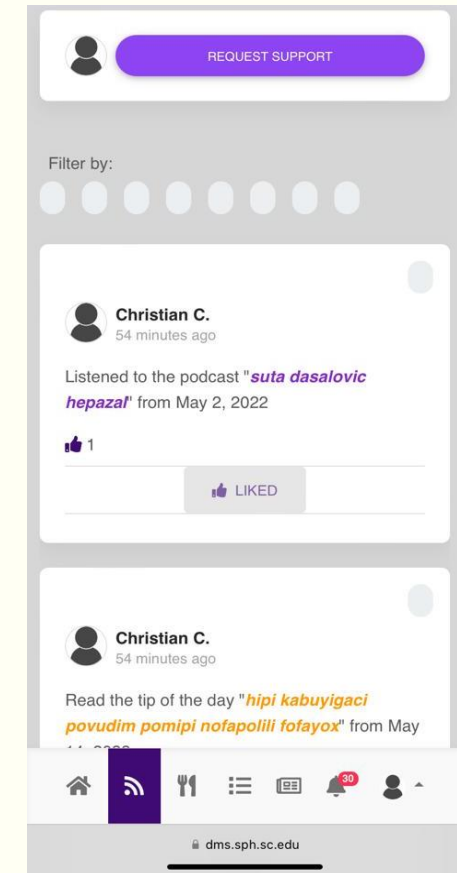
Listen Again

**Tip of the day - "June 20 2022"**  
June 20

Your daily calorie needs are the calories you need to maintain your weight. This number is based on your age, sex, height, build, and weight, without taking your activity level into account. Taking in more calories than your daily calorie needs causes weight gain.

Marked as read

**Podcast - "Welcome to mLIFE!"**  
June 17



REQUEST SUPPORT

Filter by:

**Christian C.**  
54 minutes ago

Listened to the podcast "*suta dasalovic hepazal*" from May 2, 2022

1

LIKED

**Christian C.**  
54 minutes ago

Read the tip of the day "*hipi kabuyigaci povudim pomipi nofapolilii tofayox*" from May 11, 2022

## 12-months remote lifestyle intervention:

- Daily track all your meals
- Use a FitBit to track your physical activity
- Use a FitBit scale to track your weight
- Listen to 2 podcasts weekly and read an in-app tip of the day (provide you with information about healthy eating and strategies to stay active).
- Encourage and facilitate social support among fellow participants.



## PARTICIPATE

Please [CLICK HERE](#) to complete our online screening survey to indicate your interest and to answer questions related to your eligibility to participate in the mLife Study. Thank you again for your interest in participating in our study and we are excited to have you involved very soon.

### Do I qualify?

Participants must meet the following criteria in order to participate:

- Be between the ages of 18-65 years
- Have a [Body Mass Index](#) between 25- 49.9 kg/m<sup>2</sup>
- Have an Android or iPhone and up-to-date mobile data plan
- Not be pregnant or or planning on becoming pregnant during the study, or breastfeeding
- Not participating in another weight loss program



COHORT 1	n=116
Recruitment	March to May 20, 2022
Orientation sessions	May 16 to 27, 2022
Baseline Assessment	May 16 to June 10, 2022
Training Session and beginning of Intervention	June 27 to 29, 2022
6-month assessment	Dec 12 to 15, 2022
12-month assessment	June 12 to 16, 2023

**COHORT 2**

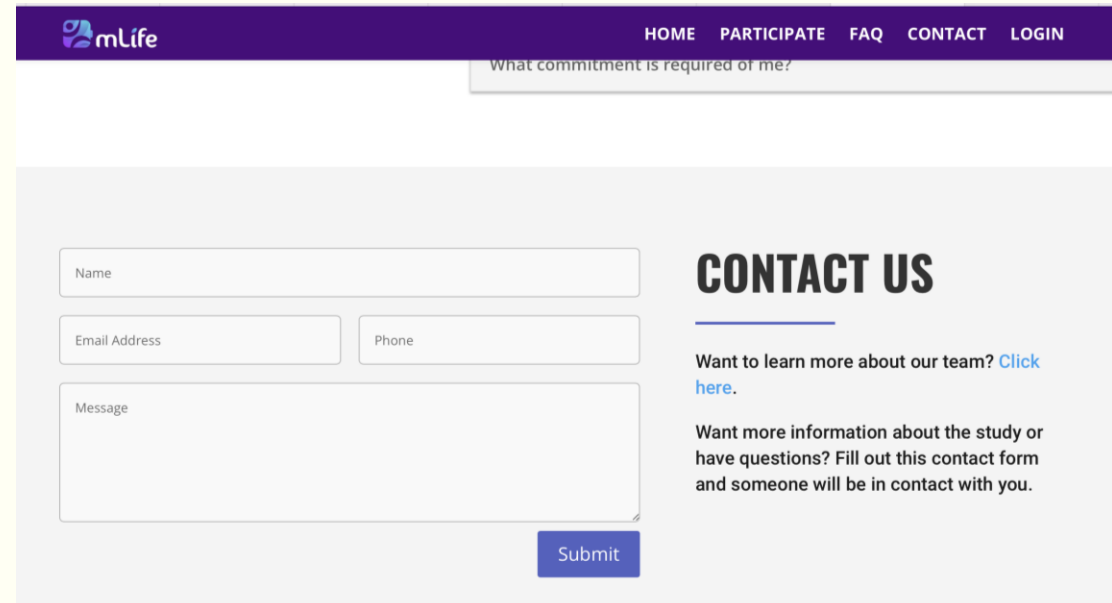
**n=124**

Recruitment

January to May, 2023

Please visit our website:  
[www.mlifestudy.org](http://www.mlifestudy.org)

Join our waiting list:  
<https://redcap.link/mlife.waitinglist>



The image shows a screenshot of the mLife website's contact form. The header is purple with the mLife logo and navigation links: HOME, PARTICIPATE, FAQ, CONTACT, and LOGIN. Below the header, there is a search bar with the text "What commitment is required of me?". The main content area is light gray and contains a contact form on the left and a "CONTACT US" section on the right. The contact form has fields for Name, Email Address, Phone, and a large Message field, followed by a blue Submit button. The "CONTACT US" section has a heading, a link to learn more about the team, and a paragraph encouraging users to fill out the contact form for more information about the study.

**mLife** HOME PARTICIPATE FAQ CONTACT LOGIN

What commitment is required of me?

Name

Email Address Phone

Message

**CONTACT US**

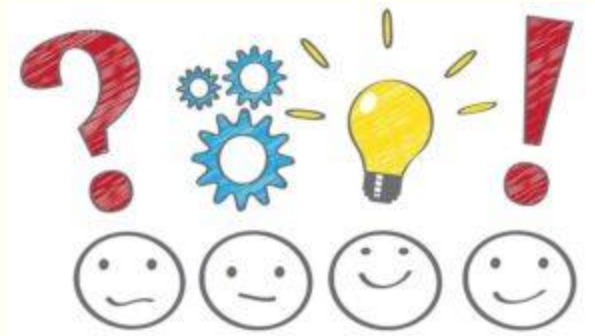
Want to learn more about our team? [Click here.](#)

Want more information about the study or have questions? Fill out this contact form and someone will be in contact with you.

Submit

Any other questions?

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THANK YOU FOR ATTENDING!