



Virtual NCAND Regional Meeting in March 2021
Lightning Slide Research Presentations
Friday, March 5, 2021

- “Association of Intake of MCFA and HDL Levels with Risk for Developing Atherosclerosis”
Presented by: Erin Hanigofsky
- “My Quest in The High Country: Video Intervention to Improve Food Security and Promote Weight Loss in a Rural, Low-Income Population” Presented by: Sarah M Booth
- “Improving Self-Efficacy and Food Literacy Skills Among Nutrition and Non-Nutrition Majors Enrolled in a Basic Food Science Laboratory at Appalachian State University”
Presented by: Hayley Tate
- “Variability in weight and nutritional supplement documentation in one rural, regional medical facility”
Presented by: Helen Marie Ballew
- “Socio-demographic Predictors of Culinary Knowledge, Self-Efficacy and Skills of Rural Individuals in Eastern North Carolina”
Presented by: Amy Grace Lewis
- “Healthy Start Produce Prescription Program: A Formative Evaluation”
Presented by: Elisa M Smith
- “The Rural Adult Nutrition Screen Is Associated with BMI and Anxiety Scores in Appalachian Adults”
Presented by: Brittany Kingry
- “The Rural Adult Nutrition Screen is Associated with Functional Ability Among Rural Appalachian Older Adults”
Presented by: Autumn Martin