Nutrition Social Media Program

The title of the study “Utilizing Social Media to Provide Nutrition Education for Direct Support Professionals.” This research study is in collaboration with Rowan University and the Center on Nutrition and Disability(CND)  and has been approved by Rowan’s Institutional Review Board.

This research study is investigating the ability to use multimedia nutrition content through social media to educate and train direct support professionals and managers who serve adults living with intellectual and developmental disability (IDD).  Potential benefits of this important research study include establishing a low burden way to educate direct support providers around nutrition and healthy eating for adults with IDD. Participants may also learn about nutrition and healthy eating that they can apply to their own, everyday lives.

 Participants for this study must be 18 years of age or older,  English speaking, and work as a direct support professional serving adults with IDD. Participants must also be willing to utilize social media. Nutrition and health information will be posted several days a week by our team on Facebook, TikTok, Instagram and the CND website. Participation in this study would require volunteers to view our social media content over an 8- month period.

To assess the acceptability and effectiveness of this study, participants are asked to partake in 3 assessment sessions, summarized below:

1. Assessment 1 – This session  can occur virtually with a group of staff members at your location or direct support professionals can sign up individually and complete a zoom session.  If in person is selected, our nutrition team would come to your location. Those who chose to participate will be enrolled and learn more about the social media pages and cook and enjoy a healthy meal with our nutrition team. Volunteers will partake in a focus group and complete surveys. This session should take about 1.5-2 hours to complete in person). The Zoom option will be available for staff who cannot attend in-person which would entail an informational session, one-on-one interview and completion of surveys (~1 hour, no cooking) .
2. Assessments 2 and 3 – will occur at months 4 and 8 over zoom/by phone. Participants will complete a one-on-one interview and surveys related to their engagement with the social media content and satisfaction. Both sessions should take no more than an hour to complete.

After completing each interview/assessment caregivers will receive $20, being awarded up to $60 for study participation. Participants will receive a $20 gift card for completing assessment 1 (baseline), another for completing assessment 2 (month 4) and a final $20 gift card for completing assessment 3 (month 8).Should you have additional questions about the study please contact, Dara Lyn LoBuono, the principal investigator at [lobuono@rowan.edu](mailto:lobuono@rowan.edu) or 856-256-4000 Ext: 53752 or 201 981 3646 (cell).  This study has been approved by Rowan University’s IRB (Study # Pro2022-58).