

WEDNESDAY

OCT  
23

4 PM - 5 PM

APPLE STEM NETWORK PRESENTS

# SCIENCE IN OUR VALLEY



SUPPORTED BY OUR VALLEY OUR FUTURE

## WILD, WEST, WIRELESS: CHANGING RURAL TEENAGE GIRLS' EATING BEHAVIORS THROUGH MOBILE PHONES

PRESENTED BY DR. GRACE ELISABETH SHEARRER  
UNIVERSITY OF WYOMING



**Free & Open to the Public**

**No Registration Required**

**Intended for 'Science-Based' Audience**

Mobile phone applications (apps) are an attractive intervention method to reach rural adolescents. We have adapted Dr. Hedy Kober's regulation of craving training (ROC-T) intervention into a value aligned mobile phone app for rural teenage girls to improve consumption of fruits and vegetables. Rural populations have a 16% higher prevalence of type 2 diabetes (T2D) compared to their suburban and urban counterparts. Improving diet, particularly increasing fruit and vegetable consumption, is a protective factor against developing T2D. Craving unhealthy food is a noted barrier to healthy eating in adolescents. Personalized interventions, such as the ROC-T, can reduce cravings. An effective approach to engage with adolescents is to use a value aligned intervention to relate food choice to values adolescents care about and build personal autonomy. The mobile regulation of craving training (mROC-Teens) combines the existing ROC-T intervention with value aligned messaging in an app to reach and engage with rural girls. In addition to the app, we have designed a mobile health lab from a recreational vehicle (RV) trailer to perform baseline and follow up diabetes testing using point of care hemoglobin A1c and glucose testing.

**SERIES CAN BE ATTENDED VIRTUALLY OR IN-PERSON**

**IN-PERSON LOCATION: WSU TREE FRUIT RESEARCH & EXTENSION CENTER**

1100 N WESTERN AVE, WENATCHEE, WA 98801

**MORE INFO: [WWW.APPLESTEMNETWORK.ORG/SCIENCE-IN-OUR-VALLEY](http://WWW.APPLESTEMNETWORK.ORG/SCIENCE-IN-OUR-VALLEY)**