

## Abstracts

### 1 MAINTAINING AN IMPACT AGENDA WHEN STUDY FINDINGS POINT IN MULTIPLE DIRECTIONS. PERSPECTIVES ON THE AUSTRALIAN 3D CASE SERIES STUDY

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**Background** Health research builds evidence to positively impact populations and health systems. However, at the conclusion of individual research projects, the findings may not always indicate a clear direction for pursuing positive impact. Type 2 Diabetes Mellitus (T2DM) is a lifestyle-related chronic disease, with the 2019 global prevalence estimated at 9.3% (463 million people).

**Objectives** Using the Australia 3D study as an example, this work discusses ways forward for researchers when study findings provide multiple options for population and health system impact, rather than one clear direction.

**Methods** The 3D longitudinal, case-series study of 225 adult Australians newly diagnosed with T2DM, focused on answering the question: How does Diet Change after Diagnosis with T2DM? All results are published separately, and this work synthesizes findings to plan next steps in pursuing meaningful impact.

**Results** Overall, the 3D study found that very few people newly diagnosed with T2DM make meaningful, sustained improvements to diet quality. However, no sociodemographic, health, or behavioural factors were identified as being consistently influential in supporting success in dietary changes. These results provide several options for next steps to support those newly diagnosed with T2DM. To have a tangible health system and population impact, results need to be considered within the wider context (i.e., sociodemographic, and cultural factors), and thus an implementation study is suggested. The next steps for 3D should also be collaborative, such as using an Integrated Knowledge Translation (IKT) approach, which involves knowledge users (i.e., those most impacted, such as patients, community partners, and health system stakeholders). In IKT, researchers and knowledge users work collaboratively to develop priorities and research questions, interpret findings, and put results into practice.

**Conclusion** Determining the next steps in any research program can be challenging. The 3D study began with lived-experience input and has advanced the evidence regarding diet quality for individuals recently diagnosed with T2DM. Next steps will be driven by a variety of factors, including funding and resources, researcher capacity, and community engagement.

### 2 ARE WE CLOSER TO INTERNATIONAL CONSENSUS ON THE TERM 'FOOD LITERACY'? A SYSTEMATIC SCOPING REVIEW OF ITS USE IN THE ACADEMIC LITERATURE (1998–2019)

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**Background** While many aspects of the food system, such as availability, accessibility, price, and affordability, have been explored and evaluated, there is a limited understanding of the relationship between these factors and people's food acquisition and consumption. Therefore, the term 'food literacy' emerged as the everyday skills, behaviour, and knowledge needed by individuals to navigate the food environment and meet their nutrition and health needs. The term has gained momentum globally, however, a lack of clarity around its definition has resulted in inconsistencies in use of the term.

**Objectives** To conduct a systematic scoping review to describe the use, reach, application, and definitions of the term 'food literacy' over time.

**Methods** Literature search was conducted using the PRISMA-ScR guidelines in seven research databases without any date limitations up to 31 December, 2019, searching simply for the use of the term 'food literacy'.

**Results** 549 studies were included. The term 'food literacy' was used once in 243 articles (44%) and mentioned by researchers working in 41 countries. Original research was the most common article type (n=429, 78%). Food literacy was published across 72 In Cites disciplines, with 456 (83%) articles from the last 5 years. In articles about food literacy (n=82, 15%), review articles were twice as prevalent compared to the total number of articles (n=10, 12% vs. n=32, 6%). 51 different definitions of food literacy were cited.

**Conclusion** 'Food Literacy' has been used frequently and broadly across differing article types and disciplines in academic literature internationally. However, agreement on a standardized definition of food literacy endorsed by a peak international agency is needed in order to progress the field. Additionally, the Food and Agriculture Organization of the United Nations (FAO) has identified consumer behaviours as a driver of the food system; however, there have been no measures reported for assessing food acquisition, preparation, meal practices and storage: all key components of food literacy. Therefore, the development of measures to assess components of the food system also relies on progressing international consensus and indicators.

### 3 EVALUATION OF THE RELIABILITY AND QUALITY OF THE NUTRITIONAL INFORMATION IN COVID-19 VIDEOS SHARED ON YOUTUBE

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**Background** With the range of nutrition information online, assessing the resources that public access may improve the reliability and quality of the nutritional related COVID-19 information. The quality and reliability of the nutritional information in COVID-19 available on video sharing websites such as YouTube is unknown.

**Objectives** To evaluate whether the popularity of the videos correlated with the reliability and quality as determined by using the recognized quality scoring systems.

**Methods** YouTube was searched using the terms 'nutrition and COVID-19' in Turkish on February 1<sup>st</sup>, 2021. Videos were subsequently filtered according to relevancy, and first 280