What’s going on in the BRIE Lab?

Behavioral Research in Eating Lab
Brie Turner-McGrievy, PhD, MS, RD
Arnold School of Public health
Health Promotion, Education, and Behavior
Nutritious Eating With (NEW) Soul study
Two-year intervention

• Low-fat omnivorous soul food diet

• Low-fat plant-based soul food diet
NEW Soul: Team Players

Brie Turner-McGrievy, PhD
Sara Wilcox, PhD
Ed Frongillo, PhD
Angela Murphy, PhD

Marty Davy: Nutrition interventionist
Mary Wilson: Project manager
Nkechi Okpara, MS, RD: Graduate Research Assistant
Some of the NEW Soul papers


- Okpara N, et al. "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. *Journal of the Academy of Nutrition and Dietetics*. 2022 Apr;122(4):811-824


The DG3D Study: Randomized Weight Loss and Diet Quality Intervention Among African Americans
The USDG state that healthy eating goals can be met through a variety of dietary patterns, but present three main dietary patterns in line with recommendations:

1. Healthy US-Style Eating Pattern
2. Healthy Mediterranean-Style Eating Pattern
3. Healthy Vegetarian Eating Pattern
DG3D: Diet champions

Brie Turner-McGrievy, PhD
Sara Wilcox, PhD
Angela Liese, PhD
Daniela Friedman, PhD
Mark Sarzynski, PhD

Nkechi Okpara: Graduate Research Assistant
Jessica Carswell: Nutrition Interventionist
Taylor Duncan: Program/Administrative Assistant
Briana Davis: Recruitment and Retention Coordinator
Initial results

The Mobile Lifestyle Intervention for Food and Exercise Study
mLife: Mobile Magic Makers

Brie Turner-McGrievy, PhD: PI
Sara Wilcox, PhD
Courtney Monroe, PhD
Homayoun Valafar, PhD

Kelli DuBois: Postdoctoral Fellow
Halide Aydin: Graduate Research Assistant
Gabriel McFarlan: Program Assistant
Briana Davis: Recruitment and retention coordinator

Lexington Whalen: Undergrad tech-team
Matt McGrievy: App development team
Andrew Hester: App development team
NEW Soul: Dissemination and Implementation

NUTRITIOUS EATING
WITH SOUL STUDY
Partner with two restaurants to implement in-person 12-week NEW Soul program

Restaurant #1: Celeb Studio with Chef J (Columbia, SC)

Restaurant #2: Veltree (Charlotte, NC)

3 cohorts each
N=38
(19 intervention, 19 control)
NEW Soul D&I: Important People

Brie Turner-McGrievy, PhD: PI
John Bernhart, PhD: Co-Investigator
Caroline Rudisill, PhD: Co-Investigator
Sara Wilcox, PhD: Co-Investigator

Gabriel McFarlan: Program Assistant
Briana Davis: Recruitment and retention coordinator

Alexis Bell: Graduate research assistant
Enid Keseko: Graduate research assistant
Claudia Sentman: Undergraduate research assistant
Questions?

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- www.BRIE.net

- Join our mobile weight loss study: www.mLIFEStudy.org