**RESEARCH ABSTRACT SUBMISSION FORM**

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**Title:** Assessing the Racial Disparities and Risk of Developing Type II Diabetes Related to the Self Efficacy of Consumption of Sugar Sweetened Beverages in College Students

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**Introduction:** African American adults are 60% more likely than non-Hispanic whites to be diagnosed with diabetes (HHS 2018). Research indicates sugar sweetened beverage (SSB) intake increases postprandial blood glucose levels and decreases insulin sensitivity**.** In a study by Bursac et al., African American undergraduate students reported 50% higher SSB intake compared to Caucasians. There is limited research assessing how self-efficacy impacts SSB intake.

**Objectives/Hypothesis:** The objective of this cross-sectional study is to assess racial disparities and risk of developing type II diabetes (T2DM) related to self-efficacy of consumption SSB’s in college students.

**Methods:** A total of 102 students (55 male, 47 female) were enrolled in the study. The survey tools used include the validated Beverage Consumption Questionnaire (BevQ-15), validated American Diabetes Association Risk Assessment, and a self-developed survey assessing self-efficacy and ethnicity. Surveys were distributed randomly on campus to students via convenience sampling. Descriptive statistics, Chi-Square, regression analysis and Pearson correlation were used to analyze the data via Excel.

**Results**: A significance between self-efficacy and risk factors for developing T2DM was observed (p=0.04), indicating higher self-efficacy is associated with a lower risk of developing T2DM. A significant negative association between self-efficacy and intake of soft drinks (r (16) = -.454; p=<.001) and sweetened tea (r (16) = -.223; p=.04) indicates self-efficacy decreases with increasing intake of these beverages.

**Conclusions:** No racial disparities were observed related to self-efficacy of SSB intake. Self-efficacy significantly impacts risk factors for developing T2DM with self-efficacy being negatively impacted by the intake of SSBs, such as, soft drinks and sweetened tea. As African Americans are at an increased risk of developing T2DM, Registered Dietitians can apply additional behavior intervention strategies to improve self-efficacy to modify SSB intake and reduce the risk of T2DM in this population.