

for estimating subsequent SMART program performance; and (4) a revised SMART program based on results from the developmental program evaluation. **DISCUSSION/SIGNIFICANCE OF IMPACT:** This work highlights the feasibility and benefits of combining methods that have been cited in implementation science for understanding the complexity of implementation to accelerate the translation of innovations into clinical and community settings for advancing health equity.

### **WomenWise: Bridging translational science, empowerment, and capacity building for patient-centered research on alcohol misuse**

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**OBJECTIVES/GOALS:** 1. Build a network of stakeholders (WomenWise) empowered as a Community Advisory Board (CAB). 2. Expand knowledge about patient-centered outcomes research (PCOR) and comparative effectiveness research (CER), specifically related to alcohol use in women. 3. Report facilitators, barriers, and CAB members' experience with developing WomenWise. **METHODS/STUDY POPULATION:** Female stakeholders from nonprofit organizations (NPOs), persons and family members with lived experience with alcohol misuse, and health professionals were organized into a CAB (n = 17). CAB members receive education on PCOR/CER and sex-related disparities in alcohol treatment and create resources for large-scale community dissemination. Members will also host partnered learning sessions in their community alongside NPOs to teach the public about alcohol misuse in women and engage in PCOR/CER. Surveys and descriptive statistics assess CAB members' understanding of educational material, engagement, and project feasibility. A Governance Council of co-investigators, collaborators, patient representatives, and a CAB chairperson oversee project progress and completion. **RESULTS/ANTICIPATED RESULTS:** Two CAB meetings were completed thus far, with five meetings continuing into the next year. The first two CAB meetings were attended by 14/17 (82%) of members. After receiving education on Research Fundamentals, among those completing the survey (11/14), the knowledge assessments scores were very high. The Governance Council began planning the first large-scale community dissemination symposium to be held in Summer 2025, and three additional CAB meetings will be held before the ACTS conference poster presentation. We will share data on the process to initiate this capacity-building project, PCOR/CER education, stakeholder engagement and feedback, challenges and responses, and overall evaluation of the project's feasibility and sustainability. **DISCUSSION/SIGNIFICANCE OF IMPACT:** Historically, women have been unrepresented in alcohol misuse research, and studies rarely analyze sex and gender differences. WomenWise, a network of women stakeholders knowledgeable about these disparities

and PCOR/CER, will lead efforts to educate community members about alcohol treatment disparities and engage them in future research.

271

### **Research follow-up: Outcomes/preliminary results – BeFit Toolbox Collaboration: Building empowerment through Fitness program<sup>†</sup>**

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**OBJECTIVES/GOALS:** Originally presented at TS24, we would like to discuss follow-up outcomes and preliminary findings “Building Empowerment Through Fitness” – objectives were designed to address the “whole women” in underserved segments of the population in impoverished and/or underprivileged communities with fewer opportunities and promote economic mobility. **METHODS/STUDY POPULATION:** A qualitative study design to understand unique cultural context and challenges faced by women residing in the Birmingham Housing Authority, regarding physical activity engagement, including sedentarism. The needs assessment approach examined barriers, support systems, and social networks. Semi-structured, pre, mid, and post program focus groups explored challenges and opportunities for health, such as diet and exercise, and are being analyzed by hand with a thematic analysis. The project framework used movement, home repair tools with a life-building/life repair curriculum to influence self-efficacy and program engagement. The study enrollment included 51 women over two cohorts in a 12-week project. **RESULTS/ANTICIPATED RESULTS:** Preliminary results showed the women did face heightened health risks due to sedentary lifestyles, educational gaps, and socioenvironmental barriers. We incorporated tool skills, healthy lifestyles, and social/emotional focus group to explore social/emotional perceptions, concerns, and needs. Although our results were on target, there were some unexpected outcomes related to family dynamics, literacy, housing stability, and peer support. **DISCUSSION/SIGNIFICANCE OF IMPACT:** Women are more likely to be sedentary and have poor health. BeFit served as a solution to addressing problems related to economic mobility barriers, poor health, sedentariness, and low self-esteem/self-efficacy. Additionally, exercise/movement programs can be a powerful tool to address disparities and help prioritize health.

<sup>†</sup>The abstract has been updated since original publication. A notice detailing the change has been published at doi: [10.1017/cts.2025.10074](https://doi.org/10.1017/cts.2025.10074)

272

### **Evaluating well-being in underserved communities through culinary and nutrition education: Adaptation of the PERMA profiler for youth<sup>†</sup>**

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**OBJECTIVES/GOALS:** The role of everyday behaviors that may provide positive experiences that contribute to well-being in children is