

adults but tend to decline with age, especially in Alzheimer's disease (AD) patients. **METHODS/STUDY POPULATION:** Physical balance (PB) impairments further exacerbate this decline, affecting the quality of life and independence. Balance training (BT) emerges as a potential non-pharmacological intervention to enhance EF. This study aims to 1) assess the association between PB impairments and EF deterioration in older adults with AD; 2) evaluate the impact of BT on EF enhancement in this population; and 3) explore changes in brain-derived neurotrophic factor (BDNF) biomarkers before and after physical activity related to BT. This pilot study employs a cross-sectional design with older Hispanic adults (>65 years) in Puerto Rico, comparing a control group without BT intervention to an experimental group with BT intervention. Both groups will be assessed for EF and BDNF biomarkers pre- and post-physical activity. **RESULTS/ANTICIPATED RESULTS:** Expected outcomes include identifying significant correlations between PB impairment and diminished EF, demonstrating measurable EF improvements following BT, and evidencing sustained BDNF release post-BT despite PB impairments. By understanding the biological mechanisms linking BT and cognitive improvements, particularly the role of BDNF, this research could inform future strategies to mitigate cognitive decline in AD patients through targeted physical interventions. **DISCUSSION/SIGNIFICANCE OF IMPACT:** The findings of this study could provide valuable insights into the development of new preventive interventions, enhancing the quality of life and independence for older adults.

341

Beyond checking the box: Engagement and capacity building of persons with lived expertise in research

Nidey Nichole¹ and Kavouras Michelle²

¹University of Iowa and ²EMPOWER Project

OBJECTIVES/GOALS: There has been a significant increase in the engagement of researchers with persons with lived and living experience, driven by a growing recognition of the invaluable insights and expertise these individuals bring to the research process. However, there remains a need for research teams to learn how to engage with patients and community partners. **METHODS/STUDY POPULATION:** The EMPOWER project is a collaborative of members with lived/living expertise of substance use during pregnancy. EMPOWER meets three times per month in support of their goals of patient-centered research, changing the narrative through conversations, and building the capacity of persons with lived experience to co-lead research. Through over 4 years of active collaboration and co-learning, EMPOWER has identified and created methods that support meaningful patient engagement and capacity building. **RESULTS/ANTICIPATED RESULTS:** EMPOWER has identified the following methods that support meaningful engagement and capacity building: Mind-Mapping Exercises, Personal and Collective Journey Mapping, 8-month research training curriculum, Digital Storytelling, Learning Labs, and World Cafe Meetings. These methods have led to a collaborative of 20 individuals with lived experience of substance use to identify research gaps, prioritize research questions, design data collection tools, analyze research data, disseminate research results, and consult with healthcare teams in efforts to improve clinical care. To-date EMPOWER have given over 10 invited presentations and is currently writing manuscripts. **DISCUSSION/SIGNIFICANCE OF IMPACT:** Meaningful patient and community engagement is critical to developing and implementing healthcare interventions. Unfortunately, engagement

efforts are often lack in building capacity of patients and community, which impedes their ability to fully engage in all phases of research.

342

Acceptability of a Mobile K-12 School-Based Clinic for pediatric diabetes and obesity care*

Melanie Bryan, Bockstruck Pamela Stone, Lynnell Patton, Brandy Markley, Melissa Sicard and Ana Maria Arbelaez
Washington University in St. Louis

OBJECTIVES/GOALS: To determine the acceptability of a mobile/school-based diabetes and prevention clinic to overcome transportation barriers and improve attendance at endocrinology appointments for youth with type 1 diabetes, type 2 diabetes, MODY diabetes, and obesity living in socially vulnerable communities. **METHODS/STUDY POPULATION:** This study utilized a 3-phase implementation process focused on feasibility, demand, and acceptability. Phase 1: identified high-need areas using patient volume and disease control metrics. Collaborated with school districts to define needs, enrolled them through a memorandum of understanding, and subsequently recruited and consented existing patients attending these schools. Phase 2 piloted the program to refine logistics and workflows. Semi-structured interviews and surveys were conducted with caregivers to assess program acceptability and satisfaction. Phase 3 is ongoing and will track clinical outcomes including glycemic control, appointment attendance, hospital admissions, emergency department visits, and self-management metrics. **RESULTS/ANTICIPATED RESULTS:** Demand for the program was high with 91% (10/11) of approached districts agreeing to participate. District enrollment was staggered, starting with 1 district in August 2023, expanding to 5 in September, 7 in October, and reaching 8 districts by May 2024. From August 2023 to July 2024, the school-based mobile clinic conducted 355 individual clinical encounters addressing diabetes and obesity. The encounters included 180 for type 1 diabetes, 69 for type 2 diabetes, 8 for MODY diabetes, and 98 for obesity. Interviews and surveys with 36 caregivers are ongoing to evaluate program satisfaction. **DISCUSSION/SIGNIFICANCE OF IMPACT:** The data suggest that this innovative healthcare delivery model is feasible. District-level enrollment demonstrates a demand for the program. Results from the interviews and surveys will further characterize the program's acceptability among caregivers and lay the groundwork for future efficacy testing.

343

Adversities, Distress, and Resilience in Hispanic Pregnant Women from Puerto Rico

Mary Rodríguez-Rabassa¹, Luisa I. Alvarado Domenech¹, Lillian Rivera¹, Karen G. Martínez-González², Sara Montalvo¹, Yolanda González¹ and Roberto Burgos¹

¹Ponce Health Sciences University and ²University of Puerto Rico-Medical Sciences Campus

OBJECTIVES/GOALS: Pregnancy increases vulnerability to stress and mental health symptoms, particularly among Hispanic women in Puerto Rico (PR), a population with unique socioenvironmental adversities, such as poverty and natural disasters. This study examined the relationships between life adversities and psychological distress in this at-risk population. **METHODS/STUDY POPULATION:** Participants ($n = 50$) in this cross-sectional study were recruited from an obstetrician's office in Southern PR. All participants provided written consent and completed the Adverse Life Experiences Scale