Supplements, Facts First Challenge: A Digital Adventure for Every Age

Supporting Information & Resources

Abbreviation Legend & Definitions

Statistical & Research Terms

- **CI**: Confidence Interval - Statistical range expressing uncertainty around an estimate
- **Cohen's d**: Effect size measure showing standardized difference between two means (0.2=small, 0.5=medium, 0.8=large)
- **ICC**: Intraclass Correlation Coefficient - Measure of inter-rater reliability (agreement between reviewers)
- **ITT**: Intention-to-Treat - Analysis including all participants as allocated, regardless of completion
- **MCID**: Minimal Clinically Important Difference - Smallest change in outcome that patients perceive as beneficial
- **NNT**: Number Needed to Treat - Number of patients needing treatment for one to benefit
- **pp**: Percentage points - Arithmetic difference between two percentages

Technical Terms

- **API**: Application Programming Interface - Software intermediary allowing two applications to communicate
- **CAB**: Community Advisory Board - Group of community representatives providing guidance
- **CBPR**: Community-Based Participatory Research - Research approach involving community members as partners
- **CBO**: Community-Based Organization - Local nonprofit serving specific communities
- **CDN**: Content Delivery Network - Distributed servers delivering web content efficiently
- **LOI**: Letter of Intent - Document outlining preliminary commitment to partnership
- **MAU**: Monthly Active Users - Number of unique users engaging with the platform monthly
- **MOU**: Memorandum of Understanding - Formal agreement between organizations
- **SLA**: Service Level Agreement - Contract defining expected service standards
- **TCO**: Total Cost of Ownership - Complete cost of implementing and maintaining the system

Behavioral & Health Frameworks

- **COM-B**: Capability, Opportunity, Motivation - Behavior change framework
- **ODS**: Office of Dietary Supplements - NIH office providing supplement information
- **TTM**: Transtheoretical Model - Stages of change behavioral model

User Experience Metrics

- **NPS**: Net Promoter Score - Customer loyalty metric (-100 to +100, >0 good, >50 excellent)
- **SUS**: System Usability Scale - Standardized questionnaire measuring usability (0-100, >68 above average)
- **UMUX-Lite**: Usability Metric for User Experience - 2-item questionnaire measuring perceived usability
- **WCAG**: Web Content Accessibility Guidelines - International standards for web accessibility
    - **AA**: Mid-level conformance (removes significant barriers)
    - **AAA**: Highest conformance level (maximum accessibility)

Resources for Participants: To support solvers, NIH and ODS will provide a variety of data resources, tools, and opportunities for assistance:

- **Data & Technical Resources:** ODS will release its dietary supplement fact sheets in developer-friendly formats (such as JSON, XML, CSV) at challenge launch, so teams can easily incorporate authoritative data. Template documents will be available, including a **traceability table template** for linking solution content to ODS sources, and examples of behavior change frameworks (COM-B, TTM) with guidance on how to apply them. Basic prototype starter code or integration APIs for certain modalities may be provided to finalists to accelerate development (e.g. a basic mobile app framework or chatbot API).
- **Community Engagement Tools:** Participants will have access to **CBPR guidelines and templates**, such as community meeting facilitation guides and sample consent forms for community participation. We will also share **cultural competence resources** to help teams effectively engage and design for diverse populations, as well as **sample LOI/MOU templates** for formalizing partner relationships.
- **Solver's Toolkit:** All registered participants can download a "Solver's Checklist and Self-Assessment" Excel tool, which lists all requirements and allows teams to track their progress (with automatic scoring to help self-evaluate readiness). This tool includes the "minimum vs. ideal" benchmarks for each phase so teams can plan accordingly.

Mentorship & Technical Assistance: The challenge is implementing a **fair distribution model** for mentorship to ensure all finalists receive support:

- **Phase 1 (Open to All Participants):**
    - Two virtual technical assistance workshops will be open to everyone: **Workshop 1: November 15, 2025** – covering Phase 1 Concept Development and design (with Q&A), and **Workshop 2: April 15, 2026** – covering Phase 2 Prototype Development best practices (for finalists preparing for that phase but recording available to all).
    - Regular **office hours**: ODS experts will host open office hours on **December 15, 2025,** and **January 15, 2026** (and potentially additional weekly drop-in sessions) where teams can ask questions live. These sessions are virtual Q&A and will be recorded. *(Feasibility Optimization Note: Based on solver feedback, we are increasing the availability of support in Phase 1 beyond what was initially planned.*

Expect weekly drop-in calls and an extensive FAQ that is updated with common questions.)

- An **FAQ** page will be maintained on the challenge site, summarizing answers to questions from participants. (Teams are encouraged to check this regularly and submit questions.)
- We will provide **exemplar materials** from similar challenges (e.g. a sample winning concept paper or video from a past competition) to help orient newcomers on what a successful submission might look like.