

**Objective:** Create and evaluate a virtual intervention to improve dietary habits, social interaction, and stress management among persons with disabilities (PWD). Assess validity and reliability of survey instruments to measure intervention constructs.

**Design:** Pre- and post-intervention surveys; post-intervention focus groups.

**Setting:** Virtual sessions from home kitchens.

**Participants:** Adults ages 18 and older with intellectual and developmental disabilities (n=27) and their caregivers (n=15).

**Intervention:** Eight 75-minute sessions included preparing and eating a healthy snack, a nutrition game and discussion, and a guided relaxation activity.

**Main Outcome Measures:** PwD's knowledge, attitudes and behaviors; and caregivers' perceptions of PwD's attitudinal and behavioral measures were assessed.

**Analysis:** T-tests, correlational analysis and McNemar's tests were used with quantitative data. Thematic analysis was used with focus group data.

**Results:** Reliability and content validity were acceptable for perceived stress, loneliness and sleep quality assessments, but not for dietary factor assessments. Caregivers were reliable proxies for assessing PwD. Post- session knowledge was demonstrated most frequently for Mindful Eating and least frequently for Portion Sizes. No significant changes in dietary habits were measured post-intervention.

**Conclusions and Implications:** The online intervention was well-received and feasible. Valid and reliable survey instruments for dietary factors are needed for the disability population.