Dietary Behaviors and Cognitions of Participants 2-years Following an Education-Based Dietary Intervention

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BACKGROUND

- Increasing fruits and vegetables and weight maintenance is recommended for optimal health and chronic disease prevention1
- 4.2% of young adults eat the recommended 5 servings of fruits and vegetables2
- On average, young adults gain 15kg during this time period and only 10% return to a healthy weight3
- Dietary and behavior interventions during this time period can help to improve health outcomes4

OBJECTIVES

To determine cognitions of an 8-week education-based dietary intervention, and if dietary behaviors are retained after 2 years

STUDY DESIGN

Recruitment

- 36 previously enrolled in the study
- 76% response rate (n=25)

Survey

- 260-item online questionnaire
- Determine current health behaviors
- Intervention feedback

Dietary Recall

- 24-hour dietary recall via phone
- Analyzed with Nutritionist Pro software

RESULTS

Table 1: Demographic characteristics of participants.

<table>
<thead>
<tr>
<th>Total (n=25)</th>
<th>Pre Intervention (Mean ± SD)</th>
<th>Post Intervention (Mean ± SD)</th>
<th>2-Year Follow-up (Mean ± SD)</th>
<th>P-value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Age (x ± SD)</td>
<td>24.3 ± 2.3</td>
<td>24.6 ± 2.4</td>
<td>24.5 ± 2.4</td>
<td>.61</td>
</tr>
<tr>
<td>Sex (% male)</td>
<td>8 (32)</td>
<td>8 (32)</td>
<td>8 (32)</td>
<td>.94</td>
</tr>
<tr>
<td>Race/ethnicity (%)</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>White</td>
<td>14 (56)</td>
<td>14 (56)</td>
<td>14 (56)</td>
<td>.91</td>
</tr>
<tr>
<td>Asian</td>
<td>2 (8)</td>
<td>2 (8)</td>
<td>2 (8)</td>
<td>.91</td>
</tr>
<tr>
<td>Hispanic</td>
<td>1 (4)</td>
<td>1 (4)</td>
<td>1 (4)</td>
<td>.91</td>
</tr>
<tr>
<td>Other</td>
<td>6 (24)</td>
<td>6 (24)</td>
<td>6 (24)</td>
<td>.91</td>
</tr>
<tr>
<td>Body Mass Index (x ± SD)</td>
<td>26.6 ± 4.6</td>
<td>26.4 ± 4.4</td>
<td>26.3 ± 4.3</td>
<td>.72</td>
</tr>
</tbody>
</table>

CONCLUSIONS

Dietary quality did decrease at follow-up; however, participants were able to retain some nutrient improvement and had a positive outlook on the intervention and education received.

2. American College Health Association. 2015
3. Allman-Farinelli. MediLab. 2015
4. Bando-Pax et al. Molecular Nutrition and Food Research. 2015