

ORIGINAL CONTRIBUTIONS: NUTRITION THROUGHOUT THE LIFE CYCLE—CHILDREN, TEENAGERS, ADULTS

**TITLE:** USING SIX PSYCHOMETRIC CRITERIA TO DETERMINE A FINAL FOOD BEHAVIOR CHECKLIST FOR LOW-INCOME WOMEN

**AUTHORS:** MS Townsend, MS, RD, LL Kaiser, PhD, RD, University of California, Davis; SP Murphy, PhD, RD, University of Hawaii.

**LEARNING OUTCOME:** Identify food behavior questions that demonstrate criterion validity, test-retest reliability, sensitivity to change and racial validity.

**ABSTRACT TEXT:** Previous studies identified the psychometrics of 41 items on a proposed food behavior checklist characterizing food patterns of low-income women. The purpose of this paper is to examine those data to select food behavior items that meet six criteria for inclusion on a final short checklist. This final checklist will be a valuable evaluation tool for nutrition education programs. We developed and tested behavior questions among 132 English-speaking, Food Stamp eligible women. The six criteria used for item selection in order of priority are 1.) Criterion validity using serum carotenoids; 2.) Criterion validity using the mean of three recalls; 3.) Stability (test-retest reliability); 4.) Validity by race; 5.) Lack of baseline differences by race and 6.) Sensitivity to detect change. Nine items met the six criteria. Twelve additional items met the six criteria in "race specific" cases e.g. whites but not African Americans. The items cover these food behaviors: fruit, vegetables, fat/cholesterol, fiber, calcium, diet quality, shopping, and food security. Four items require additional research. Sixteen items were rejected because they were not sufficiently valid and/or reliable. A valid and reliable short checklist is available as an evaluation tool for whites and African Americans.

**TITLE:** COMMUNITY NUTRITION RESOURCES DEVELOPED FOR LOW-INCOME WOMEN

**AUTHORS:** R. M. Mullis, PhD, RD, Department of Nutrition Georgia State University, Atlanta, GA; N. DeLannoy, MS, RD, LD, Department of Nutrition Georgia State University, Atlanta, GA.

**LEARNING OUTCOME:** To define a community approach for chronic disease prevention and health promotion.

**ABSTRACT TEXT:** The purpose of this program is to develop a community approach to improve the nutrition behaviors of low-income women and their families who utilize the food stamp program in a rural county in Georgia. The program will impact three different groups within the rural county: low-income women and their families who utilize the food stamp program, food stamp and health professionals and community food and health related businesses and programs. The program seeks to 1) link clinic and community food resources, 2) empower existing local food stamp and health professionals, 3) provide training, protocols and framework for preventive nutrition education, disease prevention and health promotion, 4) create community based support for healthy eating by linking local food stamp and public health programs with local grocery stores, county extension service, churches, cable access stations, libraries, radio programs and restaurants. Group interviews, focus groups and health fairs were utilized to assess the community and localize the health promotion and disease prevention messages. Nutrition education tools have been developed using visual images and supporting text with literacy level of the 3<sup>rd</sup> grade or lower. Internet support through E-mail has been established to provide daily immediate feedback and program updates to local health professionals. A program web has been developed to aid in the creation, storage, transfer and printing of nutrition tools. Non-traditional classrooms, radio, public television and program videos have been used to deliver the nutrition messages. Program evaluations have been conducted through focus groups, testimonials and class evaluation with food stamp recipients and local food stamp and health professionals. The program has been integrated into the local health department and family service programs and will continue under their direction.

**TITLE:** DIETARY PRACTICES AND KNOWLEDGE OF AND ATTITUDES TOWARD NUTRITION IN NORMAL WEIGHT AND OVERWEIGHT WOMEN.

**AUTHORS:** Mitchell MC, PH.D, RD, Ebel AP, MS, RD, Nathanson H, BS, Human Nutrition and Food Management, The Ohio State University.

**LEARNING OUTCOME:** Describe differences in attitudes, knowledge and behavior related to nutrition between overweight and normal weight women.

**ABSTRACT TEXT:** Relationships among attitudes, knowledge and practices related to nutrition were compared for normal weight (BMI <25) and overweight women (BMI = > 25) in two groups: women employed full time (62 overweight; 71 normal weight) and full time college students (48 overweight; 69 normal weight). A questionnaire assessed knowledge of and attitudes toward nutrition. Dietary intakes were determined using the National Cancer Institute's Health Habits and History Questionnaire (1994) and DIETSYS 3.3 for nutrient analysis. There were no statistically significant differences in nutrition attitude or knowledge scores between overweight women employees or students and their normal weight counterparts. A statistically significant relationship between nutrition knowledge and nutrition attitude scores (p<0.05) was observed in the normal weight working women and there was a similar trend for normal weight college women which approached statistical significance. But, nutrition attitude and knowledge scores were not significantly correlated in either group of overweight women. For normal weight women only, body weight (BMI) and % body fat were related to nutrition attitude scores (p<0.05). In all four groups of women there was a significant inverse relationship between dietary fat intake and nutrition knowledge scores (p<0.001) indicating that those with a more positive attitude toward nutrition had lower fat intakes. The theory of reasoned action is based on cause and effect. Knowledge in a given area may cause a more positive attitude in the area and in turn influence behavior. The relationship of body weight and body fat to nutrition attitude provides some support this theory at least for normal weight women.

**TITLE:** Improving the diets of African Americans: A food-focused approach.

**AUTHOR(S):** Delores C.S. James, Ph.D., RD,LD

**LEARNING OUTCOME:** To identify specific foods that would be difficult to add/increase and decrease/eliminate from the diets of African Americans.

**ABSTRACT TEXT:**

The study examined the dietary patterns of 763 non-institutionalized African Americans in North Central Florida in light of national nutrition recommendations. In addition, six focus groups were conducted to identify specific foods that may be difficult to add or reduce in the diets of African-Americans. Factors that prevent African-Americans from eating a more healthful diet included no sense of urgency, the social and cultural symbolism of certain foods, the poor taste of "healthy" foods, the expense of "healthy" foods, busy lifestyles, and lack of information. Results showed most respondents rated their diets between good and excellent, yet most (73%) skipped breakfast and few met the daily recommendations from the food groups—14%, 29%, 20%, 4%, and 9% met recommendations from the milk, meat, fruit, bread, and vegetable groups, respectively. Males and females had comparable intakes from the above food groups. Males were more likely to consume alcohol than women. Most (73%) tried to lower their fat intake in the past 12 months. Fat intake usually was reduced by decreasing fried foods, baking and broiling meats, and trimming fats from cooked meats. Chicken usually was eaten with the skin. Sodium intake usually was reduced by eliminating the salt shaker. Focus groups indicated milk, whole grain products, vegetables, and water were the hardest items to increase in the diet, while meat and fried foods were the hardest to reduce.