

**Title of Intervention:** Self-help materials promoting dietary interventions

**Intervention Strategies:** Individual Education

**Purpose of the Intervention:** To lower fat intake and increase fiber intake

**Population:** Patients over 18 years of age

**Setting:** Primary care clinics in Chapel Hill, North Carolina; health care facility-based

**Partners:** None mentioned

**Intervention Description:**

- Individual Education: Self-help materials were introduced to the participant by a nurse. This process took approximately five minutes. The materials were later reinforced by a telephone call. Self-help materials were created for an 8th grade reading level. Materials were organized in attractive folders with fifteen card inserts of varying sizes to give the participant easy access to different types of information. The materials emphasized a healthy diet for all individuals and focused on fat and fiber.

**Theory:** Not mentioned

**Resources Required:**

- Staff/Volunteers: Nurses to administer self-help materials
- Training: Not mentioned
- Technology: Not mentioned
- Space: Not mentioned
- Budget: Not mentioned
- Intervention: Self-help packets, phone
- Evaluation: Food Frequency Questionnaire, behavioral questionnaire

**Evaluation:**

- Design: Randomized controlled trial
- Methods and Measures:
  - Food Frequency Questionnaire assessed fat and fiber intake at baseline and follow-up
  - Behavioral questionnaire at follow-up detected changes in food choices, as well as demographic information

**Outcomes:**

- Short Term Impact: Not measured
- Long Term Impact: The estimated reduction in fat was larger for the intervention group but not significantly larger. Differences in fiber change were even smaller.

**Maintenance:** Not mentioned

**Lessons Learned:** The use of self-help dietary interventions to facilitate healthy nutrition in primary care settings are feasible and may be effective.

**Citation(s):**

Beresford, S. A., E. M. Farmer, et al. (1992). "Evaluation of a self-help dietary intervention in a primary care setting." *Am J Public Health* 82(1): 79-84.