

**Title of Intervention:** Changing Eating Patterns through Provider Advice and Self-help Materials

**Intervention Strategies:** Supportive Relationships

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

**Population:** Individuals who had a routine scheduled appointment with their health care provider

**Setting:** Primary care clinics in a large health maintenance organization; health care facility-based

**Partners:** Health care facilities

**Intervention Description:**

- Supportive Relationships: During the scheduled appointment, the provider introduced a self-help booklet to the individual. The booklet was based on the dietary recommendations of the National Research Council and behavior change principles. It contained motivations for dietary change, such as improving health, and encouraged individuals to set their own diet change goals. Two weeks later the health care provider mailed a reminder letter.

**Theory:** Social Learning Theory

**Resources Required:**

- Staff/Volunteers: Health care providers
- Training: Not mentioned
- Technology: Not mentioned
- Space: Not mentioned
- Budget: Not mentioned
- Intervention: Self-help materials, follow-up letter
- Evaluation: Telephone interviewers

**Evaluation:**

- Design: Randomized controlled trial
- Methods and Measures:
  - Baseline telephone interviews
  - Food frequency questionnaires

**Outcomes:**

- Short Term Impact: Not measured
- Long Term Impact: Participants categorized in the fitness lifestyle group made the largest changes for each dietary outcome. Participants categorized by their alcohol intake or current smoking were not observed to have changes in diet or did not sustain changes over time. Smaller positive dietary changes were seen in other participant groups.

**Maintenance:** Not mentioned

**Lessons Learned:** Not mentioned

**Citation(s):**

O'Halloran, P., D. Lazovich, et al. (2001). "Effect of health lifestyle pattern on dietary change." *Am J Health Promot* 16(1): 27-33.