

Title of Intervention: Education aimed at increasing fruit and vegetable intake among healthy women

Intervention Strategies: Supportive Relationships, Group Education

Purpose of the Intervention: To increase fruit and vegetable intake among healthy women to nine daily servings

Population: Healthy women involved with an observational study about breast cancer

Setting: Hawaii; health-care facility-based

Partners: Health care facility

Intervention Description:

- Supportive Relationships: During the six-month intervention period, participants in the intervention group received an individualized dietary counseling program designed to incorporate at least nine servings of fruits and vegetables into their daily diet. The dietitian provided advice on purchasing produce, recipes and easy to prepare dishes. Participants were encouraged to record their daily intake of fruits and vegetables on log sheets.
- Group Education: Intervention participants were invited to attend monthly group meetings that involved cooking instructions and demonstrations.

Theory: Not mentioned

Resources Required:

- Staff/Volunteers: Registered dietitian
- Training: Not mentioned
- Technology: Not mentioned
- Space: Office space, group meeting space
- Budget: Not mentioned
- Intervention: Diet menu plans, cooking demonstration items, recipes, log sheets
- Evaluation: Questionnaires, food records, phone interviewers, materials to collect and analyze blood sample

Evaluation:

- Design: Randomized controlled trial
- Methods and Measures:
 - Food questionnaire
 - Three-day food record
 - 24-hour dietary recall via phone
 - Blood samples to determine levels of carotenoids, retinoids and tocopherols levels

Outcomes:

- Short Term Impact: Not measured
- Long Term Impact: The intervention group had a significantly higher intake of fruits and vegetables at the end than the control group.

Maintenance: Not mentioned

Lessons Learned: Not mentioned

Citation(s):

Maskarinec, G., C. L. Chan, et al. (1999). "Exploring the feasibility and effects of a high-fruit and -vegetable diet in healthy women." *Cancer Epidemiol Biomarkers Prev* 8(10): 919-24.