

**Title of Intervention:** Nutrition Intervention Group Program for College Students

**Intervention Strategies:** Group Education

**Purpose of the Intervention:** To lower dietary fat intake among college students

**Population:** Undergraduate students

**Setting:** College classrooms; school-based

**Partners:** None mentioned

**Intervention Description:**

- Group Education: Eleven 15-minute intervention lessons focusing on dietary fat reduction were developed. Each lesson included a brief introduction, the lesson itself and a brief conclusion. The introduction included taste tests performed by volunteers. Each lesson focused on one aspect of dietary fat reduction and was based on one or two pre-action stage-oriented change processes. All lessons had a strong visual component and most featured teacher-student interaction. Lesson conclusions reiterated important points and provided participants with concrete methods for applying the content of the lesson. Fact sheets distributed at the end of each lesson reinforced content and application of knowledge.

**Theory:** Transtheoretical Model

**Resources Required:**

- Staff/Volunteers: Professors
- Training: Not mentioned
- Technology: Not mentioned
- Space: Classroom
- Budget: Not mentioned
- Intervention: Fact sheets, curriculum
- Evaluation: Stage of change and daily fat intake questionnaires

**Evaluation:**

- Design: Nonequivalent control group experimental design
- Methods and Measures:
  - Every 1 to 2 weeks during the study, stage of change of the experimental group was assessed
  - Daily fat intake questionnaire

**Outcomes:**

- Short Term Impact: Not measured
- Long Term Impact: Subjects in the pre-action stage intervention group significantly increased their mean stage of change and reduced their fat intake between the pre-test and post-test. These changes persisted for one year.

**Maintenance:** Not mentioned

**Lessons Learned:** Not mentioned

**Citation(s):**

Finckenor, M. and C. Byrd-Bredbenner (2000). "Nutrition intervention group program based on preaction-stage-oriented change processes of the Transtheoretical Model promotes long-term reduction in dietary fat intake." J Am Diet Assoc 100(3): 335-42.