Title of Intervention: Eat Well, Live Well Nutrition Program

Intervention Strategies: Group Education, Supportive Relationships, Individual Education

Purpose of the Intervention: To reduce the risk of Type 2 diabetes in low-income African-American women

Population: Low-income, overweight African-American women at risk for Type 2 diabetes

Setting: A community in St. Louis, Missouri; community-based

Partners: Neighborhood association, social service agency, grocery stores

Intervention Description:
- Group Education: Eat Well, Live Well was a culturally-specific, peer-led dietary change program that involved group sessions focused on diet instruction, cooking practice, recipe testing and grocery store tours.
- Supportive Relationships: Community members were identified to serve as peer leaders. Peer leaders led sessions and provided guidance to participants, with the help of registered dietitians.
- Individual Education: Intervention components were tailored to the participants' stage of change for individual dietary patterns.

Theory: Transtheoretical Stages of Change Model

Resources Required:
- Staff/Volunteers: African-American women peer educators, dietitians, social workers, health educators
- Training: Four months of training for peer educators
- Technology: Not mentioned
- Space: Meeting space
- Budget: Not mentioned
- Intervention: Newspaper advertisements, workbooks, foods for cooking demonstrations, recipes
- Evaluation: Questionnaires

Evaluation:
- Design: Quasi-experimental
- Methods and Measures:
  - Sessions were randomly audio-taped and scored according to detailed session checklists.
  - Interviews were conducted to obtain demographical information and medical history.
  - Questionnaires and tests were used to assess the following behavioral and physical outcomes: dietary knowledge, ability to read food labels, attitudes about diet and health, dietary patterns, readiness to change dietary patterns and daily energy and fat intake.

Outcomes:
- Short Term Impact: Individuals participating in the intervention showed a significant change in dietary knowledge, ability to read dietary labels and readiness to change. No significant differences were seen with respect to attitudes about diet and health.
- Long Term Impact: Great reductions were seen in dietary fat intake but there was no significant difference in food replacement. There were no significant group differences detected in weight and body mass index.

Maintenance: Not mentioned

Lessons Learned: Individually-tailored dietary patterns through staging and use of peer educators has the potential for decreasing fat intake and increasing and maintaining specific low-fat dietary patterns among overweight African-American women at risk for diabetes.

Citation(s):