Title of Intervention: Heart At Work

Website: The Heart At Work program has since been replaced by Start! http://mystartonline.org/

Intervention Strategies: Group Education

Purpose of the Intervention: To increase nutrition knowledge about how to follow a heart healthy eating pattern

Population: Utility workers

Setting: A large metropolitan utility company; worksite-based

Partners: American Heart Association

Intervention Description:
- Group Education: The 10-week program included topics related to serving size, energy balance, behavior modification, diet records, heart healthy eating and fad diets. Each lesson included a short presentation and activities. The group activities involved menu evaluation, nutrition label reading, and tracking and evaluating dietary intake. The program culminated with a heart-healthy luncheon that was prepared by program participants.

Theory: Health Belief Model

Resources Required:
- Staff/Volunteers: Dietitian, health educator
- Training: Not mentioned
- Technology: Not mentioned
- Space: Classroom space
- Budget: Not mentioned
- Intervention: Activity booklets/hand outs
- Evaluation: Questionnaire

Evaluation:
- Design: Pre-/post-test
- Methods and Measures:
  - Questionnaire to measure change in nutrition knowledge and opinion related to nutrition, diet, and heart disease.

Outcomes:
- Short Term Impact: Nutrition knowledge significantly increased between the pre-test and post-test but nutrition opinions did not. A large number of participants indicated they would attend nutrition activities in the future.
- Long Term Impact: Not measured

Maintenance: Not mentioned

Lessons Learned: Not mentioned

Citation(s):