

Title of Intervention: Nutrition newsletters for older adults

Intervention Strategies: Individual Education

Purpose of the Intervention: To improve nutrition knowledge, attitude and behavior change in older adults

Population: Medicare recipients aged 60-74

Setting: Danville, Pennsylvania; home-based

Partners: Rural tertiary care hospital, a major university

Intervention Description:

- Individual Education: Five nutrition newsletters designed using the nutrition communication model and adult learning theory principles were mailed bi-weekly to participants. Each newsletter was eight pages and emphasized dietary fat. Newsletters were written between a seventh and tenth grade reading level, used large font and bright colors.

Theory: Nutrition Communication Model, Adult Learning Theory

Resources Required:

- Staff/Volunteers: Dietitians and nutritionists to develop newsletters
- Training: Not mentioned
- Technology: Not mentioned
- Space: Not mentioned
- Budget: Not mentioned
- Intervention: Newsletters, access to patient list
- Evaluation: Interviewers, surveys

Evaluation:

- Design: Randomized controlled trial
- Methods and Measures:
 - Pre- and post-tests assessed nutrition knowledge, interest in nutrition, stage of change for dietary fat and fiber and food behaviors related to modifying meat, avoiding fat as seasoning, replacing fat, substituting fat, and increasing fruits, vegetables and fiber
 - Phone interviews collected information about newsletter use patterns, preferences for certain topics and short term knowledge gain

Outcomes:

- Short Term Impact: Nutrition knowledge improved. Participants receiving the intervention showed more willingness to answer nutrition knowledge test items at post-test. Participants receiving the intervention also scored higher for both perceived nutrition knowledge and interest in nutrition. Those who received follow-up phone calls scored significantly higher than those who only received the newsletter.
- Long Term Impact: No significant changes were detected.

Maintenance: Not mentioned

Lessons Learned: Not mentioned

Citation(s):

Taylor-Davis S, Smiciklas-Wright H, Warland R, et al. Responses of older adults to theory-based nutrition newsletters. J Am Diet Assoc. Jun 2000;100(6):656-664.