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:
  o Every 1 to 2 weeks during the study, stage of change of the experimental group was assessed
  o 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):