

**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):**

Auslander W, Haire-Joshu D, Houston C, Rhee CW, Williams JH. A controlled evaluation of staging dietary patterns to reduce the risk of diabetes in African-American women. *Diabetes Care*. May 2002;25(5):809-814.