

Title of Intervention: A Combined Community Strategy to Reduce Cholesterol and Other Risk Factors

Intervention Strategies: Campaigns and Promotions, Provider Education, Group Education, Individual Education, Supportive Relationships, Environments and Policies

Purpose of the Intervention: To reduce the mean community total cholesterol level

Population: Whole community

Setting: Israeli kibbutz; community-based

Partners: Leaders and opinion makers, health care facility

Intervention Description:

- Campaigns and Promotions: Mass media messages drew attention to the importance of cholesterol and preventable risk factors.
- Provider Education: School staff were trained in healthy preparation of children's meals. A registered dietitian provided nutrition education to cooks, menu planners, the kibbutz health committee and the manager of the kibbutz store where members buy produce.
- Group Education: The dietitian prepared an exhibition in the dining room and lectured the entire kibbutz population on nutrition. Additional lectures covered cardiovascular risk factors, proper nutrition, smoking and supervised physical activity. School-based group education sessions were also held.
- Individual Education: Following completion of a cholesterol screening, kibbutz residents received a newsletter and a personal letter in their mailboxes explaining the importance of cholesterol and other preventable risk factors.
- Supportive Relationships: Individuals who were identified as high risk after screening were invited to attend counseling with health care providers. They discussed strategies for risk factor reduction with emphasis on smoking cessation, diet and supervised physical activity. Spouses of individuals at risk were trained in dietary and other risk-related matters.
- Environments and Policies: The dietitian recommended purchasing changes for the cafeteria and food store.

Theory: Not mentioned

Resources Required:

- Staff/Volunteers: Registered dietitian, health care providers, education session leaders
- Training: Not mentioned
- Technology: Mass media creation, computer and printer
- Space: Space for lectures
- Budget: Not mentioned
- Intervention: Printed newsletters, personal letters, and educational materials, lecture material
- Evaluation: Screening materials, tracking materials

Evaluation:

- Design: Cohort
- Methods and Measures:
 - Survey to assess knowledge, attitudes and behavior relating to risk factors for coronary artery disease
 - Food purchased and used by the kibbutz store and kitchen was tracked
 - Cholesterol measurement

Outcomes:

- Short term Impact: After one year, there was a substantial shift from high or borderline total cholesterol levels to the normal category at all age levels. Individuals at high risk for coronary artery disease

improved their risk factor profiles. Positive changes in procurement and preparation of food was documented.

- Long Term Impact: not measured

Maintenance: Not mentioned

Lessons Learned: Not mentioned

Citation(s):

Sperber, A. D., A. Galil, et al. (1996). "A combined community strategy to reduce cholesterol and other risk factors." *Am J Prev Med* 12(2): 123-8.