

**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**Website:** The Heart At Work program has since been replaced by Start!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):**

Sandoval, W. M. and H. D. Mueller (1989). "Nutrition education at the work site: a team approach." J Am Diet Assoc 89(4): 543-4.