

Title of Intervention: Little-By-Little

Website: http://www.nutritionquest.com/products/wellness_prevention_interventions.htm

Intervention Strategies: Individual Education

Purpose of the Intervention: To produce dietary behavior change in fat, fruit and vegetable intake

Population: Low-income individuals

Setting: WIC center, canned food store, public library, senior center, YMCA; hospital; community-based

Partners: Community organizations

Intervention Description:

- Individual Education: A CD-ROM contained two modules that focused on dietary fat intake and fruit and vegetable consumption. Participants chose one to start with but worked between modules during their session. Each module had a brief dietary intake questionnaire to assess the quality of the participant's intake of fat or fruits and vegetables. The participant was then given immediate feedback about his or her intake compared with dietary guidelines as well as tailored messages. Eventually, participants were given the opportunity to choose one or two nutritional goals to work towards for two weeks.

Theory: Transtheoretical Model

Resources Required:

- Staff/Volunteers: Community center personnel
- Training: Not mentioned
- Technology: Computers, software and CD-ROM with intervention materials
- Space: Computer station
- Budget: Not mentioned
- Intervention: CD-ROM
- Evaluation: Interviewers/observers, questionnaire, follow-up phone calls

Evaluation:

- Design: Pilot study
- Methods and Measures:
 - Participants were interviewed about their satisfaction with the program and areas that needed improvement
 - Observers noted difficulties, confusions and questions asked during self-administration
 - Feedback about program was sought from nutrition experts

Outcomes:

- Short Term Impact: Participants rated the CD-ROM as easy to use, informative and worth recommending to others.
- Long Term Impact: Not measured

Maintenance: Not mentioned

Lessons Learned: The successful use of the program in community settings illustrates the practicality of such low-intensity efforts to reach the general public with screening and counseling that can lead to behavior change. This program could be a possible option for physicians who lack time or knowledge to instruct patients on nutrition.

Citation(s):

Block, G., M. Miller, et al. (2000). "An interactive CD-ROM for nutrition screening and counseling." *Am J Public Health* 90(5): 781-5.