

**Title of Intervention:** Nutrition education targeted at people with financial difficulties

**Intervention Strategies:** Group Education

**Purpose of the Intervention:** To improve the nutritional quality of main meals and increase fruit intake

**Population:** People of low socioeconomic status who were part of the Hartslarg Limburg program

**Setting:** The Dutch province of Limburg; community-based

**Partners:** Team Integral Debt Assistance (TIDA), Regional Public Health Institute

**Intervention Description:** The nutrition intervention was part of a larger course that taught budgeting to low income and financial unstable populations.

- Group Education: Two nutrition education sessions were included as part of a course teaching budgeting. Each session was two hours long and taught by a registered dietitian. The objectives of the nutrition sessions were to increase dietary variety, decrease the intake of saturated fat and increase the intake of vegetables during the main meals. Furthermore, it aimed to increase daily fruit intake. The key message of the intervention was that healthy eating, in particular healthy main meals, does not need to be expensive. The first session was mostly informative, while the second session was conducted in a local supermarket to focus on the practical application of the nutrition information.

**Theory:** Not mentioned

**Resources Required:**

- Staff/Volunteers: Dietitian
- Training: Not mentioned
- Technology: Not mentioned
- Space: Classroom space, local supermarket
- Budget: Not mentioned
- Intervention: Education materials
- Evaluation: Phone interviewers, session observer

**Evaluation:**

- Design: Quasi-experimental
- Methods and Measures:
  - Phone interviews collected dietary recall information to assess the nutrient content of main meals
  - All sessions were observed by data collectors
  - Attendance and participation records

**Outcomes:**

- Short Term Impact: Not measured
- Long Term Impact: There was a significant impact on decreased saturated fat intake and increased fruit juice intake. No effects were found for the fruit and vegetable intake.

**Maintenance:** Not mentioned

**Lessons Learned:** Not mentioned

**Citation(s):**

van Assema, P., M. Steenbakkens, et al. (2005). "The impact of a nutrition education intervention on main meal quality and fruit intake in people with financial problems." *J Hum Nutr Diet* 18(3): 205-12.