

Title of Intervention: Healthy Living Program

Intervention Strategies: Group Education, Campaigns and Promotions

Purpose of the Intervention: To improve the diet and health of Oklahomans

Population: Residents over the age of 55 years of age

Setting: The state of Oklahoma; community-based

Partners: Health departments, community groups

Intervention Description:

- **Group Education:** The "Healthy Living" program consisted of eight weekly sessions. Each session contained specific lesson objectives, handouts, visuals, activities, resources, and modified recipes with reduced fat, cholesterol, sodium, sugar or increased fiber. At each session one of the modified recipes was demonstrated and sampled by participants. The "Healthy Living" program was designed to provide dietary recommendations in a way that Oklahomans could understand and apply to their daily lives. The "Healthy Living" program used several nutrition education theories. It utilized the American Dietetic Association recommendations for nutrition education. The "Healthy Living" program provided food, nutrition and food safety information, as well as skills and techniques for food selection and food preparation within the national guidelines for healthy eating.
- **Campaigns and Promotions:** The "Healthy Living" program was marketed within each county of Oklahoma to the public through a variety of media outlets including television public service announcements, radio public service announcements, news releases and flyers.

Theory: Nutrition Education Theory

Resources Required:

- **Staff/Volunteers:** Session instructors
- **Training:** Not mentioned
- **Technology:** Not mentioned
- **Space:** Classroom space, supermarket
- **Budget:** Not mentioned
- **Intervention:** Dietary Guidelines, American Dietetic Association diet guidelines, handouts, visuals, activities, resources, modified recipes, cooking demonstration materials
- **Evaluation:** Questionnaires, instruments to measure height and weight

Evaluation:

- **Design:** Cohort, pre-/post-test
- **Methods and Measures:**
 - Questionnaires measured dietary behaviors
 - Diet recalls assessed dietary intake
 - Height, weight and BMI collected health measures

Outcomes:

- **Short Term Impact:** Not measured
- **Long Term Impact:** Significant improvements were observed in participant's food selection and preparation, food intake, food safety behavior scores, number of servings consumed from the Food Guide Pyramid and health measures.

Maintenance: Not mentioned

Lessons Learned: Nutrition education programs that translate dietary recommendations into understandable behaviors and actions can result in improvement in dietary behaviors, dietary intake and health measures.

Citation(s):

Hermann, J., B. Brown, et al. (2000). "Impact of nutrition promotion program on dietary behaviors, dietary intake, and health measures in adults over fifty-five years of age." *J Nutr Elderly* 19(2): 1-14.