

Title of Intervention: The Eat and Learn Nutrition Program

Intervention Strategies: Group Education, Environments and Policies

Purpose of the Intervention: To increase knowledge of nutrition and promote healthy eating among residents of an older adult, low-income, urban housing community

Population: Low-income, older adults

Setting: Government subsidized independent living facility for low-income, older adults in an urban area in Northeastern United States; home-based, community-based

Partners: Housing community, academic institution

Intervention Description:

- **Group Education:** A series of three program topics were presented: hidden salt, reducing dietary intake of fat and cholesterol and diabetes and reducing dietary sugar intake. Each session was brief. The amount of information presented at each session was limited in hopes of increasing the participants' information processing capacity. A curriculum for each topic was developed using information from recent literature in peer reviewed journals and from recommendations from reputable organizations such as the American Heart Association and the American Diabetes Association. Topics were presented over lunch to give the program a social and relaxed feel and encourage program participation. Each presentation was followed by a facilitated discussion of the topic among the program participants. In addition to a discussion on the topic of the day, a conversation about the meal of the day was encouraged. Pamphlets were available to the participants for further information.
- **Environments and Policies:** As part of the program, healthy lunches were planned and prepared to complement the topic of the day. Recipes were chosen with the lifestyle of the independent, low-income, older adult in mind. They were healthy, simple, inexpensive and easy to modify to cook a meal for one or two people. They varied in cooking style and ethnic flavor. A printed copy of the menu and recipe for each meal was provided to all participants.

Theory: Health Belief Model, Consumer Information Processing Model

Resources Required:

- **Staff/Volunteers:** Instructors
- **Training:** Not mentioned
- **Technology:** Not mentioned
- **Space:** Common room, kitchen space
- **Budget:** Not mentioned
- **Intervention:** Lunch supplies, posters, pamphlets
- **Evaluation:** Questionnaires, surveys

Evaluation:

- **Design:** Pre-/post-test
- **Methods and Measures:**
 - Pre-/post-test assessed knowledge
 - Informal qualitative surveys were used to determine how the intervention was implemented

Outcomes:

- **Short Term Impact:** Program participants gained knowledge related to their nutritional needs in each of the three sessions of the Eat and Learn Nutrition Program.
- **Long Term Impact:** Not measured

Maintenance: Not mentioned

Lessons Learned: For future programs, planners will need to experiment with creative ways to stimulate participation. More novel approaches such as "invite a neighbor" may be needed to create interest.

Citation(s):

Klinedinst, N. J. (2005). "Effects of a nutrition education program for urban, low-income, older adults: a collaborative program among nurses and nursing students." *J Community Health Nurs* 22(2): 93-104.