

Title of Intervention: Tailored self-help intervention through health care providers

Intervention Strategies: Individual Education, Supportive Relationships, Provider Education

Purpose of the Intervention: To improve dietary intake in patients

Population: Adults over 18 who were enrolled in the Group Health Cooperative of Puget Sound

Setting: Health care facilities; home-based and health care facility-based

Partners: Group Health Cooperative of Puget Sound

Intervention Description:

- Individual Education: Participants received a package of self-help materials, dietary analysis with behavioral feedback and a semi-monthly newsletter. The self-help packet included an introductory letter with computer generated messages, a "Help Yourself" manual with information, suggestions, skills, stickers and handwritten notes, individualized dietary change materials such as tip sheets, refrigerator magnet, recipe cards, shopping lists and self evaluations, and computer generated behavioral feedback.
- Supportive Relationships: Participants received a motivational phone call.
- Provider Education: Providers received training for incorporating the self-help intervention into the medical visit. Just prior to the appointment, a self-help booklet and a script to introduce it were placed in the patient's medical chart.

Theory: Social Learning Theory, Stages of Change, Diet Individuation Model

Resources Required:

- Staff/Volunteers: Health care providers
- Training: Not mentioned
- Technology: Computer
- Space: Not mentioned
- Budget: \$57 per patient
- Intervention: Self-help kit, newsletters, letters, manuals, tip sheets, magnets, recipes, shopping lists, self-evaluations, telephone, motivational call script
- Evaluation: Surveys, cholesterol screening device, telephone

Evaluation:

- Design: Randomized controlled trial
- Methods and Measures:
 - Telephone based surveys measured change in fat intake, food frequency, stages of change, and dietary recalls
 - Patients participated in a cholesterol screening

Outcomes:

- Short Term Impact: Not measured
- Long Term Impact: There were significant effects of the intervention on both fat-related nutrition habits and fruit and vegetable intake.

Maintenance: Not mentioned

Lessons Learned: Not mentioned

Citation(s):

Kristal, A. R., S. J. Curry, et al. (2000). "A randomized trial of a tailored, self-help dietary intervention: the Puget Sound Eating Patterns study." *Prev Med* 31(4): 380-9.