

Title of Intervention: National Cholesterol Education Program (NCEP) dietary therapy

Intervention Strategies: Supportive Relationships, Individual Education

Purpose of the Intervention: To reduce cholesterol

Population: Men and women classified at risk for cardiovascular disease.

Setting: Health care facilities; health care facility-based

Partners: None mentioned

Intervention Description: Participants were randomized to one of four groups: 1) provider counseling only, 2) provider counseling plus guide, 3) provider counseling plus guide plus one dietitian session, or 4) provider counseling plus guide plus three dietitian sessions.

- Supportive Relationships: The provider counseling session was a 10-minute dietary instruction based on a step one diet sheet from the NCEP. Counseling sessions were based on nutrition knowledge, attitudes regarding dietary change, BMI, dietary intake and lipid and lipoprotein concentrations. The dietitian sessions were one-hour comprehensive consultations with dietary assessment and individualized recommendations for diets low in fat and cholesterol. Group 4 received two 30-minute follow up sessions with the dietitian.
- Individual Education: The "Grocery Shopping Guide" strategy included a 10-minute videotape explaining use of the guide. This guide contained more than 6,000 foods arranged in "acceptable" or "avoid" categories.

Theory: Not mentioned

Resources Required:

- Staff/Volunteers: Cardiologist, nurse, dietitian
- Training: Not mentioned
- Technology: Audiovisual equipment
- Space: Room for sessions
- Budget: Not mentioned
- Intervention: Video, guide, dietary assessment form
- Evaluation: Questionnaire

Evaluation:

- Design: Randomized controlled trial
- Methods and Measures:
 - Food intake records
 - Questionnaire assessed knowledge, perceptions of benefits and efficacy
 - Biological measurements included height, weight and serum lipid levels

Outcomes:

- Short Term Impact: The group receiving medical nutrition therapy from a registered dietitian gained statistically significantly more nutrition knowledge and had significantly greater perceptions of the benefits and efficacy of following a cholesterol-lowering diet.
- Long Term Impact: The group receiving medical nutrition therapy from a registered dietitian consumed a significantly lower percentage of fat, higher percentage of carbohydrate, and less dietary cholesterol than participants counseled only by a doctor or nurse. They also had significantly greater improvement in BMI. Both groups achieved statistically significant reductions in serum lipid levels.

Maintenance: Not mentioned

Lessons Learned: Increased knowledge, benefits, and efficacy and lower-fat eating behaviors associated with additional nutrition therapy may help individuals to follow low-fat eating plans long term, which could reduce the need for costly medication interventions.

Citation(s):

Rhodes, K. S., L. C. Bookstein, et al. (1996). "Intensive nutrition counseling enhances outcomes of National Cholesterol Education Program dietary therapy." *J Am Diet Assoc* 96(10): 1003-10; quiz 1011-2.