

Example of Research

O17 Whole Grain Foods; Older Adults' Attitudes and Behaviors

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Objective: This study investigated attitudes and behaviors regarding consumption of whole grain (WG) foods among independent, free living older adults (≥ 65 years).

Design, Setting and Participants: Questionnaires were designed to assess reasons that subjects may or may not choose to consume WG foods and their readiness (stage of change) to eat these foods. Self-reported consumption of grain foods including those made with refined grain or entirely or partially with WG was determined.

Outcome, Measures and Analysis: After pre-testing and revising, questionnaires were administered by trained interviewers to convenience samples drawn from 4 states (NH, MA, MD, and MN) and Washington, D.C. (n=111).

Results: The sample was predominantly female (84%), Caucasian (83%), and not currently married (67%). 77% of subjects reported household incomes of \leq \$40,000. The grain foods consumed by the largest percentage of subjects were bread (96%), cold cereal (80%), crackers (75%), oatmeal (70%), cookies (70%), pasta (61%), and rice (61%). Subjects were most likely to choose varieties containing “whole grain” or “some whole grain” when selecting bread, cold cereal, and crackers, although 32% of subjects reported eating brown rice. Most subjects agreed/strongly agreed that WG are “important” (95%) and can keep them “regular” (72%). A majority had positive attitudes about taste (87%), texture (81%), and appearance (65%), but only 55% indicated that WG foods were easy to identify. Other potential barriers included price and availability.

Conclusions and Implications: 82% of subjects reported being in the “action” or “maintenance” stage of eating 3 WG servings/day, suggesting that older adults may be more likely to eat WG than other age groups. This project is funded by USDA Hatch Grant.

Example of Program/Teaching

O31 Making Our Meals SUPER (MOMS): A Nutrition Program for Pre-K Parents

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Objective: Making Our Meals SUPER (MOMS) is a nutrition program targeted for mothers of preschoolers. Program objectives included broadening the scope of feeding children a healthy diet following MyPyramid, strengthening the concept of the importance of eating meals together as a family, and gaining knowledge of how to stretch food dollars so that a healthy plate can be served to children.

Use of theory or research: Adult Learning Theory with an emphasis on participant involvement in lesson planning.

Target Audience: The target audience was mothers of children in the pre-kindergarten program of a semi-rural community in Tennessee. This school system represented the diversity of this area with 20% African American and 77% Caucasian students. Fifty-three percent were economically disadvantaged.

Description: Parents, particularly mothers, make critical decisions for their families and are an important audience for nutrition education efforts. MOMS was a 6 week program provided once a week to mothers during after school hours. This program was developed by Henderson County Extension staff. The classes focused on helping mothers develop skills to change their family's diet emphasizing the importance of MyPyramid. Mothers were involved in interactive classes and helped to format the lessons each week.

Evaluation: Mothers completed self-reported pre and post-tests on short-term outcomes related to changes in nutrition behavior.

Conclusions and Implications: This program was successful in helping participants improve nutrition choices for families. This presentation identifies program successes and areas for improvement that will be helpful for community nutrition educators. This project was funded by Department of Family and Consumer Sciences, University of Tennessee Extension; Henderson County Health Department; Henderson Community Hospital.