

DEVELOPING MEDIA CONTENT TO SUPPORT BEHAVIOR CHANGE FOR THE PREVENT T2 CURRICULUM DEVELOPED BY THE CENTERS FOR DISEASE CONTROL AND PREVENTION

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Objective: The purpose of this pilot study was to assess food and nutrition knowledge of current SHINE (Supporting Health Improvement Nutrition and Exercise Program) participants. Data from this assessment was then used to develop a short dietary video for use in an in-person Diabetes Prevention Program (DPP).

Methods and Instruments: All eligible SHINE participants were emailed an online survey through an online REDCap® program. This 19-question survey specifically addressed participant challenges in grocery store shopping and knowledge of food selection.

Results: Based on a responses from survey, the largest nutrition knowledge deficits (participants reporting lack of knowledge) in the grocery store setting were in the frozen section (33%), preparation of root vegetables/winter squash (50%), whole grain items outside of bread and pasta (75%), omega-3 rich foods (33%), low-fat dairy (50%), impulse buys of sweets (75%), and lean protein sources (58%). Most participants (75%) reported they did not consume whole grains outside of bread and pasta.

Conclusions: Due to the majority of participants (75%) reporting lack of whole grain awareness, one video was created to increase whole grain mindfulness and self-efficacy in preparation. The video was shown to those attending the February 2020 in-person Eat Well to Prevent T2 session. The video encompassed a grocery store tour of the grains section and a follow-a-long healthy whole grain recipe that could easily be altered to fit participants' personal taste. This pilot study provides evidence and data supporting the use of nutrition videos in lifestyle change programs such as the DPP.

Conflict of Interest: none

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