

Marching Arts Nutrition Intervention

Author: Cameron M. Scott

Mentors: Hope K. Lima, PhD, RDN, IBCLC
Jessie Hoffman, PhD, RD

Winthrop University

Objectives:

Cameron Scott conducted this study with the purpose to evaluate the nutritional gap within the marching arts throughout rehearsals and performances with the inclusion of nutrition interventions, exercise and conditioning education interventions, and data comparison of body composition measurements and food frequency questionnaires pre and post study.

Design, Methods, and Instruments:

In this study, Ms. Scott will be using a pre-study Food Frequency Questionnaire to establish a baseline of current food variety and food choice during the three-day rehearsal weekends and throughout their week. The researcher will conduct five 30-minute nutritional education intervention sessions and five 30-minute exercise/conditioning education intervention sessions. The researcher will also conduct body composition analysis (using the Tanita Bioelectrical Impedance device) on each subject participating in the study pre and post study.

Results and Conclusions:

Data from the FFQ is being analyzed from pre and post study while final body composition measurements will be collected on March 30th. Final conclusions are estimated by mid-end of April.

Conflict of Interest:

The author has no conflicts of interest to declare. This study was conducted with no funding other than funds provided from the Winthrop University Nutrition Department.