B1-4: Short-term Effects of a Nutrition Education Program on Food Choices in Adolescents at Risk for Type 2 Diabetes

Author List:
Presenting Author: Melissa D. Ethington
Additional Author:

Presenting Author: Melissa D. Ethington

Address: 10715 Redwood Dr
Baytown, Texas 77523
United States
Ph: 281-383-7302
Fax:
Email: mdethington@aol.com
Institution: University of Texas Medical Branch - Galveston

Presentation Preference: Student poster submission

Abstract Categories:
Research Interest Groups (RIGs): Parent-Child

Abstract:
Introduction: Type 2 Diabetes (T2D) among adolescents has increased over the past several decades. The current epidemic of T2D among adolescents reflects, in part, changes in the quality of the adolescent diet, particularly fast food consumption. The purposes of this study were to: (1) determine the short-term effect of a nutrition education program (NEP) on food choices of adolescents at risk for T2D, and (2) identify whether there was an association between dietary self-efficacy (DSE) and T2D risk factors. The research hypotheses were: 1) There will be a significant difference between NEP and standard education program (SEP) in the selection of foods in the number of calories, grams of fat, milligrams of sodium, and grams of sugar post-intervention. 2) Adolescents at-risk for T2D will improve to a greater degree on DSE following the completion of a NEP compared to at-risk adolescents in the control group. 3) The level of DSE for the intervention group will differ significantly following an NEP.

Method(s): A quasi-experimental pretest-posttest design with random assignment was used with 40 adolescents (ages 11 to 15) identified as at risk for T2D. Four NEP sessions were conducted with the intervention group and a 45-minute SEP session was conducted with the control group.

Results: Forty-seven percent (n = 19) of the adolescents were considered at risk for being overweight (17.5%) or were overweight (30%). Approximately 38% (n = 15) of adolescents reported eating fast food more than twice a week. There were no differences between the groups on their selection of calories, fat, sodium, and sugar (p > .05) following the intervention. Adolescents improved significantly more (t = 2.136, df = 38, p = .03) on DSE following the completion of a NEP compared to adolescents in the control group. DSE improved significantly (t = -5.055, df = 19, p = .000) following the completion of the NEP.
Discussion & Conclusions: While the NEP did not make a difference in the food selected by the adolescents an improvement in DSE was noted following these sessions. Findings from this study support the need for interventions that focus on improving DSE in adolescents at-risk for T2D.

Abstract History:
This abstract has not been presented or accepted for presentation in whole or in part at the SNRS or other scientific meeting.

Financial Disclosure:
No, I (or a member of my immediate family) have not received something of value* from or own stock (or stock options) in a commercial company or institution related directly or indirectly to the subject of my presentation.

FDA Disclosure:
I will not be describing any pharmaceutical and/or medical device.

Non-Exclusive License:

Submitted by:
mdethington@aol.com