



Nutrition for Family Living

Susan Nitzke, Nutrition Specialist; susan.nitzke@ces.uwex.edu
Sherry Tanumihardjo, Nutrition Specialist; sherry.tan@ces.uwex.edu
Amy Rettammel, Outreach Specialist; arettamm@facstaff.wisc.edu
Gayle Coleman, Nutrition Specialist; gayle.coleman@ces.uwex.edu
Heather Harvey, Nutrition Specialist; heather.harvey@ces.uwex.edu

September, 2006 Topics

An Educational Program Enhances Food Label Understanding of Young Adolescents
Annotated List of New Teaching Materials, Guidelines and Websites
Factors that Contribute to Fruit, Vegetable and Dietary Fat Intake among Adolescent Boys and Girls
WIC Food Package Updates Are Coming

An Educational Program Enhances Food Label Understanding of Young Adolescents

By Gayle Coleman

The Nutrition Facts label is a valuable tool for making healthier food choices, particularly as adolescents assume more control over their food choices. A recent study looked at how well young adolescents understand the Nutrition Facts label.

Thirty-four adolescents (16 girls and 19 boys), aged 11 to 14 years from the greater Houston area participated in the study. They completed a questionnaire to assess their knowledge of the Nutrition Facts label and their food choices using actual food packages of foods commonly consumed by children. Immediately following the pretest, small groups (2 to 3) participated in a short educational session on how to read and use the Nutrition Facts label. The session covered issues such as identifying various parts of the Nutrition Facts label, recognizing how nutrients change if someone consumes more or less than the serving size indicated, and a discussion of how to use the percent daily value. The posttest was given immediately following the educational session and included the same food packages used in the pretest.

The overwhelming majority of these adolescents (94%) reported that the Nutrition Facts label makes it easier to choose more healthful foods. However, none reported that they used it daily. On the pretest, most of the adolescents (82%) were able to identify and compare caloric content of foods. Understanding percent daily value and calculating nutrient content of partial servings proved more challenging. When asked to calculate the grams of fat in 12 ounces (1.5 servings) of milk, 24% could perform the calculation on the pretest. When asked to state the purpose of percent daily value, 38% could do so. On the post-test, 59% and 74% of participants could perform these tasks, respectively. Smaller increases in knowledge were observed for other questions, with the exception of a question about using percent daily value to determine if a food contains a lot or little of a nutrient – 68% of participants were able to answer this on the pretest and there was no change on the posttest. Overall, there were no differences between boys and girls on either the pretest or posttest.

The authors concluded that a short educational session was effective in increasing some labeling knowledge, but that additional education and practice are needed to determine nutrient content of partial or multiple servings. In addition, the authors suggested that additional research is needed to determine how improved knowledge translates into changes in food choices.

Implications for Extension Educators: This study indicates that providing education on the Nutrition Facts label increases adolescents' understanding of the information on the label. The educational session described in this study appears to be similar to education that we provide. If the adolescents in this study are representative of adolescents with whom we work, then the



Nutrition for Family Living September, 2006

results of the study could be used to enhance our education. For example, in addition to continuing to provide instruction on identifying and using information on various parts of the Nutrition Facts label, we might need to include more opportunities for adolescents to practice determining nutrient content of amounts that are more or less than the serving size indicated. The WNEP Reading Labels evaluation tool found here <http://www.uwex.edu/ces/wnep/evaluate/stwevalproj/06readinglabels.doc> is designed to evaluate this more advanced use of labels by requiring learners to take different serving sizes into account.

Reference:

Hawthorne KM, Moreland K, Griffin IJ, and Abrams SA. An Educational Program Enhances Food Label Understanding of Young Adolescents. *Journal of the American Dietetic Association*. 2006;106:913-916.



Nutrition for Family Living September, 2006

Annotated List of New Teaching Materials, Guidelines and Websites

By Gayle Coleman, Amy Rettammel, Mary Jane Getlinger and Susan Nitzke

TEACHING MATERIALS

How Food Affects You -- updated

This WNEP publication is extensively used in EFNEP programming. The English version has been updated for MyPyramid, and is available through Cooperative Extension Publications <http://cecommerce.uwex.edu/showcat.asp?id=19>

Food and Fitness Matter: Raising Healthy, Active Kids

Food and Fitness Matter: Raising Healthy, Active Kids was designed to engage parents in efforts to prevent childhood obesity. The video paints a very real picture of the childhood obesity crisis, its impact on our children's health, and the multiple factors that brought us to this point. It offers parents solutions and ideas for simple things they can do in their own lives and communities. This resource would be very useful for community-level programs, such as those that are being planned by many local coalitions. The video can be ordered (\$14.95 plus shipping) in English or Spanish from the Parents Action website, www.parentsaction.org. A companion guide for parents, leaders and educators which provides hand outs and discussion questions can also be downloaded free from the same website. Note: copies of the video and companion guide will be made available during the Eating Well and Being Active Team Showcase at the Family Living conference in January.

GUIDELINES

UW-Extension Family Living Program Guidelines for Handling Requests for Assistance with Medical Nutrition Therapy – updated

A revised version of these guidelines is now posted on the WNEP and Eating Well and Being Active Team web sites <http://www.uwex.edu/ces/wnep/files/medther.pdf>. This version is updated for the 2005 Dietary Guidelines and MyPyramid, and includes a "DOs" and "DON'Ts" section. An opportunity to discuss the revised guidelines will be included in a future WNEP Wisline.

Handout Criteria Checklist – updated

A revised version of this checklist is now posted on the WNEP web site <http://www.uwex.edu/ces/wnep/files/evalprnt.pdf>. The checklist is designed to be used as a guide when educational materials such as newsletter articles and handouts are selected or developed for use in WNEP. This version clarifies areas that may have caused confusion in the past, and includes more information on copyright and graphic standards.

WEBSITES

Eat Smart. Play Hard.

The Food and Nutrition Service (FNS) recently released their new Eat Smart. Play Hard. websites for youth and adults <http://www.fns.usda.gov/eatsmartplayhard/>. Overall, the web content is designed for viewing online; for example, there are not handouts available on the adult site to download and use in teaching. Some exceptions include menu planning and goal tracking sheets on the adult website and existing Eat Smart. Play Hard. educational materials on the youth site. On the youth site, those existing materials are distributed around the different locations in the virtual town. One of the materials shared are the Team Nutrition lessons for MyPyramid for Kids.



Nutrition for Family Living September, 2006

If you haven't read WNEP's review of those lessons, be sure to check it out here <http://www.uwex.edu/ces/wnep/specialist/nfl/mmpdfs/0511.pdf#page=2>.

These new sites from FNS may be best used as a resource to recommend to learners who would like to learn more on their own – similar to MyPyramid.gov.

MyPyramid e-Catalog from SNE

The Society for Nutrition Education has launched an online database of teaching materials that focus on the Dietary Guidelines and MyPyramid. NOTE: this e-catalog simply provides reviews of materials that are available – they are not all recommended as appropriate for WNEP or other Extension nutrition programs. See <http://sne.org/mypyramid/> to access the e-catalog.

PUBLICATIONS

Your Personal Path to Health: Steps to a Healthier You!

This six-page publication is a practical guide to implementing MyPyramid. It provides tips and advice for general adult consumers, rather than specific quantitative recommendations. The International Food Information Council and the Food Marketing Institute, in conjunction with the USDA's Center for Nutrition Policy and Promotion, developed the material, which was reviewed by USDA and HHS for consistency with the Dietary Guidelines. It is available from Purdue Extension in packs of 50 for \$15.00. For more information, see the entry in the WNEP Teaching Resources database here -

http://www.uwex.edu/ces/wnep/tch_res/res_detail.cfm?resource_id=333. Note: a limited number of packs will be made available at the Family Living conference in January.

A Healthier You

The U.S. Department of Health and Human Services offers a book with a name that is similar to the IFIC publication above. *A Healthier You* is based on the DASH Diet (Dietary Approaches to Stop Hypertension) which has proven to be successful in helping people manage their weight, lower their blood pressure, and improve their overall diet quality. Like USDA's MyPyramid, *A Healthier You* brings together nutrition information from the Federal Government that may reduce your risk of chronic diseases such as heart disease, diabetes, osteoporosis, and certain cancers, and increase your chances for a longer life. Unlike MyPyramid, *A Healthier You* still uses the standard serving sizes from the older Food Guide Pyramid. You may find many helpful hints in *A Healthier You* such as tips for eating out, but we recommend that you base daily recommendations on USDA's food guidance system as illustrated by MyPyramid, rather than using that feature of *A Healthier You*. *A Healthier You* is available from the Government Bookstore, for \$15 (includes S/H), see http://bookstore.gpo.gov/collections/healthier_you.jsp

Weight Loss Products and Programs

Weight Loss Products and Programs is an online publication that begins with some key facts, e.g., “the bottom line is that you still must eat fewer calories than you burn to lose weight.” The publication lists main characteristics, strengths, weaknesses of popular weight loss products and programs. You can access this resource of background information at

<http://www.ext.colostate.edu/pubs/foodnut/09363.html>.



Factors that Contribute to Fruit, Vegetable and Dietary Fat Intake among Adolescent Boys and Girls

By Gayle Coleman and Susan Nitzke

This study examined whether certain psychological or social factors are associated with consumption of fruits and vegetables, and dietary fat among adolescents. The factors that were used as variables in this study are summarized below. They were derived from two common theories of individual behavior -- social cognitive theory and the transtheoretical model (stages of change).

Psycho-social variable	Example
Family or peer influence	How often a family member (or peer) eat fruits or vegetables with the adolescent
Decisional balance (Pros and Cons)	How important it is to the adolescent that they would feel healthier if they eat fruits and vegetables (pro) or that they think fruits and vegetables are difficult to prepare (con)
Self-efficacy	How sure the adolescent feels that they can eat the recommended amount of fruits and vegetables every day
Child's strategies for change	How often the adolescent sets goals to eat fruits and vegetables
Strategies for a healthful lifestyle (asked of parent)	How often a parent helps this participant make healthy lifestyle change
Food limitations (asked of parent)	How often the parent limits the amount of dessert the child is allowed to eat
Healthful household eating rules (asked of parent)	How often dinner includes vegetables

The study used questionnaires to assess psychosocial variables and multiple 24-hour dietary recall interviews to assess the adolescent's dietary intake. The last three factors in the table (above) were determined from parent questionnaires. The 839 adolescents were 53.6% female, 57.9% white, and ranged in age from 11 to 15 with a mean age of 12.8 years.

When the adolescents' fruits and vegetable intakes were the outcomes of interest, family support, pros, child behavior change strategies and the parent's healthful household eating rules were found to be significant factors. Cons, the adolescent's behavior change strategies and the parent's healthful household eating rules were significant predictors of the adolescents' dietary fat intakes. The parent's healthful household rules, parent strategies for a healthful lifestyle and the child's strategies for change were the only variables associated with both consuming fruits and vegetables, and dietary fat.

Food limitations were the only predictors of fruit and vegetable intakes of the younger adolescents (11-12 years old) and none of the factors were found to predict fat intakes. For older adolescents, self-efficacy, family influence, pros, the child's behavior change strategies, and the parent's healthful household eating rules were significant predictors of fruit and vegetable intakes. Cons and the parent's healthful household eating rules were predictors of the older adolescents' fat intakes. As is typical in this type of study, none of the predictor equations accounted for more than 10% of the variability in fruit and vegetable or fat intakes.

The differences found between younger and older adolescents suggests parent-focused interventions may be most appropriate for younger adolescents, whereas programs for older



Nutrition for Family Living September, 2006

adolescents may need to target both parents and adolescents. Teaching parents about the value of household rules for healthful foods may be important in educational programs for adolescents of all ages. Teaching decision-making skills may be an effective way to help older adolescents make healthy food choices.

Implications for Extension Educators:

This study supports our efforts to involve parents in nutrition education for children and adolescents. It suggests that teaching parents the importance of establishing household food rules could help children eat more fruits and vegetables, and consume less fat.

Reference:

Zabinski MF, Daly T, Norman GJ, Rupp JWQ, Clafs KJ, Sallis JF, and Patrick K. Psychosocial Correlates of Fruit, Vegetable and Dietary Fat Intake among Adolescent Boys and Girls. *Journal of the American Dietetic Association*. 2006;106: 814-821.



WIC Food Package Updates Are Coming

By Susan Nitzke

The USDA's Food and Nutrition Service (FNS) has proposed changes to WIC food packages that reflect recommendations made by the National Academies of Sciences Institute of Medicine. USDA's new proposal would revise food packages to add more whole fruits, vegetables, and whole grains and modify amounts of some current foods. This change will be in addition to the Wisconsin WIC formula changes that were described in the November, 2005 edition of this e-newsletter (<http://www.uwex.edu/ces/wnep/specialist/nfl/mmpdfs/0511.pdf>). The USDA will consider suggestions on the food package proposal during a 90-day comment period and then finalize the new regulation - - probably around the end of this year. For more information, see the proposal on USDA's website <http://www.fns.usda.gov/wic/regspublished/foodpackagesrevisions-proposedrule.htm>.