

Positive Pathways 4-Week Self-Paced Nutrition and Lifestyle Program

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ABSTRACT

Objective: To evaluate the effectiveness of joining a four-week self-paced lifestyle program with weekly meetings led by nutrition experts alongside other adults seeking a comprehensive approach to developing substantial healthy habits.

Methods: The effectiveness of the program was assessed via pre and post-survey and analyzed using the Wilcoxon signed rank via SPSS Statistics software.^{1,2}

Setting: Virtual (synchronous and asynchronous).

Participants: In March of 2024, 4 adults enrolled in the program.

Intervention: The participants completed the virtual program over 4 weeks in 2024.

Results: The primary findings of this study were that a 4-week virtual nutrition and lifestyle program did not elicit a statistically significant change in the nutrition confidence in individuals.

Conclusion: In conclusion, results from the present study indicated the 4-week self-paced nutrition and lifestyle program positively impacted participants' behavioral confidence but not significantly enough to know if changes in sustainable habits will follow.

INTRODUCTION

- As nations grow and become more industrialized, chronic diseases become increasingly common.³
- The CDC promotes that the integration of healthy habits into your daily routine can help decrease your risk of contracting the most prevalent and dangerous chronic diseases.⁴
- The effect of completing a self-paced lifestyle program with community support remains unclear.
- Results showed that the adults would benefit from a self-paced nutrition program that combines evidenced-based nutritional education focusing on multiple components of health and application skills with the help of a Registered Dietitian.
- This study aims to assess the effectiveness of joining a four-week self-paced lifestyle program with weekly meetings led by nutrition experts alongside other adults seeking a comprehensive approach to developing substantial healthy habits.

METHODS

- This study was conducted over 4 weeks using a self-paced online nutrition program in the spring of 2024.
- Out of the 6 participants who enrolled in the Positive Pathways program, 4 chose to enter the study.
- The program consisted of 4 modules with nutrition education, corresponding actions, weekly Zoom meetings, and a Facebook group between the nutrition experts and the members for reminders, questions, goals, advice, and encouragement.
- Participants' confidence scores were gathered using pre- and post-surveys.
- The pre-and post-test surveys, entirely written by SUNY Oneonta graduate student, were identical multiple-choice questions.
- Quantitative data (participants' confidence in nutrition knowledge, meal preparation skills, sleep & stress management, and sustainable habits) were given a scoring system and compared using a Wilcoxon test with a p-value of $p < 0.05$.
- This study received approval from the SUNY Oneonta Institutional Review Board.

RESULTS

The figures below show the participants' confidence scores before and after the 4-week nutrition and lifestyle program. Both the pre- and post-survey had a total of four participants (n=4). After completing the 4-week program, the total confidence score between the participants increased by 3 points (Figure 1), the mean total confidence score increased by 1.7 points (Figure 2), and the standard deviation of their total confidence score decreased by 0.6 (Figure 3).

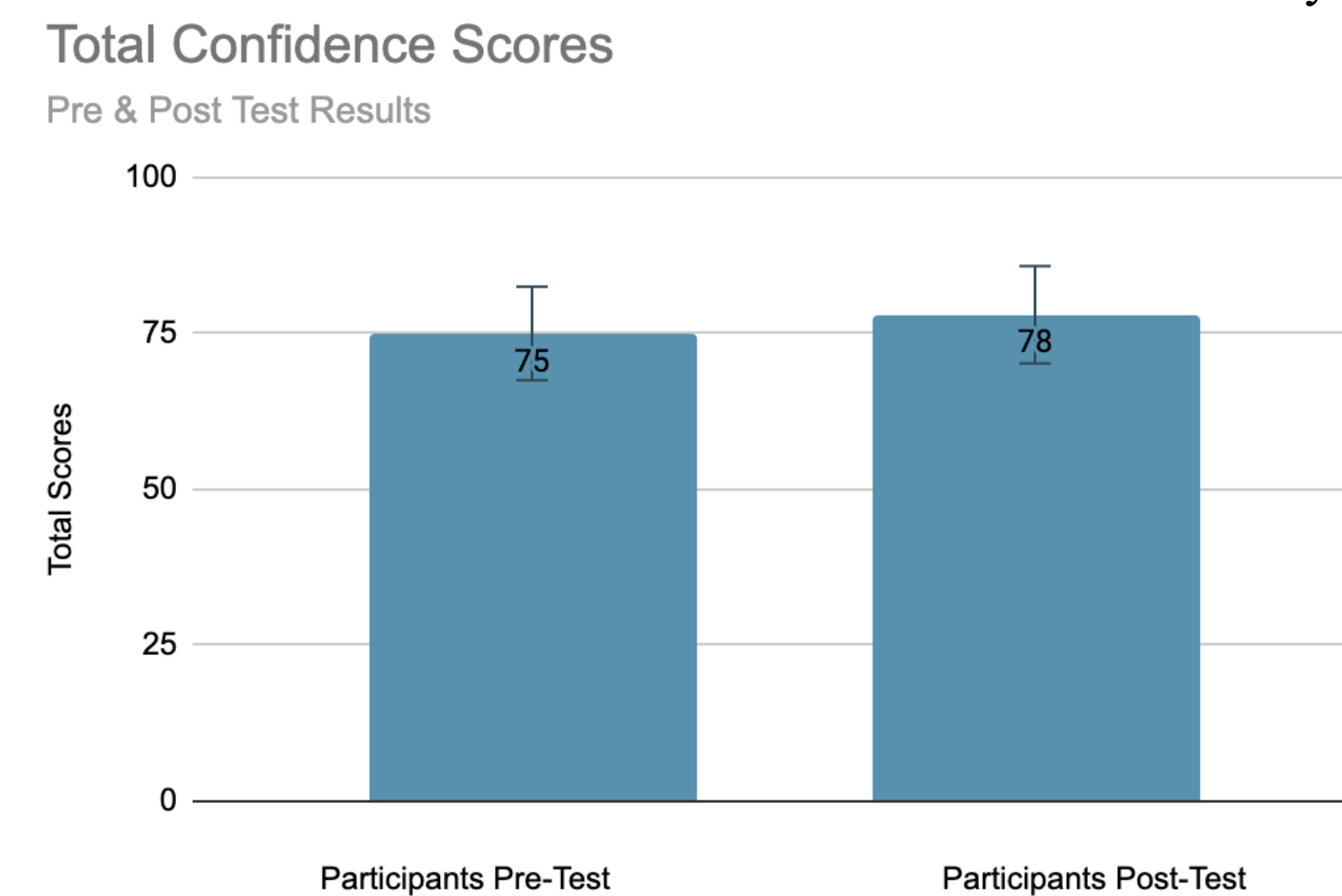


Figure 1. The participant's (n=4) total confidence score before beginning the program was 75. After completing the program, the total confidence score increased to 78. This was not statistically significant ($0 > 0.05$).

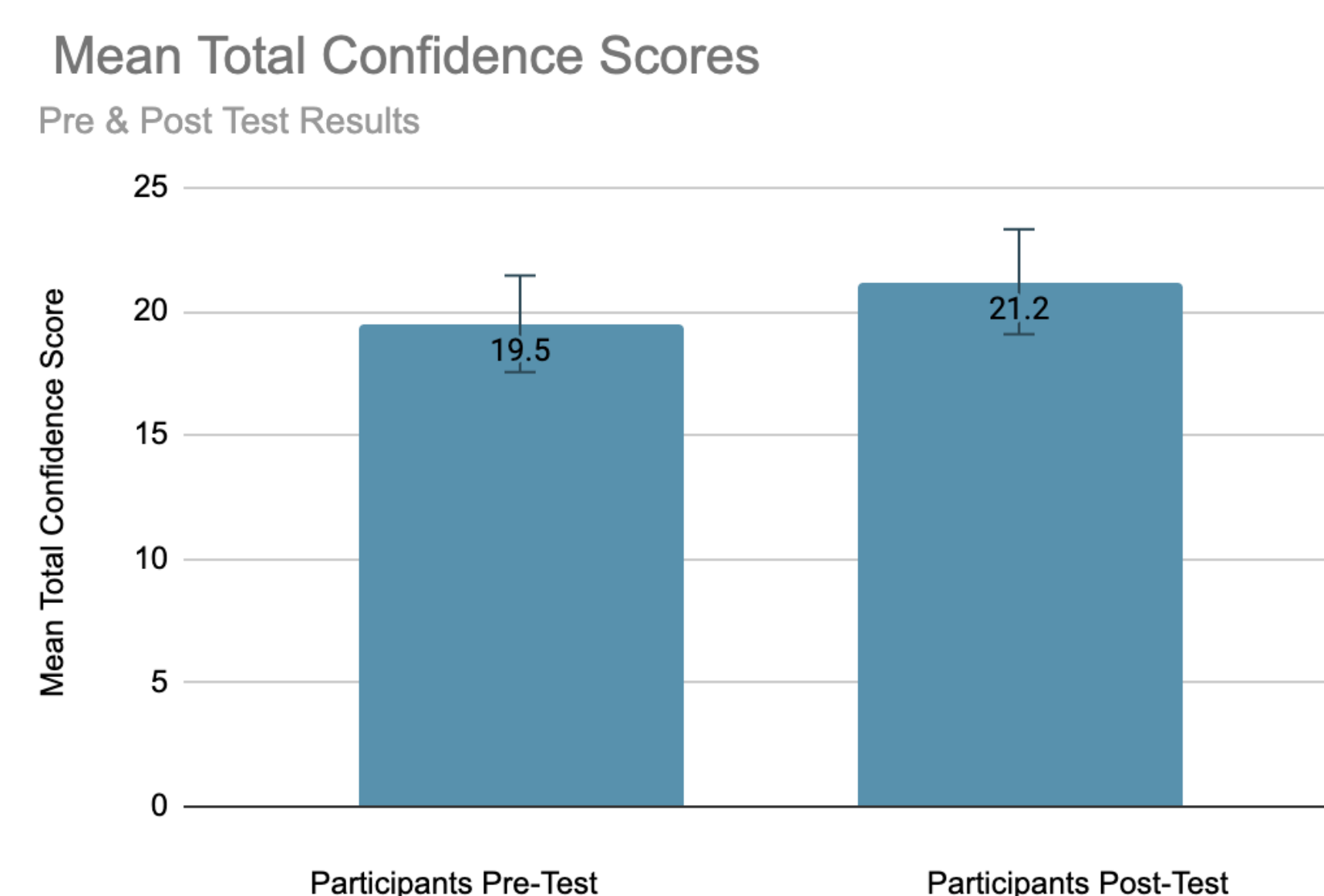


Figure 2. The participant's (n=4) mean total confidence score before beginning the program was 19.5. After completing the program, the mean total confidence score increased to 21.2. This was not statistically significant ($0 > 0.05$).

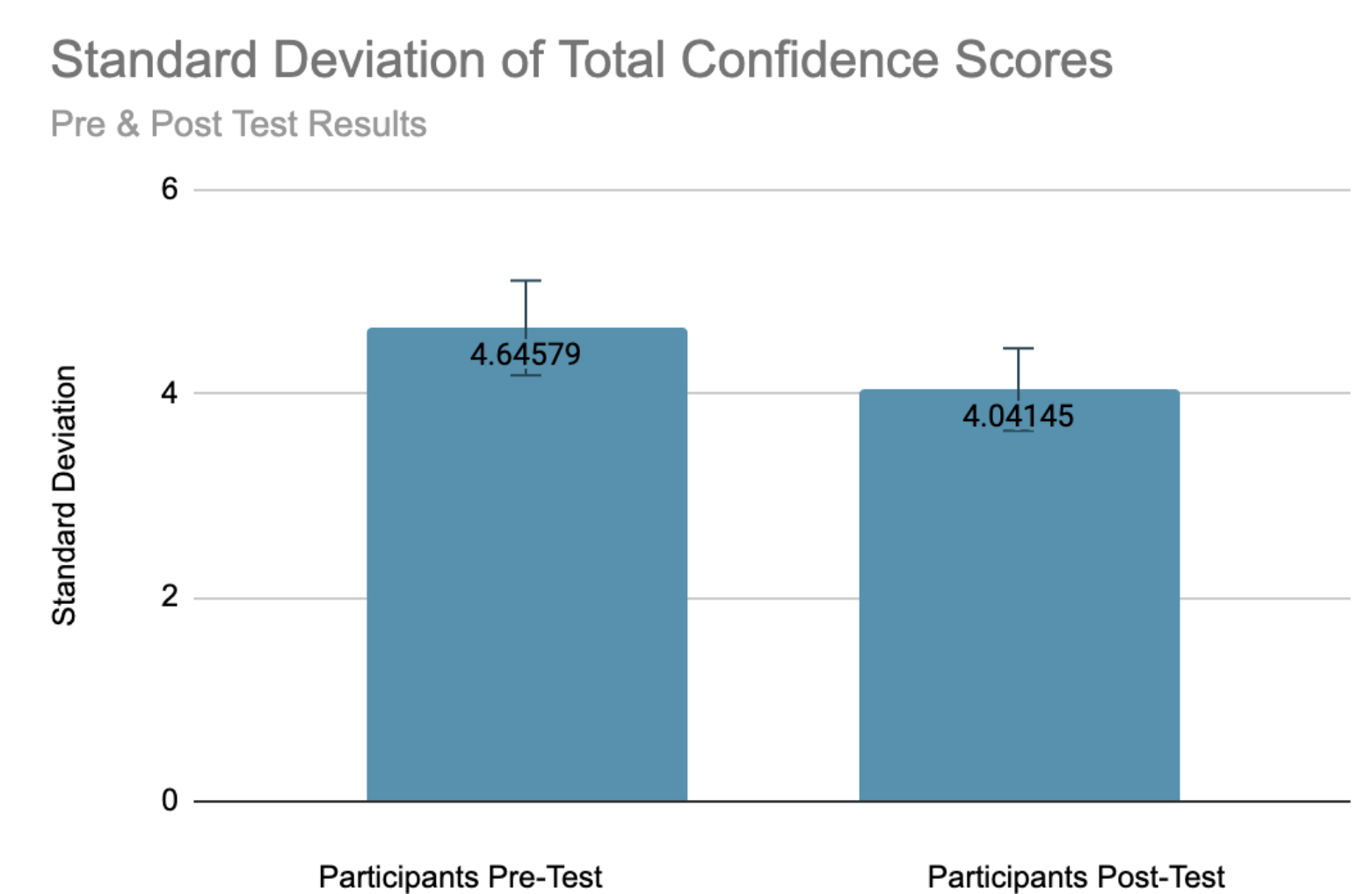


Figure 3. The participant's (n=4) standard deviation of their total confidence score before beginning the program was 4.6. After completing the program, the standard deviation of their total confidence score was 4.0. This was not statistically significant ($0 > 0.05$).

DISCUSSION

- The primary findings of this study were that a 4-week virtual nutrition and lifestyle program did not elicit a statistically significant change in the nutrition confidence in individuals.
- Although there were limitations of this study, the results agree with current literature in that nutrition interventions that combine the tools of technology, face-to-face meetings, brief counseling, and self-monitoring can potentially benefit adults in reaching their nutrition-related goals but there is room for more research.
- Furthermore, while the CDC associates consuming a balanced diet, physical activity, and sufficient sleep with beneficial management and avoidance of heart disease, type 2 diabetes, and other chronic illnesses, further research is needed to evaluate whether if a group of adults join and complete a virtual four-week self-paced lifestyle program, then they will develop confidence in their nutrition and lifestyle knowledge and ability to continue making sustainable changes toward a healthier lifestyle.²

CONCLUSION

- In conclusion, results from the present study indicated the 4-week self-paced nutrition and lifestyle program impacted participants' behavioral confidence but not significantly enough to know if changes in sustainable habits will follow. In future research, it is important to recruit a larger sample size and documentation of how well they followed the program intervention.

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