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*Eating Competence Status May Moderate Nutrition Education Needs Of Low-Income Males With Childcare Responsibilities.* Annual Meeting of the International Society for Behavioral Nutrition and Physical Activity. Austin, Texas; May 23-26, 2012

## **Abstract**

**Purpose:** Eating competence (EC), a bio-psychosocial model of eating behavior, was examined in male Supplemental Nutrition Assistance Program participants with childcare responsibilities to identify EC-linked nutrition education needs.

**Methods:** Data were collected by telephone interview from a geo-stratified sample. Surveys measured EC, food security, weight satisfaction, nutrition interests, technology usage, and preferred education strategies.

**Results/Findings:** Males (n=101; 26% black) were from disparate living arrangements. Mean age was  $37.4 \pm 13.4$  years. Food insecurity was evident; 59% had a high school education or less. Most (92%) made snacks/meals for children. 58% were eating competent (ECt); mean EC score was  $31.4 \pm 8.2$ . EC scores were higher with weight satisfaction ( $P=0.008$ ). Males interested in learning to cook tended toward higher EC scores ( $P=0.056$ ). Physical activity interest was greatest in the highest EC tertile ( $P=0.05$ ). Those with whole/2% milk available had higher EC Attitude subscale scores ( $P=0.025$ ) and tended toward higher EC ( $P=0.08$ ). Fewer ECt than non-ECt males denoted not enough money to buy food as a healthful eating barrier ( $P=0.006$ ). Number of healthful eating barriers was lower in ECt males ( $P=0.04$ ). Males using Facebook often (compared to never) had higher EC scores ( $P=0.042$ ). Among those with more than a high school education, print materials were preferred by more ECt (than non-ECt) males ( $P=0.005$ ), but preference was not related to EC status for those with less education.

**Conclusions:** Consideration of EC as a moderator of nutrition behavior and influence on nutrition education planning appears prudent. Funded