

Barbara Lohse, Patricia Wamboldt, Christine Least

Needs Assessment Reveals Interest In Nutrition Education By Low-Income Males With Child Care Responsibilities. Annual Meeting of the International Society for Behavioral Nutrition and Physical Activity. Austin, Texas; May 23-26, 2012.

Abstract

Purpose: A needs assessment informed nutrition education programming for low-income male Pennsylvania Supplemental Nutrition Assistance Program (SNAP) participants.

Methods: Professional telephone interviewers surveyed male SNAP participants 18 to 59 years with child care responsibilities about health status, eating behaviors, weight satisfaction, eating competence, food security, technology access, and nutrition interests. The statewide sample (n=101; mean age 37.4 ± 13.4 years) was diverse in employment status (27% employed full time, 23% unemployed), race (55% white, 26% black) educational level (59% high school or less), and household structure. Most had significant primary caregiver responsibilities (74%); 92% reported child meal/snack preparation.

Results/Findings: Popular nutrition topics included foods for children (89%), healthful eating (85%), food safety (76%), and easy recipes (74%). 76% identified barriers to eating healthful foods; cited most frequently were taste preference, time, and money. Preferred nutrition education methods were print materials (67%), online information (56%) and one-on-one educator time (49%). Nutrition topics of interest were associated with race (non-whites were more interested in managing money, p=0.036), education level (less educated were more interested in easy recipes, p<0.001), and weight satisfaction (weight dissatisfied were more interested in weight loss, p=0.024). Barriers to healthful eating were not associated with education, race, worry about money for food, or weight satisfaction. Preferred education methods remained unchanged when race and urban/rural status were controlled.

Conclusions: Low-income men were not homogeneous in preferred nutrition education topics, methods, or needs. Specific audience assessments will benefit nutrition education for low-income males.