The purpose of this study was to examine Body Size Perception and Being at Ease with Body Size, initially developed for college students, for revisions into lessons targeting low-income women and incorporated into About Eating. Body Size Perception was a 16-page lesson with a focus on:

- Attitudes toward your own body
- How you act toward a variety of sizes and shapes
- Historical and current societal values about body image

Being at Ease with Body Size was a 25-page lesson with a focus on:

- Positive influences of eating & exercise
- Factors contributing to perceptions of your body
- Differentiating facts & myths about shape & size
- Aids to helpful decisions about eating & exercise

Original modules were assessed by a round of face-to-face interviews with 24 participants. Follow-up interviews with the revised 22-page lesson were conducted with 7 original and 3 new participants.

Eligibility Criteria
- Low-income
- Female between 18 & 45 years
- Generally healthy, no chronic diseases
- Read & speak English
- Access to the internet

Data Collection
- Interviews were face-to-face and on-site at community agencies.
- Participants completed an online demographic profile survey.
- Viewed the Body Size Perception and Being at Ease with Body Size modules while participating in a "talk aloud" cognitive interview.
- Completed post-lesson evaluations at the end of each lesson.
- Lessons were presented in alternating order to minimize bias of interview fatigue.

About My Size was given high ratings for all lesson content and design features. About My Size represented women well, and they liked the length and navigational improvements:

- "Not everyone could or should have a model figure.
- "I like the pictures, but they’re not reflective of my size or body shape.
- "It was something I would take and try to apply to my life"

Responses to Lesson Content and Design

Table: Responses to AMSS #10

<table>
<thead>
<tr>
<th>Evaluation theme</th>
<th>Very Negative</th>
<th>Somewhat Negative</th>
<th>Neutral</th>
<th>Somewhat Positive</th>
<th>Very Positive</th>
</tr>
</thead>
<tbody>
<tr>
<td>The lesson was difficult to read</td>
<td>0%</td>
<td>0%</td>
<td>0%</td>
<td>0%</td>
<td>100%</td>
</tr>
<tr>
<td>The lesson was useful for me</td>
<td>100%</td>
<td>0%</td>
<td>0%</td>
<td>0%</td>
<td>0%</td>
</tr>
<tr>
<td>I read the pictures</td>
<td>100%</td>
<td>0%</td>
<td>0%</td>
<td>0%</td>
<td>0%</td>
</tr>
<tr>
<td>The length of the lesson was definitely good</td>
<td>71%</td>
<td>100%</td>
<td></td>
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</tbody>
</table>

Summary and Conclusions

Low-income women are interested in learning about body image and body size issues. About My Size was designed to increase the appreciation for diversity in body size & dispel myths about what a healthy body looks like.

About My Size was developed from a program originally designed for college students. Interviews with geographically diverse low-income females within Pennsylvania informed initial modifications and affirmed the revised program, which consolidated 2 original modules into 1 and utilized phrases, pictures, and situations congruent with needs of low-income women.

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References