

# Repeated measures of eating competence over a 12-month nutrition education program revealed rebound following early decline: Implications for interventions planned to enhance eating competence

### Program No. 626.6





## weight status and self-selected level of dietary fat.



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Characteristic	Lower-fat Diet (n = 50)	Moderate-fat Diet (n = 51)	All Participants (n = 101)	Completed 3 ECSI (n = 40)
Age (yr)	38.8 ± 0.8	39.0 ± 0.9	38.9 ± 0.6	39.7 ± 1.0
BMI (kg/m2)	31.0 ± 0.6	30.6 ± 0.6	$30.8 \pm 0.4$	30.7 ± 0.7
Waist Circum. (cm)	99.7 ± 1.4	99.8 ± 1.5	99.7 ± 1.0	99.3 ± 1.4
Systolic Blood Pressure (mm Hg)	114.4 ± 1.4	115.2 ± 1.4	114.8 ± 1.0	115.0 ± 1.5
Diastolic Blood Pressure (mm Hg)	76.9 ± 1.1	78.0 ± 1.1	77.5 ± 0.8	77.7 ± 1.2

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