

# **Methodology of Nutrition Education Program for Supermarket Managers**

**Miyuki ADACHI, R.D., Ph.D.,  
Professor of Ecology of Human and Food  
Kagawa Nutrition University**

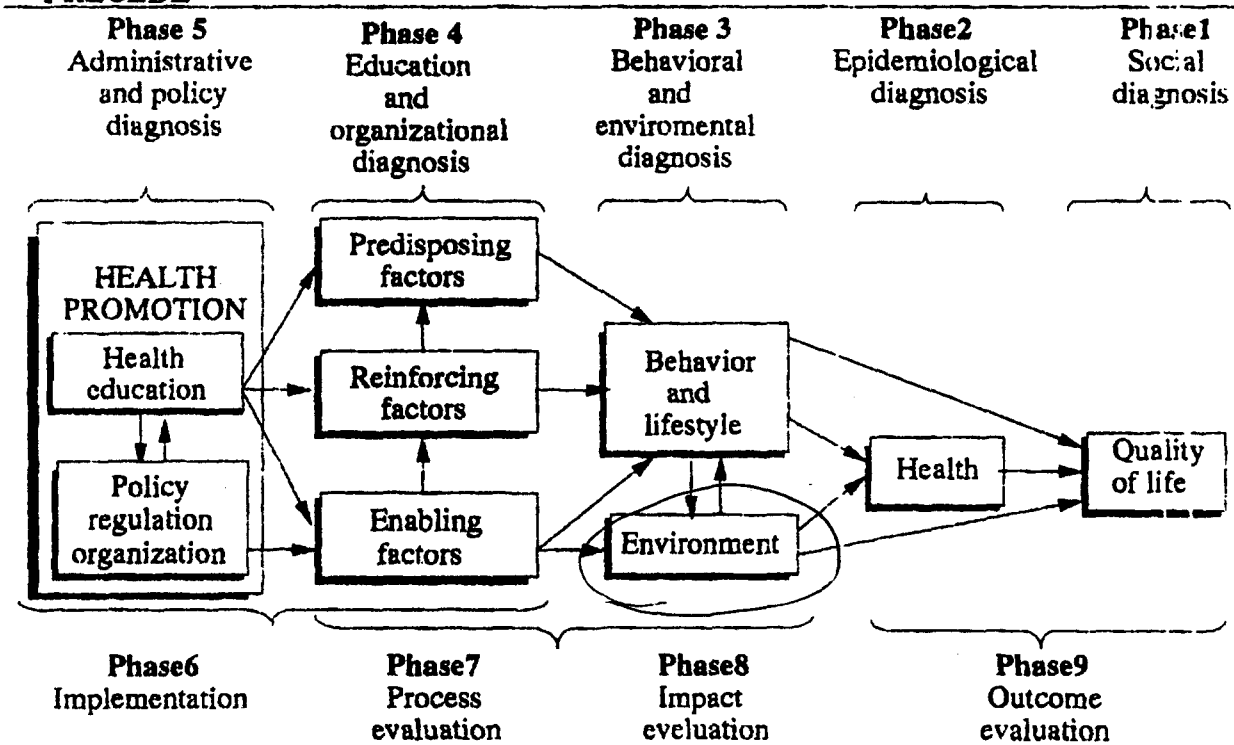
1. What are objectives of nutrition education in the community
2. How to promote the nutrition education in the community
3. To be more useful program for participants/community parson  
enjoyable  
participatory  
effective
4. A trial of nutrition education program for supermarket managers  
by M. Adachi, Y.Harigai and K.Matsushita

## **Objective**

To clarify the capacity for improvement of nutritional status of supermarket managers on the nutrition education program.

This program is important to promote not only for their nutrition, but also for food availability in their community.

**PRECEDE**



**PROCEED**

**The PRECEDE-PROCEED model for health promotion planning and evaluation**

Lawrence W. Green, Marshall; Health Promotion Today and a Framework for Planning, HEALTH PROMOTION PLANNING An Educational and Environmental approach, pp24 (1991) MAYFIELD PUBLISHING COMPANY

Table.1 Characteristics of Subject

		n=192 %
Age	30 years olds	72.3
	40 years olds	27.7
Household	nucleus	71.4
	compound	20.8
	single	5.7
	NA	2.1
Educational background	Univ.	77.6
	High school	12.0
	NA	10.4

Table.2 Positive Score on Dietary Attitude and Behavior between Pre-and Post-Sessions

		n=151 %				
Post-sessions	Pre-Sessions		Change after Sessions			Total
	High-Group	Low-Group	Getting Better	No Changes	Getting Worse	
High-Group	61.2	38.8	73.5	7.1	19.4	100.0
Low-Group	18.9	81.8	49.1	9.4	41.5	100.0
Total	46.4	53.6	64.9	7.9	27.2	100.0

(assessment) 11월 20일 → 12월 20일 (2주) → 1월 20일  
 11월 20일 → 12월 20일 → 1월 20일  
 25명 → 22명 112.  
 30일씩 매주 check

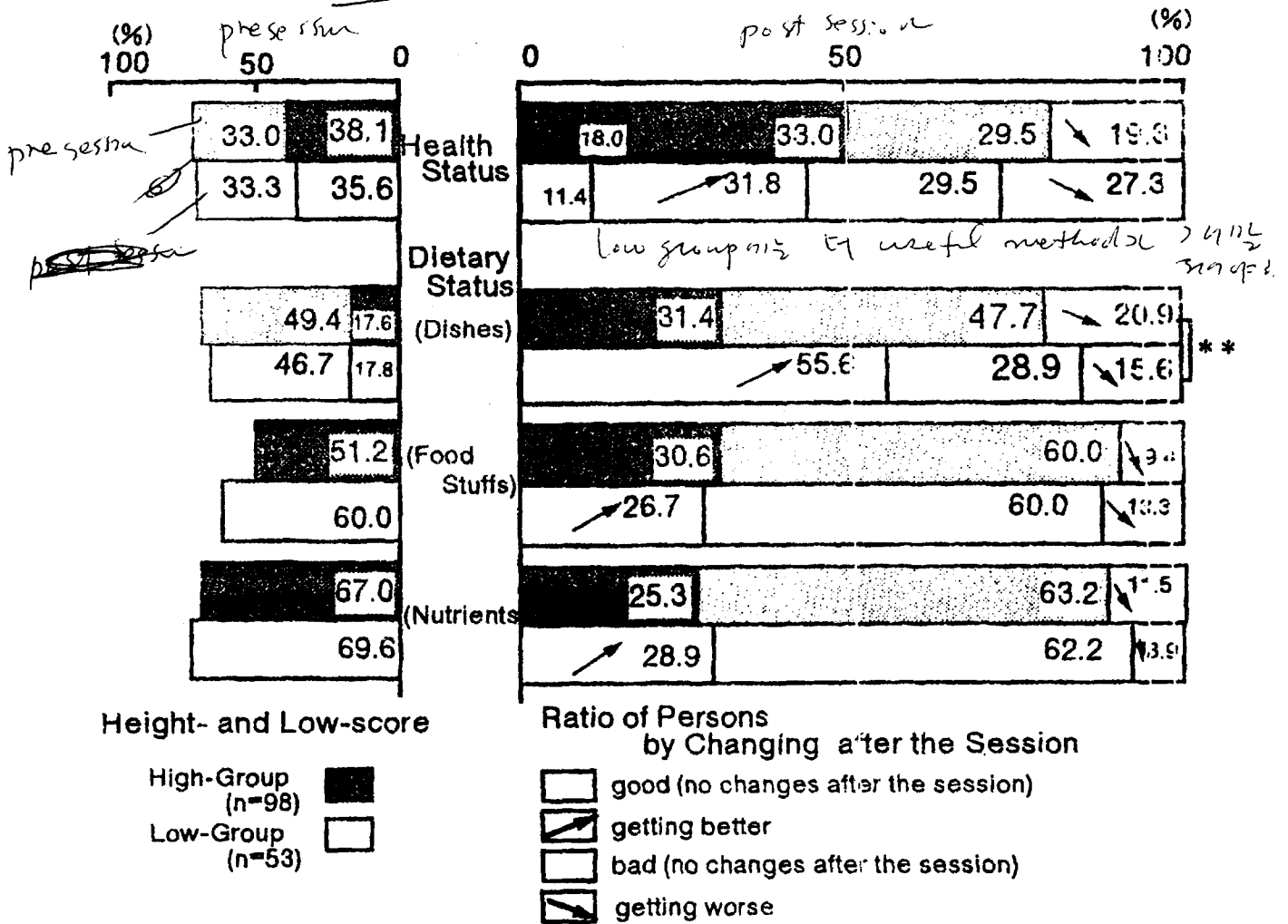


Fig.6 Ratio of Persons with Problems on Health and Dietary Status by Positive Score on Dietary Attitude and Behavior

The education program should be

- useful
- enjoyable
- participatory
- effective

self efficacy 2  
 5124  
 228 2,222  
 enjoyable

digestive part

evaluated for economic side : 42 years Mr. T.  
 BMI  
 B.P  
 Cholesterol

got better - 25000 ¥

Seminar cost : (45%)



"obento diet program"

bento: lunch box

booked → 600cc 21 box

total energy & content

combination

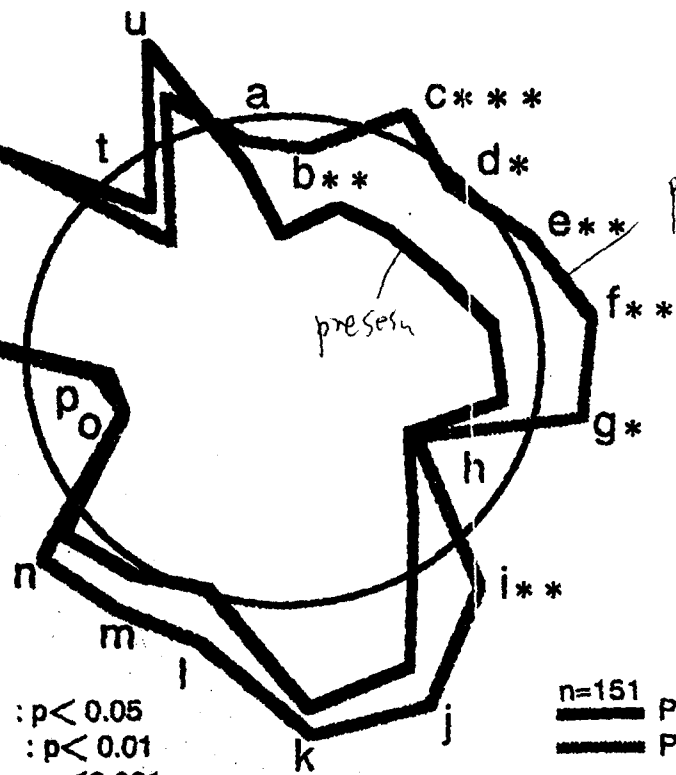
surface area

- ① staple food 3
- ② main dish -1
- ③ sidedish 2

↓ dish selecting method.

Chi square test \* : p < 0.05  
 \*\* : p < 0.01  
 \*\*\* : p < 0.001

n=151  
 Pre-Session  
 Post-Session

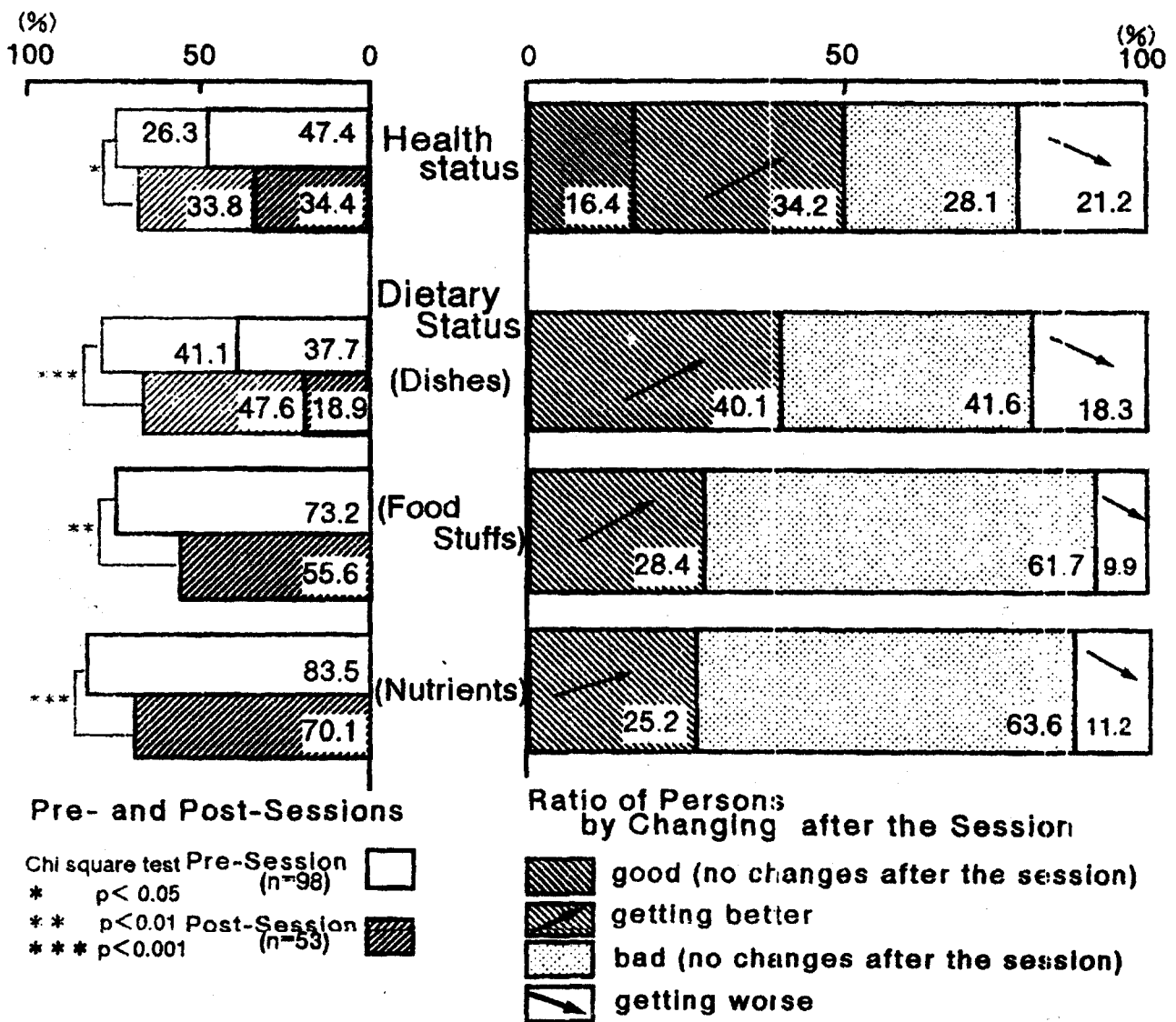


post session

### Ratio of persons answerd "yes" in following questions

- a: Do you make a great point of combination of dishes at taking a meal?
- b: Do you make a great point of weight control at taking a meal?
- c**: Do you make a great point of intake not too much salt at taking a meal?
- d: Do you make a great point of combination of food stuffs at taking a meal?
- e: Do you make a great point of intake not too much sugar at taking a meal?
- f: Do you make a great point of combination of nutrients at taking a meal?
- g: Do you make a great point of promoting health at taking a meal?
- h: Do you enjoy a meal without haste?
- i: Do you enjoy taking a meal?
- j: Are you positive to taste delicious food?
- k: Do you make a great point of eating together with family or friends?
- l: Do you talk about food and health in your house?
- m: Do you talk about food and health in your office?
- n: Do you read articles on cooking and nutrition on the newspaper or magazines?
- o: Do you clean up the table usually?
- p: Do you prepare a meal for your family usually?
- q: Do you go to a grocery shop usually?
- r: Do you evaluate cooking is interesting work?
- s: Do you think cooking is not so difficult?
- t: Do you think man may not work in his family's kitchen?
- u: Do you think cooking is not your own housework?

**Fig.4 Change of Profile of Dietary Attitude and Behavior after the Session**



**Fig.3 Ratio of Persons with Problems on Health, Dietary Status by Pre- and Post- Sessions**

Interval one month

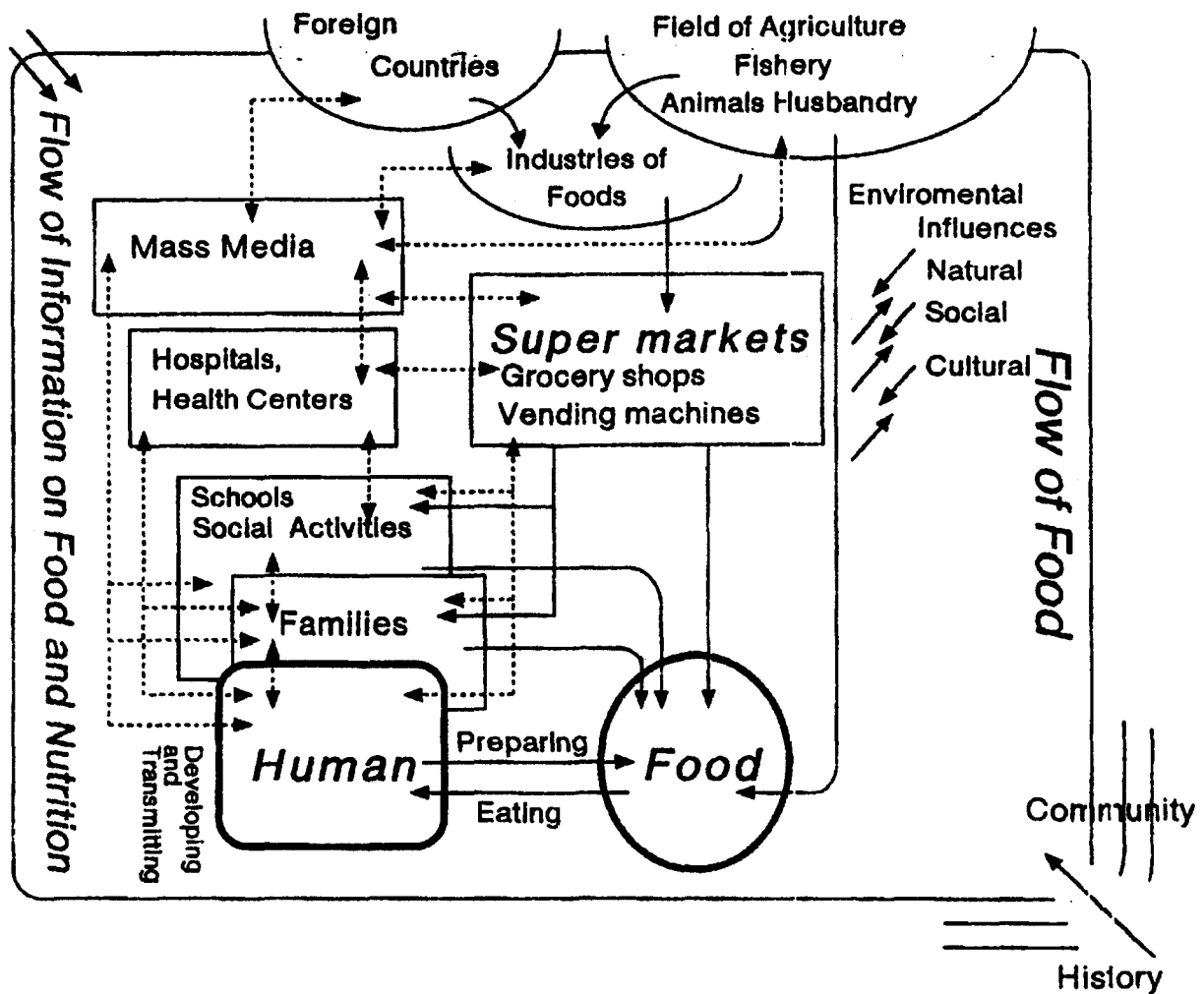


Fig.1 Supermarkets are a Key Place of Food and Information Availability in a Community



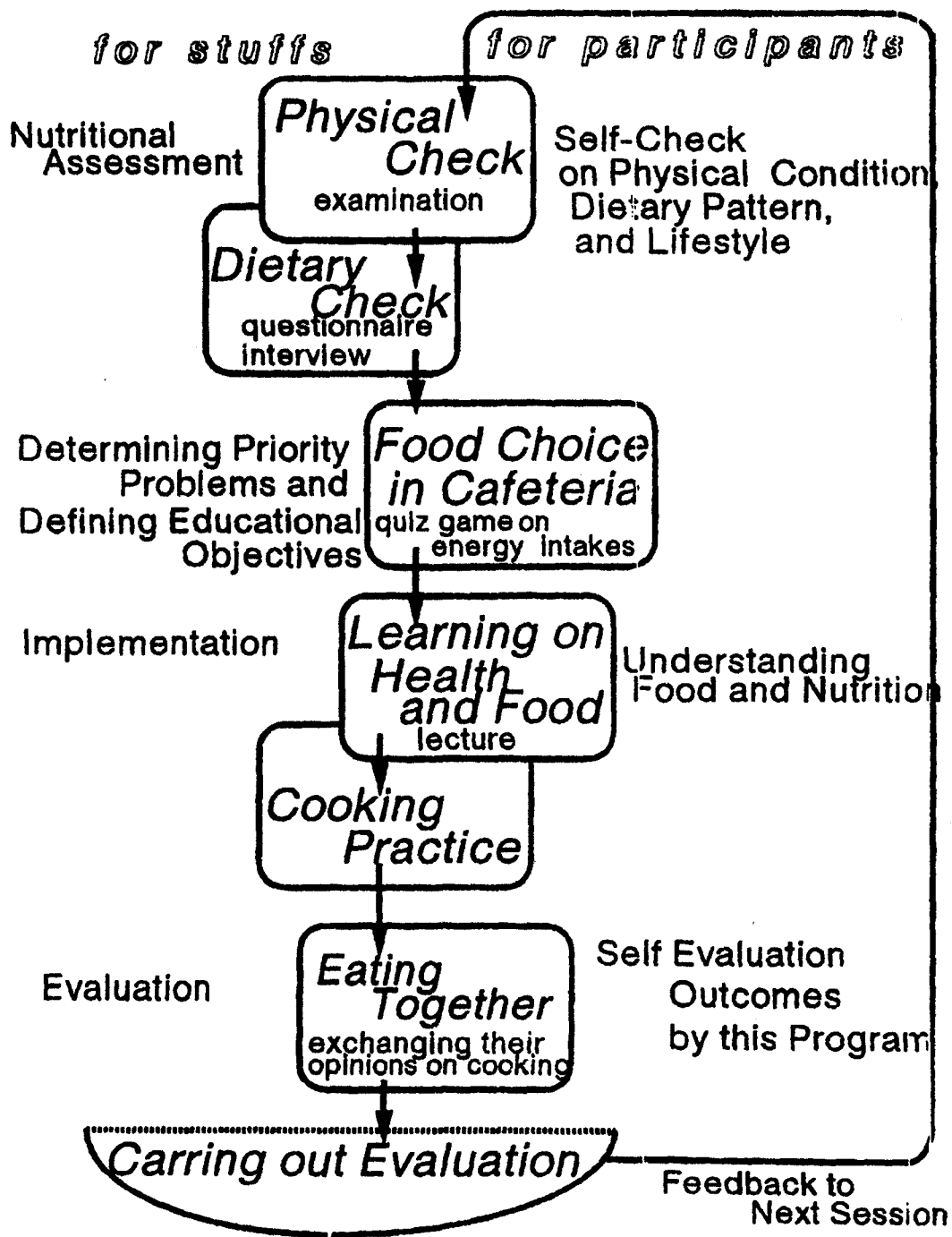


Fig.2 Flow of the Nutrition Program