ABSTRACT

RESEARCH PAPER: Frequency of and Factors Associated with Nutrition Facts Label Use among Adults

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The focus of this study was to examine the literature to determine the frequency of and factors associated with the use of Nutrition Facts labels among adults in the United States. This study was conducted as an in-depth literature review. The researcher identified eight health-related databases from the Ball State University libraries webpage in which to gather, review, and analyze information from peer-reviewed journals and documents from governmental and private agencies.

Results showed that the majority of American adults studied utilize Nutrition Facts labels to some degree on a regular basis, and that many factors may be associated with label use. Factors including gender, age, education, beliefs about diet-disease relationships, socioeconomic and employment status, health consciousness, household size, and race showed some level of association with label use. The three most reported factors that influenced label use were gender, age, and education. Females, younger individuals, and those with higher education were more likely to utilize Nutrition Facts labels. Furthermore, the belief in a relationship between diet and disease showed a very strong and consistent association with label use as well.