

ABSTRACT

THESIS: A Nutrition Education Intervention at LifeStream Services, Inc. Centers on the Knowledge, Attitudes, and Intent to Change Senior Citizens' Behavior

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Elderly individuals are at a high risk for developing various chronic diseases due to age and lifestyle factors. In order to combat these factors, federal assistance programs have been implemented to serve senior communities in ensuring they receive adequate nutrition. While great strides have been made to ensure quality nutrition programs for elderly individuals, chronic diseases continue to be prevalent. Thus, more research on nutrition education programs directed at dietary behavior changes for the prevention and management of chronic diseases is needed. This study evaluated the impact of a nutrition education intervention program on the knowledge, attitudes, and intent to change behavior in elderly individuals who were estimated to be at risk or who were already diagnosed with a chronic disease such as diabetes, cardiovascular disease, and obesity. A significant increase in nutrition knowledge for the intervention group was observed, but not in comparison between the baseline and post-test group. While there was no significance observed for attitudes or intent to change behaviors as a result of the education intervention, changes were observed as it related to specific dietary behaviors of participants moving into the action stage.