

OUTREACH INCENTIVE GRANT FUNDING: END-OF-YEAR PROJECT REPORT

Title: Development, Implementation, and Evaluation of a Client-centered Nutrition Counseling Component to Enhance Health Outcomes in a Worksite Wellness Program at Radio Systems Corporation

Your Name: Hollie Raynor

Project Date: Planning: Aug. 2011-Feb. 2012
Implementation: Mar.-Jun. 2012
Evaluation: Jun. 2012-Present

ASSESSMENT/ PARTNERSHIP/RECIPROCITY:

This project actually began in Summer 2011, when Becka Wilson, the Wellness Coordinator at Radio Systems Corporation (RSC), contacted Dr. Hollie Raynor for assistance in developing a nutrition component for RSC's worksite wellness program. RSC had an existing worksite wellness program, but the program did not have a strong nutrition presence. Thus Ms. Wilson and Dr. Raynor met to discuss how the nutrition component of the worksite wellness program could be strengthened. Ms. Wilson felt that the employees at RSC needed to have individual and group sessions focused on nutrition, and that topics important to employees included eating healthy in restaurants and dietary guidelines. Over Fall 2011, Dr. Raynor and Ms. Wilson regularly communicated by phone and email to develop a client-centered nutrition counseling component for the employee wellness program. Ms. Wilson and Dr. Raynor also discussed that two graduate students in nutrition would deliver the client-centered nutrition counseling to RSC employees to provide the graduate students with the experience of planning, implementing, and evaluating a client-centered nutrition counseling program. In December 2011, Ms. Wilson met with Dr. Hollie Raynor and two nutrition graduate students to discuss the logistics of scheduling the program so that the schedule would meet employee needs and also work with the graduate students' schedules. Starting in January 2012, the materials for the sessions were developed by the students under the supervision of Dr. Raynor, and Ms. Wilson reviewed all materials and provided feedback based upon her knowledge of RSC employee needs. Once the project began, Ms. Wilson sent Dr. Raynor feedback about sessions she attended and comments employees provided, so that the program could be modified to more closely fit RSC employee needs.

Before implementation of this project, informed consent forms were distributed to all RSC employees. Employees were not required to complete informed consent in order to receive the client-centered nutrition counseling component of the worksite wellness program, however consent was required if an employee wished to participate in the evaluation component of the project in which data were collected. Informed consent and baseline data were collected from 29 employees. These employees provided questionnaires on dietary intake and exercise habits. Additionally, these employees also provided to Dr. Raynor's team the results of their health screening that occurred prior to the start of the worksite wellness program. From April 2012 to June 2012, the nutrition counseling program was delivered to 60 RSC employees. Of the 60 employees receiving the client-centered nutrition counseling program, 13 participated in the evaluation component of the program. Post-program evaluation data are currently being collected from the 29 employees that consented for the evaluation component. These data will allow the client-centered nutrition program to be evaluated by providing information on changes that occurred in dietary intake and exercise across time in RSC employees that participated in the program and those that did not participate in the program.

BENEFITS:

From the University perspective, this project provided two graduate nutrition students a valuable service-learning experience. The students were directly involved in the development, implementation, and evaluation of the program. The students delivered the client-centered nutrition counseling program to the RSC employees and received supervision from Dr. Raynor to assist the students in developing their client-

centered nutrition counseling skills. This opportunity allowed the students to strengthen their professional skills by applying information learned in the classroom into a real-life setting. Additionally, this project allowed Dr. Raynor to establish a relationship with a community partner, Ms. Wilson, which will afford the opportunity to apply for funding to examine the effectiveness of a worksite wellness project that includes a client-centered nutrition counseling component.

RSC employees benefited from this project by receiving an evidence-based, client-centered nutrition counseling component within their worksite wellness program. This program should assist employees in developing healthy lifestyles and reducing health morbidity. Additionally Ms. Wilson now has nutrition-focused program materials that can be used by RSC in future worksite wellness programs.

SHARED DECISION-MAKING:

As stated previously, Ms. Wilson played an integral role in the planning and implementation of the project. Additionally, once the program started, Ms. Wilson, along with RSC employees, provided Dr. Raynor with feedback on the program so that the program could be modified to better meet RSC employee needs.

SCHOLARSHIP:

Due to the role that the nutrition graduate students had in this project, it is anticipated once the evaluation data are collected, analyses will be conducted by the graduate students and that the results will be submitted to College, University, and/or Professional Organizational Conferences as research abstracts, with one of the students being the primary author. Co-authors will include Ms. Wilson and Dr. Raynor.

CONCLUSIONS:

Of the 29 employees that provided consent for data collection, they were aged 38.6 ± 9.9 years, with 48.3% male, 96.6% non-Hispanic White, 58.6% married, and 58.6% with some college education. For health conditions, 75.9% were overweight or obese, 51.7% had elevated blood pressure (BP), 27.6% had elevated cholesterol, 27.6% had low levels of high-density lipoprotein (HDL-C), 10.3% had elevated triglycerides (TGs), and 24.5% had elevated blood glucose (BG). Almost 50% had at least two of the risk factors (overweight/obese; elevated BP, cholesterol, TGs, or BG; low HDL-C). At baseline, self-reported daily dietary intake was 2533 ± 980 kcals/day with $24.9 \pm 11.6\%$ kcals from fat/day. Thus, the RSC employees appeared to be consuming an excessive amount of energy, which was impacting their health status.

FUTURE PLANS:

Depending on the outcomes of the evaluation, these data could support a grant application for a larger, longer worksite wellness program that is more intensively evaluated. Additionally, RSC may be able to serve as an opportunity for training additional graduate nutrition students in client-centered nutrition counseling.