

## Researchers at SDSU have published new data on dietary behavior

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"This study examined the impact of a tailored nutrition intervention at 3 and 6 months postintervention. In all, 357 Latinas were randomly assigned to one of three conditions: (1) a control condition comprised of previously developed Spanish language targeted materials, (2) tailored print materials, or (3) tailored print materials accompanied by personalized dietary counseling via lay health advisors (promotoras)," scientists in the United States report (see also ).

"At 6 months postintervention, significant group by time interactions were observed on the dietary behavioral strategies scales. The promotora condition resulted in significant behavior change initially; however, receipt of tailored and control materials was instrumental in continued behavior change after intervention activities had ceased. Group main effects suggested that the promotora condition was superior at reducing barriers and improving family interactions supporting healthy behaviors," wrote J.P. Elder and colleagues, [San Diego State University](#).

The researchers concluded: "The promotora model is an effective method for changing important dietary behaviors and psychosocial determinants, but longer term behavior change is achievable with less expensive intervention methods."

Elder and colleagues published their study in *Health Education & Behavior* (Evaluating Psychosocial and Behavioral Mechanisms of Change in a Tailored Communication Intervention. *Health Education & Behavior*, 2009;36(2):366-380).