

Optimizing fit: Identifying the need to address facilitators and barriers to achieve effective outcomes of family-based dietary behavior change programs

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TOPIC/TARGET AUDIENCE: Researchers interested in implementation and program adaptations for dietary behavior change.

ABSTRACT: Background: Evidence shows that home-based dietary behavior change programs can impact family eating patterns. However, barriers to delivering with fidelity in real-world settings exist. Barriers may be greater for low-income families due to higher risk for poor dietary behaviors and difficulty changing behavior. This review 1) identified facilitators/barriers to home-based dietary programs; 2) explored how these impact program fit (e.g., intervention meets population needs).

Methods: We reviewed 200 studies identified through a PubMed search (inclusion criteria: home-based program; dietary behavior change outcome; facilitators/barriers assessed; published in English). Four studies met inclusion criteria. An ecological perspective was applied to map facilitators/barriers across three levels of influence: individual, family, social-environmental.

Results: Behavior change facilitators/barriers included individual (e.g., food preferences, knowledge), family (e.g., structure, perceptions, time), and social-environmental (e.g., food costs, community support) factors. Data point to more barriers and fewer facilitators for low-income families; unique factors impact feasibility and acceptability of nutrition programs for this population.

Conclusions: A variety of factors across multiple levels may impact delivery of behavior change programs. Addressing these through the implementation process can improve program fit, which may be especially important for low-income families. Future work should assess the effects of adapting programs to address facilitators/barriers.

OBJECTIVE(S):

- Discuss facilitators/barriers of home-based dietary behavior change programs.
- Explain the importance of addressing facilitators/barriers of behavior change interventions to improve program fit.
- Identify which level of influence each facilitator/barriers falls using an ecological perspective.

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