

Feasibility of an 8-week African American Web-based Pilot Program Promoting Healthy Eating Behaviors: Family Eats

Karen Weber Cullen, DrPH, RD; Debbie Thompson, PhD

Objectives: To assess log-on rates and change in mediating variables achieved from a web-based nutrition intervention for African American families. **Methods:** A parent and 9- to 12- year-old daughter (n=67 families) completed questionnaires measuring dietary change mediating variables. **Results:** Overall log-on rate was 59%. Significant positive changes were noted in mother-reported menu planning, self-efficacy, fruit/vegetable availability self-efficacy, modifying meat-fat practices, substitution fat prac-

tices, and healthy restaurant selection, and daughter-reported parent modeling of eating fruit and vegetables. **Conclusion:** An Internet-delivered nutrition intervention for families was successful in achieving change in some mediating variables, with modest log-on rates. Future research should investigate impact on dietary behaviors.

Key words: nutrition behavior change program, web-based intervention, log-on rates, African American, family

Am J Health Behav. 2008;32(1):40-51
