

Formative Research and Stakeholder Participation in Intervention Development

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Objective: To present a model for using formative research and stakeholder participation to develop a community-based dietary intervention targeting American Indians. **Methods:** Formative research included interviews, assessment of food-purchasing frequency and preparation methods, and dietary recalls. Stakeholders contributed to intervention development through formative research, a program planning workshop, group feedback, and implementation training. **Results:** Foods high in fat and sugar are

commonly consumed. Barriers to healthy eating include low availability, perceived high cost, and poor flavor. Stakeholder participation contributed to the development of a culturally appropriate intervention. **Conclusions:** This approach resulted in project acceptance, stakeholder collaboration, and a culturally appropriate program.

Key words: formative research, community participation, food store intervention, obesity, American Indians

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