

# Effectiveness of a Nutrition Intervention With Rural Low-income Women

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**Objectives:** To evaluate *Cookin' Up Health*, a computer-based interactive nutrition intervention. **Methods:** After randomization to intervention and control groups, 262 women in rural clinics in West Virginia completed both a baseline and 3-month follow-up survey. **Results:** Compared to the control group, the intervention group had significantly improved scores on knowledge of dietary fats, food la-

bel reading, and readiness to eat 5 fruits and vegetables a day and foods lower in fat. **Conclusions:** This brief interactive nutrition intervention shows potential as a strategy to begin the process of change, but follow-up may be needed for actual behavior change to occur.

**Key words:** cardiovascular disease, women's health, nutrition, rural, multimedia

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