

Smoking Status and Stages of Change for Dietary Behaviors Among WIC Women

Janine C. Delahanty, PhD; Carlo C. DiClemente, PhD;
Stephen Havas, MD, MPH, MS; Patricia Langenberg, PhD

Objective: To examine whether dietary attitudes and demographics differ based on smoking status among low-income women participating in a dietary intervention.

Methods: Smoking status, stages of change for eating a healthier diet, and dietary intake were examined among 2066 women participating in the Maryland Women, Infants, and Children (WIC) Food for Life Program. **Results:** Relative to nonsmokers, current smokers reported significantly higher overall calories; higher percentages of

calories from fat, sweets, and alcohol; and lower percentage of calories from protein. Never smokers who received the dietary intervention evidenced the greatest dietary changes over time. **Conclusions:** Future interventions should consider targeting smoking and diet simultaneously or employ different strategies for smokers and nonsmokers.

Key words: WIC, dietary intervention, stages of change, smoking status, low-income women

Am J Health Behav. 2008;32(6):583-593
