

Intention for Healthy Eating Among Southern Appalachian Teens

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Objective: To describe the intention for healthy eating and its correlates among southern Appalachian teens. **Methods:** Four hundred sixteen adolescents 14 to 16 years old were surveyed with self-administered questionnaires. **Results:** About 30% of the adolescents surveyed had definite intentions to eat healthfully during the next 2 weeks. The scales for perceived behavior control, attitude, perceived eating habits of significant others, and so-

cial support were shown to be fairly reliable (Cronbach's $\alpha=0.60$ to 0.88). Perceived behavior control and attitude were positively associated with the intention for healthy eating. **Conclusions:** Better behavior control and more positive attitude may lead to a stronger intention for healthy eating.

Key words: adolescence, diet, social norm, the theory of planned behavior

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