

# Dietitians' pick up the phone:

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# Introduction

- **Inadequate fruits and vegetables** consumption is an enduring problem that presents a significant challenge to human well-being.
- **Face to face nutritional counseling** has been documented as one effective means of behavior modification in client-centered counseling; yet nutrition knowledge gain does not result in healthy eating behavior alone.
- **Technology, especially phones**, have evolved to have extensive abilities for the owner which has increased the possibilities of usage. Given the cause, phones can be an impactful tool for increasing compliance in patient's goals.

# Purpose

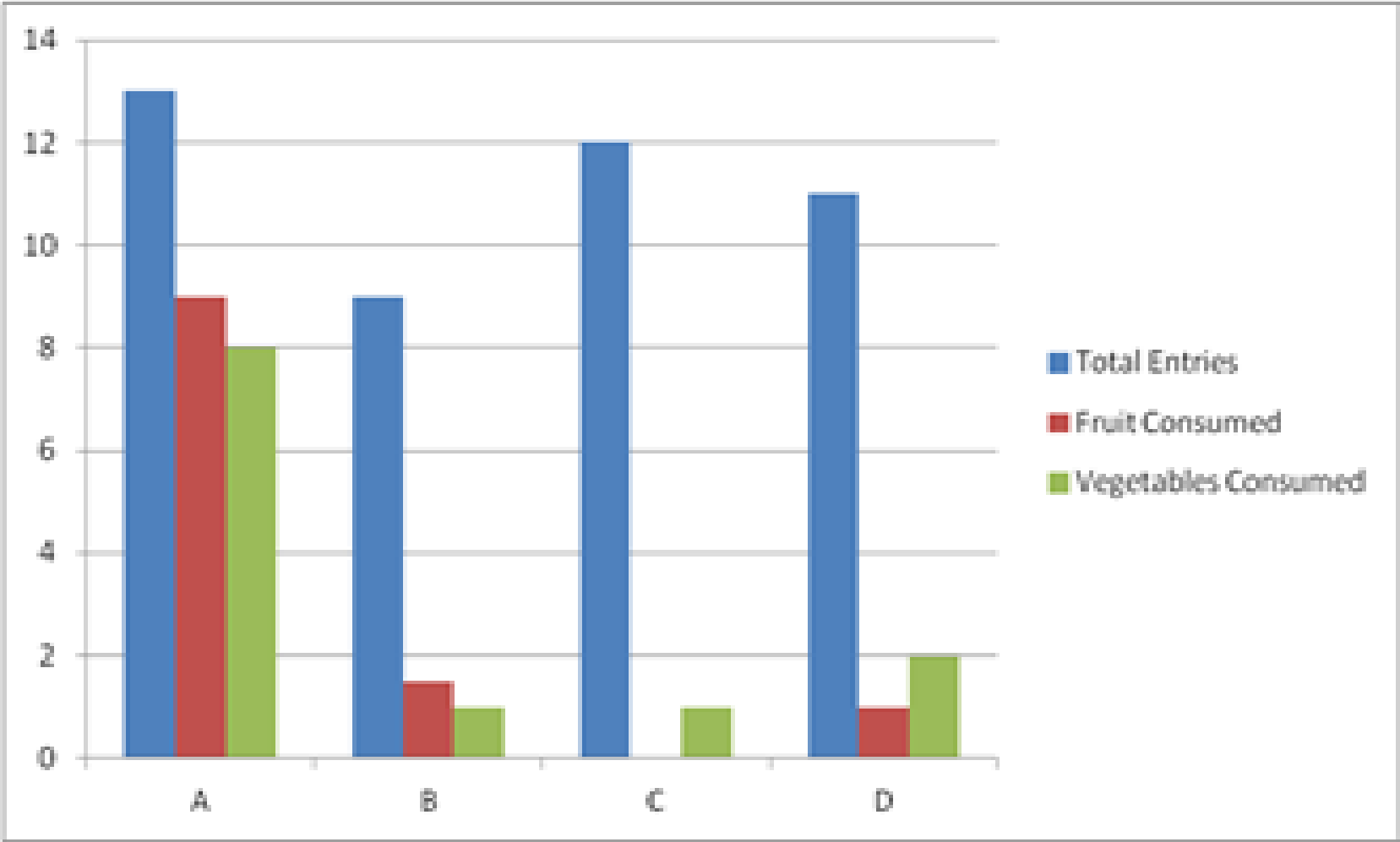
- The purpose of this study was ***to explore a new, innovative, nutritional intervention technique to improve behavior modification of fruits and vegetables consumption.***
- With the advancement of technology phones apps have evolved to have extensive capabilities, which has increased the possibilities of new dietetic resource tool.

# Methods

- Students self enrolled in a 9-week health and fitness competition ( Body Balance). There was a \$30.00 investment from the students along with a \$20.00 lab fee that was waived by the University's Wellness Center.
- Students were also given 3- 30 minute face to face nutritional counseling visits with a Registered Dietitian. At the visit, a **food frequency** was administered to assess students baseline eating habits, along with a demonstration on how to use their MealLogger App to upload pictures of their daily intake.
- Each meal that was posted by the student received feedback on how to increase fruits and vegetables consumption.

# Results

- Eleven participants were recruited: six used MealLogger of which four of the six accounts had usable data.
- Two participants had technological issues and one participant lost their phone during the program. Only two of the four participants used MealLogger for the complete nine weeks of the program.



# THANK YOU

- QUESTIONS ??????????

