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**Title:** Fruit and vegetables intake among elderly Iranians: an interventional study using the Five–A-Day program

**Authors:** Leili Salehi, Kazem Mohammad, Ali Montazeri*

**Abstract:** Background: The benefit of fruit and vegetables (FV) intake in old age is well documented. However, there is evidence that old people do not consume enough FV. The purpose of this study was to evaluate the effectiveness of a tailored nutrition intervention that aimed to increase the FV intake among elderly Iranians.

Methods: This quasi-experimental study was performed among a community-based sample of elderly in Tehran, Iran in year 2008 to 2009. Data were collected at baseline and 4 weeks follow-up.

At baseline face-to-face interviews were conducted with the whole sample using a structured questionnaire including items on demographic information, stage of change, self-efficacy, decisional balance, daily servings of FV intake. Four weeks follow-up data were collected after implementing the intervention.

Results: The mean age of participants was 64.06 ± 4.48 years and overall two-third of participants were female. At baseline total FV intake was not differed between two groups but it was significantly increased in the intervention group at posttest assessment (mean serving/day in intervention group 3.08± 1.35 vs. 1.79± 1.08 in control group; P = 0.001). Further analysis also indicated that elderly in intervention arm had higher FV intake, perceived benefits and self-efficacy, and lower perceived barriers. Compared with control group, greater proportions of elderly in intervention group moved from pre contemplation to contemplation/preparation and action/maintenance stages (P <0.0001), and from contemplation /preparation to action/maintenance stages (P= 0.004) from pretest to posttest measurement occasions.

Conclusion: This study suggests that TTM is a useful model that can be applied to dietary behavior change, more specifically FV consumption among Iranian's elderly.

**Stage of change, fruit and vegetable, elderly**

Presentation: Poster