

2<sup>nd</sup> World summit on HEALTH NUTRITION

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**The successful impact of weekly nurse-led diet coaching in middle-aged women with sub-optimal dietary protein intake****Kelley Jackson, Sareen Gropper, Deborah D'Avolio, Dennis Hunt, David Newman***Florida Atlantic University, USA*

**Statement of the Problem:** Over 45% of middle-aged women fail to meet the Recommended Dietary Allowance for protein. Inadequate dietary protein intake is a risk factor in the development of sarcopenia. A gap exists in the literature investigating the effectiveness of coaching in assisting women in increasing protein intake from self-selected protein-rich food sources. The purpose of this study proposed to improve the amount and distribution of dietary protein among meals in a group of healthy, middle-aged women using an individualized per-meal protein prescription with diet coaching strategies over a 12-week time frame.

**Aim:** The study included (1) examination of the impact of diet coaching on protein intake and (2) an understanding of how diet coaching sessions assisted the participants in the process of making dietary changes. **Design:** Parallel mixed methods with a sample size of 53 middle-aged healthy women consuming less than 1.2g/kg body weight of protein daily. 25 participants were randomized to receive 10 weeks of diet coaching and 28 participants were randomized to the not-coached group.

**Data Collection:** Simultaneous collection of protein intake (via three 3-day 24-hour dietary recalls at baseline, weeks 4, and 12) in both groups (coached and not-coached) along with coached-group participant responses obtained during weekly diet coaching sessions conducted telephonically. **Analysis:** A Chi square test of independence examined the percentage of participants in the coached versus non-coached group who met the protein prescription ( $\geq 1.2$  g protein/kg body weight) compared to participants in the not coached group. **Qualitative content analysis** investigated how diet coaching led to successful dietary behavior change.

**Findings:** 76% of the participants in the coached group met or exceeded the protein prescription versus 53% in the not-coached group [ $\chi^2 (2, N=25) = 2.89, p = .04$ ]. Diet coaching led to successful dietary behavior change through knowledge empowerment and weekly telephonic support.

**Biography**

Kelley Jackson graduated from Michigan State University with both Bachelor (1996) and Master (2002) of Science Degrees in Nursing, and most recently from Florida Atlantic University with her PhD (2020) in Nursing. She is a Board-Certified Family Nurse Practitioner with over 25 years of experience in a variety of clinical and non-clinical settings. She currently serves as a medical and clinical nurse manager under the OptumServe umbrella of UnitedHealth Group. This role supports the national response program for COVID-19 Testing and Vaccine Administration. Kelley is an active member of the South Florida Council of Advanced Practice Nurses and actively volunteers for Habitat for Humanity, Medals4Mettle, and the American Heart Association's Circle of Red. She enjoys kayaking, running, and spending time with family and friends.

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