

Examination of racial and regional differences in total energy intake and percent fat following a behavioral weight control program

Morgan Rivers, Jean Harvey-Berino, PhD, RD, Peter Callas, PhD, Amy Nickerson, MS, RD

Abstract

Objectives- The aim of this study was to determine if there are racial and regional differences in total caloric intake and percent fat consumption following a behavioral weight control program.

Background- Currently there is no research comparing racial and regional differences following a behavioral weight loss program. Knowing if these differences exist will help health professionals and behavioral weight control program providers tailor the way programs are delivered to participants to ensure the most effective means of weight loss and weight loss management to different people across all regions of the United States

Methods- Healthy overweight (n= 481, 28% African American, 72% white/other) adults enrolled in a 6-month behavioral weight loss program in Vermont and Aransas from 2003 to 2008. Participants were prescribed a calorie restricted diet and given a dietary fat goal of <25% of calories from fat (1). Dietary intake was measured at baseline and at six months using the Block Version 98.2 self-report food frequency questionnaire (2). Differences in total calorie and percent fat intake by race (African American and White participants) and by region (VT and AR) were examined using two sample t tests or Wilcoxon rank sum tests, depending on if the data were normally distributed or not.

Results- Results are incomplete at this time and will be presented during the poster session.

Conclusions- It is expected that there will be significant racial and regional differences in calorie and fat consumption. Further conclusions will be presented during the poster session

References:

- 1) Harvey-Berino J, West D, Krukowski R, Prewitt E, VanBiervliet A, Ashikaga T, Skelly J, Internet delivered behavioral obesity treatment. *Prev Med.* 2010; 51(2): 123-128.
- 2) Nutrition Quest. Berkley, CA 2011. Retrieved January 3, 2012, from <http://nutritionquest.com/> .