

Title: Frialator Annihilator

Authors: Jamie G. Sheahan¹, Aaron D. Jones², RD, Amy Nickerson¹, MS, RD, Peter Callas¹, PhD

¹University of Vermont, Burlington, VT ²Rutland Regional Medical Center, Rutland, VT

America's food environment is the focus of many interventions aimed at reducing rates of overweight and obesity. Many hospitals have signed the Healthy Food in Health Care Pledge, committing to improving the healthfulness of food served. The purpose of this study was to determine the impact on hospital employees of removing fried foods from a hospital food court menu.

The Institutional Review Board at the University of Vermont and the Rutland Regional Medical Center (RRMC) approved the study, which took place in the food court of RRMC. Study participants consisted of hospital employees receiving hospital correspondence through email. Potential participants were alerted to the upcoming removal of fried foods from the food court menu. A pre-intervention survey link was embedded in the daily email and available for voluntary completion one week prior to the three-week elimination of fried foods with a follow-up survey link sent in the final week of the intervention. Both surveys included 16 questions assessing customer satisfaction as well as the attitudes, behavioral intentions and perceived behavioral control related to food court purchases based on the Theory of Planned Behavior.

289 participants (19%) completed the pre-intervention survey and 161 participants (11%) completed the follow-up survey. Data analysis and results are pending.

It does not appear that the environmental intervention had a significant impact on the constructs of attitudes, behavioral intentions, or perceived behavioral control related to purchasing fried foods. Further investigation is needed to determine the efficacy of similar environmental interventions paired with an educational component.