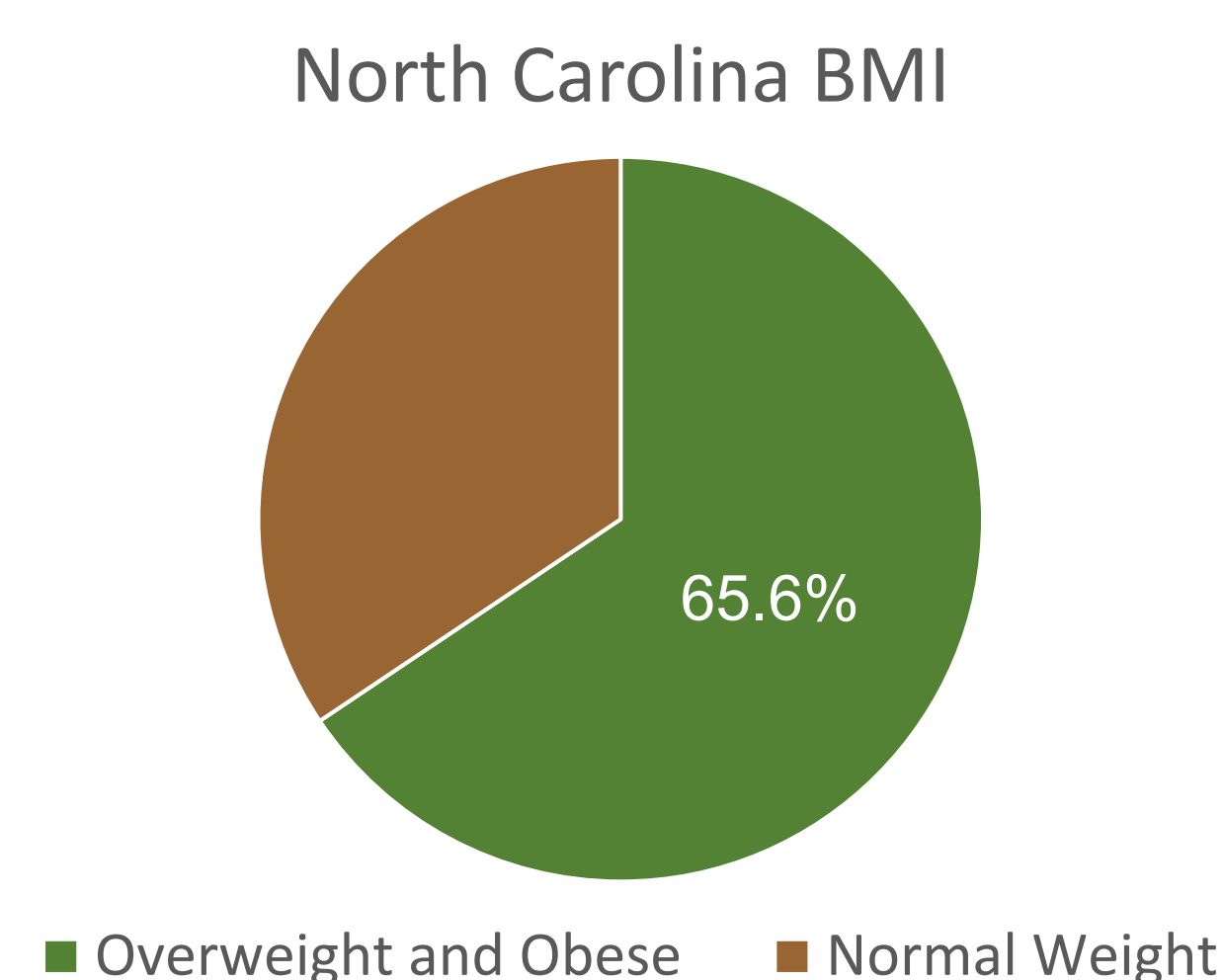
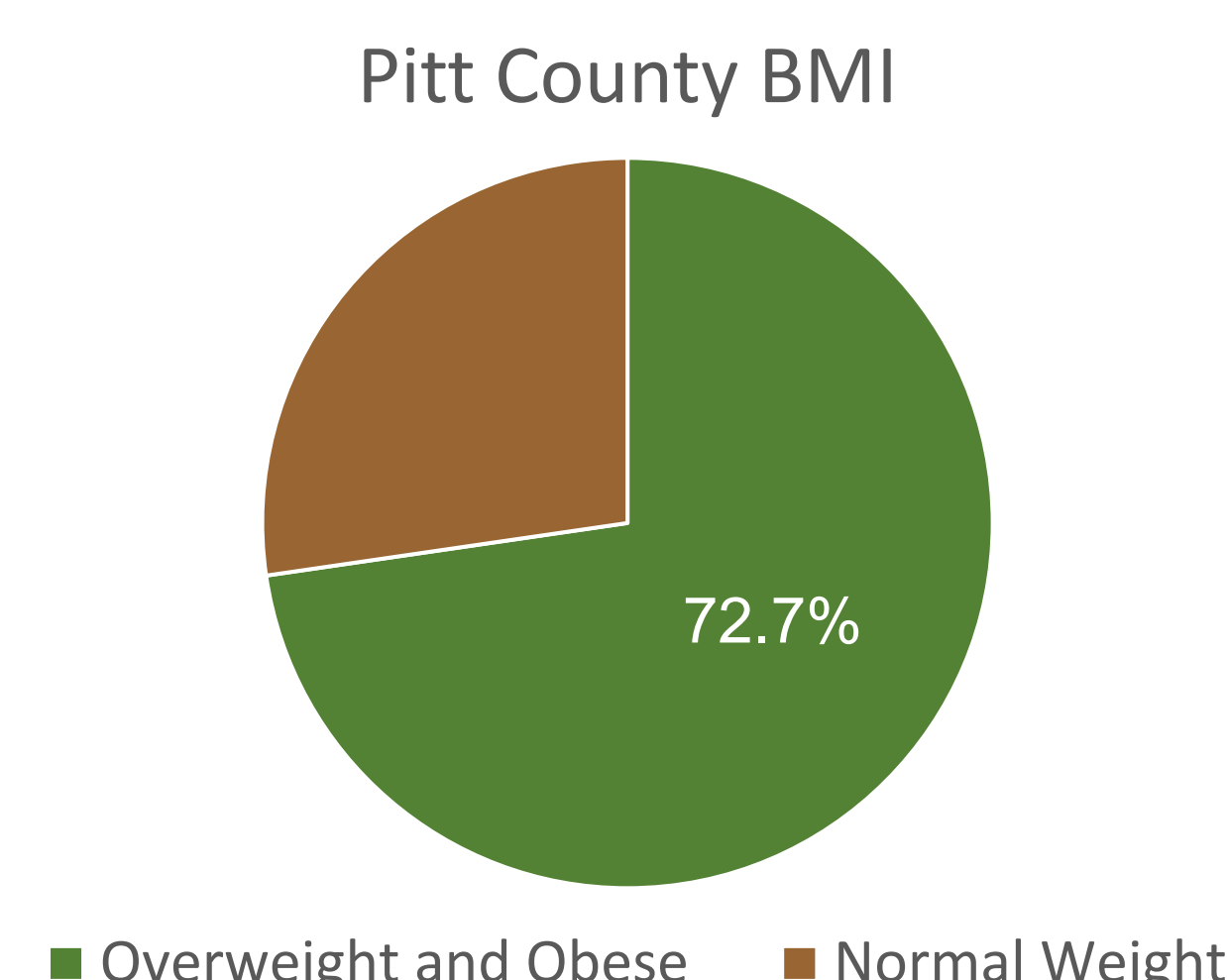


## INTRODUCTION

- 2 in 3 adults are Overweight or Obese in North Carolina.<sup>2</sup>



- Pitt County's Overweight and Obesity rates are 7.1% higher than North Carolina's average.<sup>3</sup>



- Increase a person's risk for developing a number of acute and chronic medical conditions that could affect every organ system.

## PROJECT AIM

Provide educational handouts that focus on healthy weight education. Content included creating SMART goals, learning the PLATE method, recognizing healthy shopping/eating behaviors, understanding the nutrition facts label, documenting food intake and physical activity.

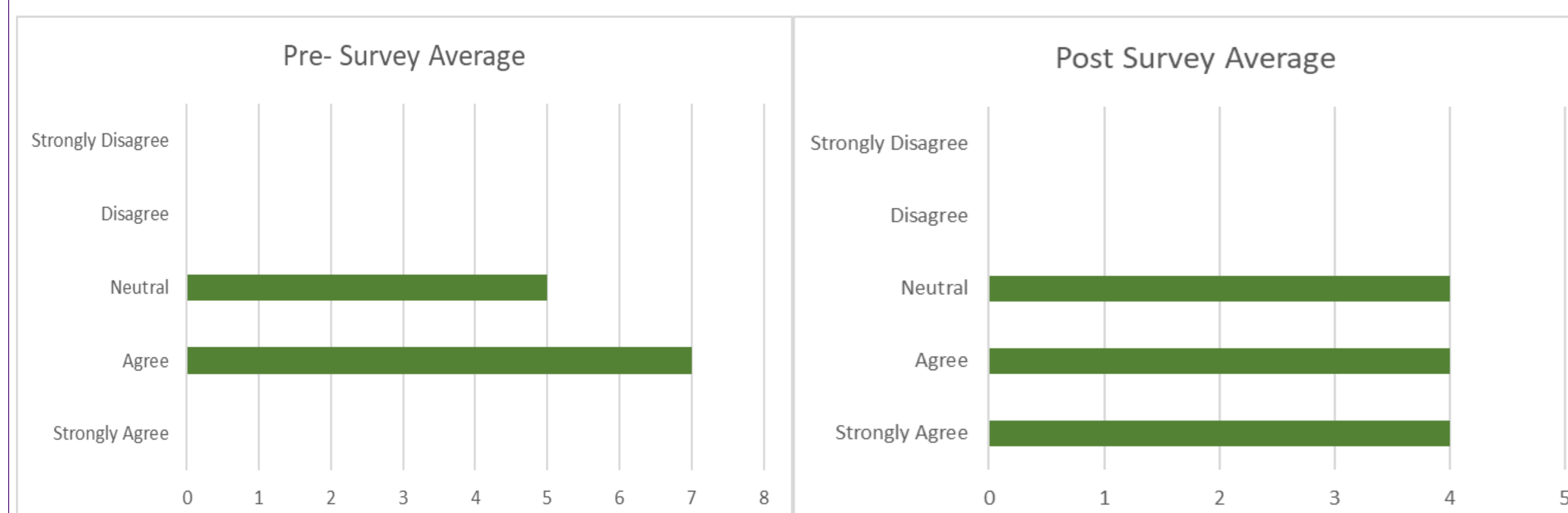
## RESULTS

### Summary

- 35 workbooks were distributed to participants in the weight management clinic. Of those 35, 10 participants completed both pre and post surveys. The remaining 25 participants either completed only pre or post surveys and are not accounted for in the results.



- Pre Survey Average- 3.49/5, Post Survey Average- 3.74/5
- On average, participants **Agreed** with the statements presented in the surveys. No differences noted before and after the educational handouts.



**Graph 1.** Pre- Survey average was 3.49/5. About 5 participants felt neutral and 7 agreed with the statements listed in the survey. Post- Survey average was 3.74/5. Participants' responses were split evenly between neutral, agree and strongly agree.

## MATERIALS & METHODS

- Subjects were comprised of adults over the age 18, who were participants in the Family Medicine Weight Management Clinic.

### Data Collection and Analysis

- Data was collected via pre and post surveys using the Likert Scale.
- Post surveys were given 2-3 weeks after the handout was received.
- Responses were calculated using the following scale: Strongly Agree=5, Agree=4, Neutral=3, Disagree=2, Strongly Disagree=1.
- The Likert Scale data range was calculated using the Z Test formula for the Likert scale. This determined whether each averaged data point fell into the strongly agree, agree, neutral/neither agree nor disagree, disagree or strongly disagree range.

## DISCUSSION

- Participants were provided handouts that focused on healthy weight education.
- Discussion should be conducted to further assess which information participants found most or least useful to make changes to the handouts.
- Limitations of the study include the sample size of 10 participants.

## REFERENCES

- Centers for Disease Control and Prevention. (2021, September 30). *Adult obesity facts*. Centers for Disease Control and Prevention. Retrieved May 12, 2022, from <https://www.cdc.gov/obesity/data/adult.html#:~:text=Obesity%20is%20a%20common%2C%20serious,from%204.7%25%20to%209.2%25>.
- Centers for Disease Control and Prevention. (2022, March 2). *Division of Nutrition, physical activity, obesity (DNPAO)*. Centers for Disease Control and Prevention. Retrieved May 12, 2022, from <https://www.cdc.gov/nccdphp/dnpao/index.html>.
- Centers for Disease Control and Prevention. (n.d.). *NCCDPHP: Community Health*. Centers for Disease Control and Prevention. Retrieved May 12, 2022, from [https://www.cdc.gov/nccdphp/dch/programs/communitiesputtingpreventionintowork/communities/profiles/obesity-nc\\_pitt-county.htm](https://www.cdc.gov/nccdphp/dch/programs/communitiesputtingpreventionintowork/communities/profiles/obesity-nc_pitt-county.htm).
- U.S. Census Bureau *Quickfacts: Pitt County, North Carolina*. (n.d.). Retrieved May 12, 2022, from <https://www.census.gov/quickfacts/fact/table/pittcountynorthcarolina/PST045221>

## ACKNOWLEDGEMENTS

- Thanks to Ms. Kay Craven at the Family Medicine Weight Management Clinic and the Service-Learning Distinction Track.