OBJECTIVE

- Examine long-term impacts of nutrition education on sodium intake in a low-income population
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- Women, Infants, and Children (WIC) program
- Large, multi-ethnic sample
- In-person and online nutrition education are effective in:
  - Increasing knowledge in WIC participants
  - Improving behaviors related to sodium intake
  - Supports potential usefulness of multiple modalities of nutrition education for future WIC services

METHODS

- In-person and online nutrition education are effective in:
  - Increasing knowledge in WIC participants
  - Improving behaviors related to sodium intake
  - Supports potential usefulness of multiple modalities of nutrition education for future WIC services

RESULTS

- In-person and online nutrition education are effective in:
  - Increasing knowledge in WIC participants
  - Improving behaviors related to sodium intake
  - Supports potential usefulness of multiple modalities of nutrition education for future WIC services

CONCLUSIONS

- In-person and online nutrition education are effective in:
  - Increasing knowledge in WIC participants
  - Improving behaviors related to sodium intake
  - Supports potential usefulness of multiple modalities of nutrition education for future WIC services
- Results did not suggest a pattern of one modality being superior over another

Strengths

- Salt intake has high public health importance
- Large, multi-ethnic sample
- Both shorter (2-4 months) and longer (9-months) employees
- Real world study setting

Limitations

- No control group
- Generalizability
- Different follow-up

PROJECT INFORMATION

The study was funded by USDA/AHS (6152554810)

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