

Cardiovascular Disease Prevention and Control: Interventions Engaging Community Health Workers

Summary Evidence Table - Nutrition Outcomes

Author (s) (Suitability of Design)*	Outcome Name	Baseline:	End of Intervention:	Change in nutrition outcome (Diff. in diff of means OR absolute pct pt change)
Becker et al. 2005 (Greatest)	Change in energy from fat (%)	Intervention (n=196) 39.2% Comparison (n=168): 37.8%	12 mo. Intervention (n=196): 38.6% Comparison (n=168): 38.6%	-1.40 pct pts (p=0.12) Favorable direction
Becker et al. 2005 (Greatest)	Change in energy from sweets (%)	Intervention (n=196): 17.7% Comparison (n=168): 19.9%	12 mo. Intervention (n=196): 15.8% Comparison (n=168): 18.6%	-0.60 pct pts (p=0.07) Favorable direction
Hayashi et al. 2010 (Greatest)	Change in "high" degree of improvement in eating habits relative to "no change"	NR	12 mo.	RR=3.3 (p<0.001) Favorable direction
Hill et al. 2003 (Greatest)	Proportion of participants reporting eating salty food all or most of the time	Intervention (n=125): 56.0% Comparison (n=106): 49.0%	36 mo. Intervention (n=125): 16.0% Comparison (n=106): 26.0%	-17.0 pct pts (NS) Favorable direction
Plescia et al. 2008 (Greatest)	Proportion consuming ≥ 5 servings of vegetables/fruits daily	Intervention (n=933): 23.1% Comparison (n=521): 21.7%	36 mo. Intervention (n=905): 25.3% Comparison (n=2994): 17.5%	6.4 pct pts (p<0.001) Favorable direction
Balcazar et al. 2005 (Least)	Heart healthy behavior: reduced cholesterol and fat intake (Score on 0- 100 scale)	Intervention (n=223): 43.0 pts	6 mo. Intervention (n=190): 69.0 pts	26.0 pts (p<0.001) Favorable direction
Balcazar et al. 2005 (Least)	Heart healthy behavior: reduced salt and sodium intake (Score on 0-100 scale)	Intervention (n=223): 49.0pts	6 mo. Intervention (n=190): 65.0 pts	16.0 pts (p<0.001) Favorable direction
Fernandes et al. 2011 (Least)	Proportion using vegetable oil spray	Intervention (n=92): 43.5%	12 mo. Intervention (n=92): 60.9%	17.4 pct pts (p=0.002) Favorable direction
Fernandes et al. 2011 (Least)	Proportion reading nutrition labels	Intervention (n=92): 56.5%	12 mo. Intervention (n=92): 70.7%	14.2 pct pts (p=0.02) Favorable direction
Fernandes et al. 2011 (Least)	Proportion removing skin from chicken	Intervention (n=92): 50.0%	12 mo. Intervention (n=92): 76.1%	26.1 pct pts (p<0.001) Favorable direction

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Fernandes et al. 2011 (Least)	Proportion using mono and polyunsaturated oils	Intervention (n=92): 69.6%	12 mo. Intervention (n=92): 80.4%	10.8 pct pts (p=0.03) Favorable direction
Fernandes et al. 2011 (Least)	Proportion replacing salt with herbs and spice	Intervention (n=92): 5.5%	12 mo. Intervention (n=92): 16.3%	10.8 pct pts (p=0.02) Favorable direction
Fernandes et al. 2011 (Least)	Proportion snacking on fruits and vegetables	Intervention (n=92): 60.9%	12 mo. Intervention (n=92): 79.4%	18.5 pct pts (p=0.001) Favorable direction
Fernandes et al. 2011 (Least)	Proportion baking instead of frying	Intervention (n=92): 33.7%	12 mo. Intervention (n=92): 59.8%	26.1 pct pts (p<0.001) Favorable direction
Fernandes et al. 2011 (Least)	Proportion eating fruit for dessert	Intervention (n=92): 59.8%	12 mo. Intervention (n=92): 80.4%	20.6 pct pts (p=0.001) Favorable direction
Medina et al. 2007 – Arm 1 (Least)	Reduced salt and sodium consumption (4-pt Likert scale)	Intervention (n=67): 2.6 pts	6 mo. Intervention (n=67): 3.2 pts	0.59 pts (p<0.01) Favorable direction
Medina et al. 2007 – Arm 2 (Least)	Reduced salt and sodium consumption (4-pt Likert scale)	Intervention (n=46): 2.5 pts	6 mo. Intervention (n=46): 3.4 pts	0.79 pts (p<0.01) Favorable direction
Medina et al. 2007 – Arm 1 (Least)	Reduced cholesterol and fat consumption (4-pt Likert scale)	Intervention (n=67): 2.5 pts	6 mo. Intervention (n=67): 3.1 pts	0.58 pts (p<0.01) Favorable direction
Medina et al. 2007 – Arm 2 (Least)	Reduced cholesterol and fat consumption (4-pt Likert scale)	Intervention (n=46): 2.4 pts	6 mo. Intervention (n=46): 3.3 pts	0.92 pts (p<0.01) Favorable direction
Shlay et al. 2011 (Least) †	Proportion consuming ≥ 5 vegetables/fruits daily	Intervention (n=343): 2.0%	12 mo. Intervention (n=340): 9.8%	7.8 pct pts (p<0.001) Favorable direction
Shlay et al. 2011 (Least) †	Number of times drank no soda in past 7 days (mean)	Intervention (n=343): 48.8	12 mo. Intervention (n=340): 63.4	14.6 (p<0.001) Favorable direction
Shlay et al. 2011 (Least) †	Number of times ate no pastry in past 7 days (mean)	Intervention (n=343): 24.5	12 mo. Intervention (n=340): 45.1	20.6 (p<0.001) Favorable direction
Shlay et al. 2011 (Least) †	Number of times ate no fried food in past 7 days (mean)	Intervention (n=343): 24.3	12 mo. Intervention (n=340): 40.1	15.8 (p<0.001) Favorable direction

Author (s) (Suitability of Design)*	Outcome Name	Baseline:	End of Intervention:	Change in nutrition outcome (Diff. in diff of means OR absolute pct pt change)
Shlay et al. 2011 (Least)†	Sometime/more often read labels in the last 7 days (mean)	Intervention (n=343): 38.2	12 mo. Intervention (n=340): 53.2	15.0 (p<0.001) Favorable direction
Shlay et al. 2011 (Least)†	Proportion attended a nutrition class in the last 6 months	Intervention (n=343): 3.8%	12 mo. Intervention (n=340): 15.0%	11.2 pct pts (p<0.001) Favorable direction
Spinner et al. 2012 (Least)	Reduced salt and sodium consumption (based on 4- pt Likert scale)	Intervention (n=387): 2.5 pts	2 mo. Intervention (n=387): 2.7 pts	0.2 pts (p<0.001) Favorable direction
Spinner et al. 2012 (Least)	Reduced cholesterol and fat consumption (based on 4-pt Likert scale)	Intervention (n=379): 2.5 pts	2 mo. Intervention (n=379): 3.0 pts	0.5 pts (p<0.001) Favorable direction
Zoellner et al. 2011 (Least)	Change in calcium intake (mg)	Intervention (n=269): 635.4 mg	6 mo. Intervention (n=190): 582.3 mg	-53.1 mg (NS) Unfavorable direction
Zoellner et al. 2011 (Least)	Change in dairy intake (cups)	Intervention (n=269): 1.0 cups	6 mo. Intervention (n=190): 1.0 cups	0 cups (NS) No change
Zoellner et al. 2011 (Least)	Change in fiber (g)	Intervention (n=269): 14.2 g	6 mo. Intervention (n=190): 14.0 g	-0.2 g (NS) Unfavorable direction
Zoellner et al. 2011 (Least)	Change in fruits and vegetables (cups)	Intervention (n=269): 2.6 cups	6 mo. Intervention (n=190): 2.6 cups	0 cups (NS) Unfavorable direction
Zoellner et al. 2011 (Least)	Change in sugar (tsp)	Intervention (n=269): 17.1 tsp	6 mo. Intervention (n=190): 14.5 tsp	-2.6 tsp (p<0.0001) Favorable direction

* Included studies were stratified based on suitability of study designs. Study designs of greatest/moderate suitability include: individual or group randomized controlled trial, non-randomized trial, prospective cohort, case-control, and other designs that have a concurrent comparison group. Study designs least suitable include before-after studies without a comparison group.

†overall study has greatest suitability of design, but health behavior outcomes not reported for comparison group

Abbreviations:

pct pts, percentage points

NS, not significant

tsp, teaspoon