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The effect of Pender's health promotion model in improving the nutritional behavior of overweight and obese women

Masoud Khodaveisi¹, Ali Reza Soltanian and Shima Farokhi²

¹Hamadan University of Medical Sciences, Iran

²Asadabad University of Medical Sciences, Iran

Changes in lifestyle and eating habits have put women at risk of obesity and overweight more than ever. This aim of this study was to investigate the effect of Pender's Health Promotion Model (HPM) to improve the nutritional behavior of overweight and obese women admitted to Fatemiyeh Hospital clinics in Hamadan, west Iran in 2015. In this quasi-experimental study, 108 eligible women were selected and randomly assigned to two groups: one experimental and one control. Data were gathered using three questionnaires: demographics, Pender's HPM constructs and nutritional behavior. The questionnaires were filled out by both groups as pre-test and two months later. A Pender's HPM-based intervention was conducted for the experimental group. The data were analyzed by paired and independent t-tests, ANCOVA and Spearman's correlation coefficient in SPSS/16. The level of significance was considered to be <0.05 . The mean score of nutritional behavior was 41.75 ± 3.28 and 42.36 ± 3.69 before the intervention and 79.09 ± 5.27 and 49.72 ± 9.49 after it in the experimental and control groups, respectively. The difference was significant only between before and after the intervention in the experimental group ($P < 0.001$). Furthermore, the mean scores of the following variables were significantly different between before and after the intervention in the experimental group: nutritional behavior, perceived benefits, perceived self-efficacy, commitment to action, interpersonal and situational influences, behavior-related affect and perceived barriers ($P < 0.001$). The results showed that Pender's HPM-based training improved nutritional behavior and some constructs of the model. Therefore, this educative model can be used by healthcare providers to improve the nutritional and other health promoting behaviors.

Biography

Masoud Khodaveisi has completed his PhD from Shahid Beheshti University of Medical Sciences, Tehran, Iran. He is the director of Chronic Diseases (Home Care) Research Center and he has been serving as a faculty member in Community Health Nursing Department, Hamadan University of Medical Sciences, Hamadan, Iran.

khodaveisi@umsha.ac.ir

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