

~~P80 Food Insecurity among Jordanian Type 2 Diabetics: Impact on Glycemic Control and Healthy Eating~~

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~~**Objective:** To assess the prevalence of food insecurity among type 2 diabetics in Jordan, and to investigate its relation with healthy eating and glycemic control.~~

~~**Design, Setting and Participants:** A cross-sectional study conducted at King Abdullah University Hospital, Al-Ramtha Jordan. Participants: Systematic random sample of 843 patients diagnosed with type 2 diabetes.~~

~~**Outcome, Measures and Analysis:** Socioeconomic and health data were collected by interview-based questionnaire. Anthropometric data were measured by a trained nutritionist. Dietary assessment was done using Food Frequency Questionnaire. Dietary data was processed using food processor soft software to obtain participants' intake of food groups. Healthy eating was assessed by the revised Healthy Eating Index. Food insecurity was assessed by the USDA 6-items food security questionnaire. Glycemic control was assessed by measuring glycosylated haemoglobin (HbA1C). Statistical procedures used to analyze the data were chi-square, post-hoc analysis of variance, and multinomial analysis.~~

~~**Results:** About 50.8% of patients were food insecure and 26.8% suffered from food insecurity with hunger. Half of the participants had poor diet quality (HEI score <50), 66% were obese and 48.4% had poor glycemic control (HbA1C ≥8). Food insecure individuals had lower intakes of fruits, meat and beans, when compared to food secure individuals. Food secure individuals had the highest healthy eating index scores as compared to food insecure participants with or without hunger. No statistical relation was found between HbA1C levels and food insecurity (P-value 0.3).~~

~~**Conclusions and Implications:** Food insecurity was associated with poor diet quality but not with HbA1C levels. Funding was received from Deanship of Scientific Research at Jordan University of Science and Technology.~~

~~P81 The Mediterranean Diet: How Effective Is It As An Educational Tool?~~

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~~**Objective:** While epidemiological research on the protective role of the Mediterranean Diet (MD) is highly publicized, little is known about the effectiveness of MD education interventions. This literature review aimed to~~

~~provide new insight into methodology and evaluation in the field of nutrition education.~~

~~**Design, Setting and Participants:** Two online searches were conducted within a major citation database using the terms "Mediterranean Diet" and "Education" or "Intervention". The 343 abstracts yielded were screened for distinct studies with a clear "education" component; education being defined as instruction to participants on application of MD principles in their diet. Seven articles met the criteria.~~

~~**Outcome, Measures and Analysis:** Articles were analyzed for target population, and educational intervention design, duration, tools, evaluative measures/tests and outcomes.~~

~~**Results:** Interventions targeted both healthy and at risk populations and lasted between 12 weeks to 3 years, including follow-up. They used individual counseling, individual motivational interviewing, tailored computer-based counseling, group education, internet-based education, cookery classes, take-home printed materials and free food supplies. Outcomes were measured using food diaries, FFQs, biomarkers, anthropometrics, psychosocial variables, using t-tests and ANOVAs as appropriate. Interventions showed statistically significant increases in intake of vegetables, legumes, nuts, fruit, whole grains, seeds, olive oil and dietary PUFAs and MUFAs, and statistically significant decreases in total cholesterol, ox-LDL-cholesterol, total: HDL-cholesterol, hs-CRP, insulin resistance, body weight and waist circumference.~~

~~**Conclusions and Implications:** MD education interventions may help protect against and treat a variety of health problems in different populations. Results of this review could help inform choice and design of future targeted MD nutrition education.~~

~~P82 Exercise DVDs' Adherence to Safety Recommendations: A Preliminary Assessment~~

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~~**Objective:** Nutrition educators are being encouraged to provide education aimed at increasing physical activity, but they lack the training necessary to provide safe instruction. Exercise videos may constitute a viable option as most are led by professional instruct instructors. However, whether exercise videos follow appropriate safety guidelines has not been reported. This study aims to provide a preliminary analysis of the adherence to such guidelines, and to examine the relationship of the level of safe instruction to the workouts' intensity levels.~~

~~**Design, Setting and Participants:** An observational study was performed by five trained evaluators.~~

Continued on page S49