

Health Promotion



— 1 31.A. 2048

In Brief

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- iv **Editor's Notes: Introduction of Health Promotion FIRST (Funding Integrated Research Synthesis and Training) in the United States Senate**
- 155 **Instructions to Authors**
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THE SCIENCE OF HEALTH PROMOTION

Interventions

Nutrition

Mical Kay Shilts
Marcel Horowitz
Marilyn S. Townsend

- 81 **Goal Setting as a Strategy for Dietary and Physical Activity Behavior Change: A Review of the Literature**
A systematic search of the literature on goal setting for physical activity and nutrition identified 18 articles on interventions for adults, one for adolescents, and four for children. Six of nine studies of adults found interventions were more effective when goal setting was added. Four of four additional evaluation studies with adults and four of four studies with children found the interventions utilizing goal setting showed positive outcomes. Results were inclusive in terms of identifying the most important characteristics of goal setting.

Behavior Change

Erin L. O'Hea
Edwin D. Boudreaux
Shawn K. Jeffries
Cindy L. Carmack Taylor
Isabel C. Scarinci
Phillip J. Brantley

- 94 **Stage of Change Movement Across Three Health Behaviors: The Role of Self-Efficacy**
Self-efficacy and stages of readiness to change smoking, exercise, and dietary fat consumption were measured among 554 low income patients in primary care clinics. Self-efficacy accurately predicted stage change one month in the future for 44% of people who progressed to a more advanced stage, 27% who regressed, and 64% who stayed in the same stage.

Joel B. Bennett
Camille R. Patterson
G. Shawn Reynolds
Wyndy L. Wiitala
Wayne E. K. Lehman

- 103 **Team Awareness, Problem Drinking, and Drinking Climate: Workplace Social Health Promotion in a Policy Context**
Employees in safety-sensitive departments of a large municipality were randomly assigned to an eight-hour team awareness (n = 201), 4-hour informational (n = 192) or control (n = 194) condition to reduce alcohol related problems. Employees in the team awareness condition reduced prevalence of problem drinking from 20% to 11%, and missing work or working with a hangover from 16% to 6% over six months. Information-trained workers also reduced problem drinking from 18% to 10%.

Maria Kosma
Bradley J. Cardinal
Jeffrey A. McCubbin

- 114 **Predictors of Physical Activity Stage of Change Among Adults With Physical Disabilities**
Participants in a web-based physical activity program designed for people with physical disabilities participated in a cross-sectional survey to determine the components of the transtheoretical model most important in predicting stage of physical activity. A direct discriminant function analysis revealed that the most important stage of change predictors were the behavioral ($r_2 = .88$) and cognitive ($r_2 = .50$) processes of change, followed by self-efficacy ($r_2 = .33$) and decisional balance ($r_2 = .13$). The most accurate stages in prediction were the contemplation (76.3%), preparation (58.3%), and precontemplation (40%) stages, whereas the least accurate stages were the action (0.0%) and maintenance (8.3%) stages.

<p>Nancy A. Garrett Nina L. Aleksi Monica M. Schultz Steven S. Foldes Sanne J. Magnan Marc W. Manley</p>	<p>118</p>	<p>The Relationship of Stage of Change for Smoking Cessation to Stage of Change for Fruit and Vegetable Consumption and Physical Activity in a Health Plan Population The relationship between stage of change for smoking cessation and stage of change for fruit and vegetable consumption, and physical activity were studied at a stratified random sample of 9675 health plan members through a telephone interview. Stage of change for smoking is more closely related to stage of change for fruit and vegetable consumption than physical activity, but neither is a strong predictor.</p>
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Applications

Health Promoting Community Design

<p>Mark Braza Wendy Shoemaker Anne Seeley</p>	<p>128</p>	<p>Neighborhood Design and Rates of Walking and Biking to Elementary School in 34 California Communities Students (2993) in 105 classrooms in 35 schools in California public elementary schools were asked if they were driven, rode the buses, or biked or walked to school on the day of the study. In the multiple regression analysis, 70.3% of the variance in walking or biking to school was explained by close proximity to school, small school size, low-income family, and Hispanic race.</p>
<p>Jay Maddock</p>	<p>137</p>	<p>The Relationship Between Obesity and the Prevalence of Fast Food Restaurants: State-Level Analysis The relationship between obesity and density of fast food restaurants was measured at the state level using 2000 Behavioral Risk Factor Surveillance System data, 2000 U.S. Census data and 2002 <i>U.S. Yellow Pages</i>. Ethnicity, age, gender, physical activity, and fruit and vegetable intake explained 55% of the variance in obesity by state. Addition of density of fast food restaurants and residents per fast food restaurant increased the variance explained to 69%.</p>

Research Methods

<p>Abstracts</p>	<p>144</p>	<p>9 abstracts are featured from a variety of publications.</p>
<p>DataBase: Research and Evaluation Results</p>	<p>148</p>	<p>Four new studies are critiqued and added to the DataBase chart.</p>

The Art of Health Promotion

<p>Kimari Phillips Daniel Stokols Shari McMahan Joseph G. Grzywacz</p>	<p>1</p>	<p>Strategies for Health Promotion in Small Businesses Small businesses offer one of the most challenging settings for the delivery of health promotion. The authors provide insights into the unique advantages and challenges associated with delivering health promotion in small worksites. Empirical and theoretical strategies and resources for meeting these challenges are offered and guidelines for delivering effective health promotion services are identified. An extensive list of Internet resources for small business settings are also provided.</p>
	<p>7</p>	<p>Selected Abstracts Abstracts are provided for nine articles on best practices issues in worksite health promotion programs.</p>
<p>Larry S. Chapman</p>	<p>10</p>	<p>Closing Thoughts: Serving Small Worksites With Health Promotion Editorial comments on an "ideal" approach for delivering health promotion to small worksites is offered in this edition's Closing Thoughts column.</p>