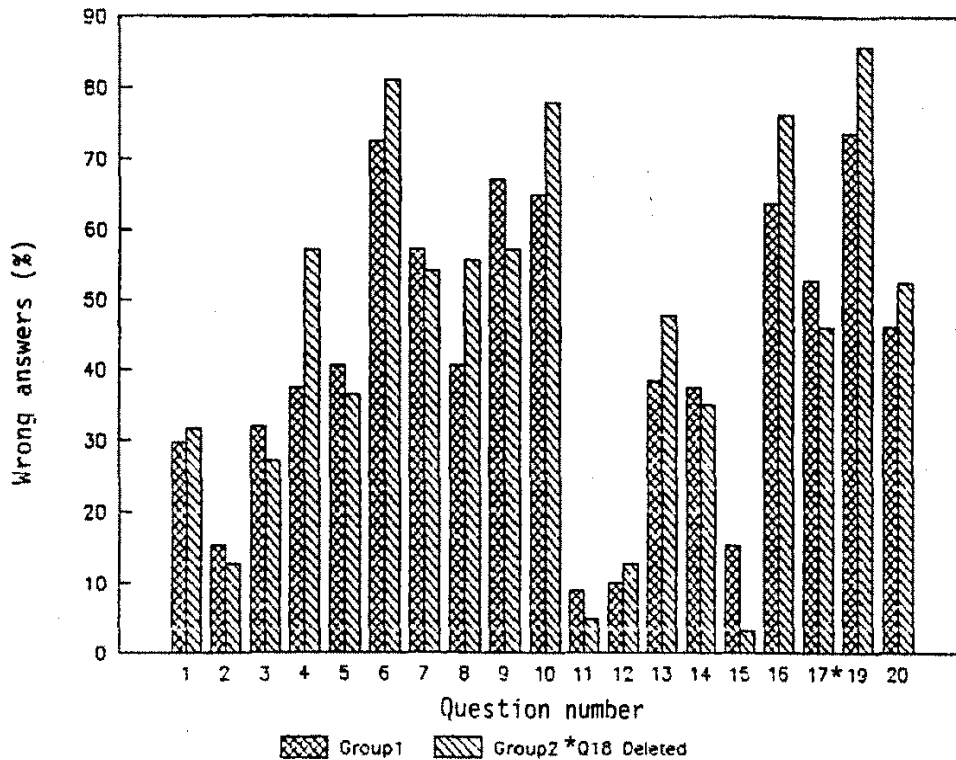


NUTRITION KNOWLEDGE OF A POPULATION COMMENCING A WEIGHT LOSS PROGRAM
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Participants were premenopausal women over 20 years of age with no medical conditions and who were not on medication. They were recruited by newspaper and it was stated that those who had previously been unsuccessful in weight loss were particularly being sought. Group 1 with 91 participants had a group mean BMI of 35.3 ± 4.4 and Group 2 had 63 participants with a group mean BMI of 34.3 ± 4.0 .

A nutrition knowledge true-false questionnaire was administered before the initiation of dietary advice to establish baseline knowledge. Questions 1-8 related to fats in foods, questions 9-12 related to energy values of foods, question 13-20 related to the physiological and metabolic roles of fats.



In Group 1, 18% (16) responded with more than 60% correct answers, 79% being the highest mark and 16% the lowest. In Group 2, 32% (18) had more than 60% correct answers with a maximum and minimum of 84% and 21% respectively. There were none of Group 2 who answered less than 20% of questions correctly.

With such scores, it is obvious that these people would have difficulties in making appropriate food choices. Since they have tried to lose weight before they must have been previously exposed to some type of nutrition education information. The question is whether the information provided has been accurate or appropriate or whether it was misunderstood.