Kappa Delta Fruit and Vegetable Intake
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Abstract
Fruits and vegetables are an important part of a balanced diet. There are many benefits of consuming both. Assessment of the Kappa Delta sorority at North Dakota State University showed that the members did not consume the recommended serving sizes of fruits and vegetables. Our objective was to educate the women of Kappa Delta on the importance of consuming enough fruits and vegetables each day, which was guided by the Theory of Planned Behavior and the Theory of Behavior Change. We held an intervention at the sorority house and used a PowerPoint presentation to show them easy ways to incorporate fruits and vegetables in their diet, serving sizes of both, the benefits of consuming fruits and vegetables, and how to find more information. We demonstrated how to make kale chips and provided a handful of easy and healthy recipes they could make. To evaluate if our intervention was effective, the members participated in a post-survey which specifically asked if they were willing to consume one more serving of both fruits and vegetables each day. Our final results showed that 100% of the members were willing to consume one additional serving of fruits each day, and 87.5% of the members were willing to consume one additional serving of vegetables each day. In summary, providing nutritional information to a population and having them state their intentions to consume more fruits and vegetables afterwards proves that a behavior change in the population is more likely to occur.

Context
Many things, mainly the lack of nutrition knowledge, prevented the women of Kappa Delta from eating the recommended amount of fruits and vegetables each day. Sensory members originally expressed an objection to consuming vegetables.

Program Purpose
The purpose of this intervention was to teach the Kappa Delta women the importance of eating fruits and vegetables and ways to consume them more frequently.

Participants
• 16 survey participants
• Members of Kappa Delta at NDSU
• Female
• 15 participants live in sorority house
• 30 Caucasians, two Hispanics, two Asians

Experimental Measures
• Pre-intervention participant assessment that included a food frequency
• Post-intervention participant survey

Hypothesis: Inadequate fruit and vegetable intake by the women of Kappa Delta was due to:
• Insufficient nutrition knowledge
• Insufficient monetary supply
• Lack of transportation
• Lack of time
• No grocery store within walking distance

Outcome Objectives
1. At the end of the intervention, 75% of the Kappa Delta women in the intervention will increase their fruit intake by 1 serving per day for the next month.
2. At the end of the intervention, 75% of the Kappa Delta women in the intervention will increase their vegetable intake by 1 serving per day for the next month.

Pre-survey consumption amounts of fruits and vegetables in the population

<table>
<thead>
<tr>
<th>Fruits per Week</th>
<th>Vegetables per Week</th>
</tr>
</thead>
<tbody>
<tr>
<td>4.5</td>
<td>3.5</td>
</tr>
</tbody>
</table>

Post-intervention participant survey

<table>
<thead>
<tr>
<th>Question</th>
<th>Yes</th>
<th>No</th>
</tr>
</thead>
<tbody>
<tr>
<td>Will you try to add one more serving of fruits per week? (circle one)</td>
<td>Yes</td>
<td>No</td>
</tr>
<tr>
<td>Will you try to add one more serving of vegetables per week? (circle one)</td>
<td>Yes</td>
<td>No</td>
</tr>
</tbody>
</table>

Eight participants completed the survey, with 100% of them reporting that they will add one more serving of fruits per week and 87.5% reporting they will add one more serving of vegetables per week.

Conclusions
• Kappa Delta sorority gained knowledge about the importance of consuming an adequate amount of fruits and vegetables each day.
• Members expressed willingness to consume an additional 1 serving of both fruits and vegetables per day.

Implications
• Lack of nutrition education can influence fruit and vegetable consumption of community members.
• Being presented with information and easy recipes encourages the community members to consume more fruits and vegetables.

Acknowledgement
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