

Brief Report

Effects of a nutritional education program on the parents of junior golfers

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ABSTRACT

【Objective】

This investigation evaluated the effects of a nutritional education program on the parents of junior golfers and the junior golfers themselves in terms of their knowledge, consciousness, and behavior concerning food.

【Methods】

The subjects were 38 children and their parents living in the Kanto area of Japan. Ten parents and their children served as the control group (CONP and CONC), and 28 parents and their children served as the intervention group (INTP and INTC). Before participating in the nutritional education program, all the parents completed a survey regarding the dietary intakes of their children. The INTP group then received health guidance from a registered dietitian regarding the individual dietary needs of each child and attended 4 lectures held over a 2-month period. Changes in nutritional knowledge and behavior were then assessed at 9 weeks after the start of the program.

【Results】

The INTP group exhibited improved social support ($p = 0.001$), self-efficacy ($p = 0.001$) and stage of change ($p = 0.002$) scores. Moreover, knowledge of recommended recovery snacks ($p = 0.035$) and recovery snacks ($p = 0.014$) was significantly better in the INTC group than in the CONC group.

【Conclusion】

Parents exhibited remarkable improvements in social support, self-efficacy, and stage of change after completing a nutritional education program. In addition, the parents were strongly motivated to improve their knowledge of recovery snacks for their children.

Keywords: junior golfer, parents, nutritional education program