

Brief Report

# Efficacy of transtheoretical model-based individualized nutrition education for college athletes

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## ABSTRACT

### **[Aim]**

Recent studies have reported that most college track-and-field athletes tend to have unbalanced nutrition and insufficient energy intake. The transtheoretical model (TTM) was originally developed to improve smoking behaviors, but it is also currently being applied to nutrition education. However, the efficacy of TTM-based individualized nutrition education for college athletes has not yet been examined. Therefore, this study examined the efficacy of TTM-based individualized nutrition education for college athletes.

### **[Method]**

Twenty-five college track-and-field athletes participated in this experiment. The experiment was conducted from September to October 2014. Participants were divided into 2 groups : a TTM group and a control group. The efficacy of TTM-based individualized nutrition education aimed at increasing vegetable intake was then examined. The dietary intakes of the athletes and their stage of change were assessed.

### **[Results]**

The subjects in the TTM group significantly increased their vegetable intake between the pretest and posttest evaluations, whereas the subjects in the control group did not increase their vegetable intake ( $P < 0.05$ ). Concerning the stage of change, the number of subjects in the contemplation and preparation stages decreased and the number in the action stage increased in both groups.

### **[Conclusion]**

TTM-based individual nutrition education might be effective for improving dietary intake in college athletes.

**Keywords:** college athletes, nutrition education, transtheoretical model