**Client 24-090**

**Meeting: 9/25/24 (Wednesday) 10:30 AM**

**Phase: Design (No Data Collected)**

**Goal: DNP Project**

**Department: Nursing**

**Deadline: 05/31/25**

**Background:**

The client is a DNP student in the nursing department who is investigating the awareness of heart health with respect to dietary habits in young adults in the 20–39-year age group. Since there is a rise in sedentary lifestyle within this age group, cardiovascular health is significantly influenced by elevated cholesterol levels. This increases the buildup of plaque in the arteries and result in elevated risk of heart attack and stroke. A nutritious diet is essential for the maintenance of healthy cholesterol levels and the promotion of cardiac health. Individuals can effectively reduce their risk of cardiovascular diseases, improve HDL cholesterol, and lower LDL cholesterol by making informed dietary choices (High HDL and Low LDL is the indicator for good health).

**Design & Variables Measured:**

Design: Intervention study design.

Population: Participants ants aged 20-39 years old (Sample size wasn’t specified)

Procedure:

1. Participants need to fill out a pre-mini-EAT screening form, and then enroll in the educational program for a few weeks.
2. Once the program is finished then the post mini-EAT screening form will be done and analyzed.

EAT: Eating Assessment Tool

**Research Question:**

* Is an interactive website-based educational intervention program on cholesterol knowledge and healthy dietary pattern guidance effective in improving healthy eating behaviors by conducting a mini-EAT assessment among young adults aged 20-39 years old?
  + Is a comparison group necessary or not?

**Statistical Issues:**

* The client wants to discuss about sample size, analysis method, variables (such as demographic factors) that they could add in their study.

**Discussion Points / Questions to ask client:**

* What does the EAT assessment look like?
* What is the client’s response which they are interested in observing. Is it the LDL and HDL levels?
* Is the mini-EAT a survey format questionnaire?
* What are their other factors they are looking at?

**Dr. Gu, Dr. Craig notes:**

Gu:

Indeed the application is mushy.

For the eating habit change to actually affect cholesterol levels, don't they need a long time frame?  Do they actually ask for blood profiles?

Do they just hand out surveys collecting eating habits, pass out educational materials, then reassess eating habits?  How do they ensure the surveys are honestly answered, or any real changes last?

CG

Sumeeth: [Based on what they wrote on their application, they indicated that their mini-EAT test is a form in which they get the pre and post measurements. I assume this is a questionnaire or survey format, however they did not attach any other documents in their folder.

]

Craig:

I took this more to be an assessment on knowledge and awareness rather than diet changes until they said “effective in improving healthy eating behaviors.”  This will involve some discussion because they likely want to look more long term and that in turn means they more likely need a control group.

Even if they just have drafts, it would be helpful to get an idea of the kinds of questions they are asking.  Sounds like the response will all be self report.

Forgot to also mention that some hand holding may be needed here as the client only has 301 knowledge.