Abstract

Objectives: The purpose of this cross-sectional, descriptive correlational pilot study was to refine and evaluate the feasibility of select instruments in measuring factors that may influence dietary fat intake among Black emerging adults, ages 18-25 years.

Background: Studies report Black adults having higher total dietary fat intakes (DFI) compared to White adults. High DFI health risks include cardiovascular disease, diabetes mellitus, and cancer. Black emerging adults are transitioning from childhood to adulthood, and it may be difficult for individuals in this age bracket to develop healthy dietary habits, which may be maintained into their elderly years.

Methods: A convenience sample of 42 participants, recruited from churches and social media, were sent a web link to complete an online self-report survey (11 instruments) regarding factors that influence their dietary fat intake. Upon completion of the survey, participants were compensation with a chance to win a $10 value gift card. Data were analyzed using SPSS, including descriptive statistics. Descriptive content analysis was used to analyze participants’ reported barriers to managing dietary fat intake and their feedback regarding how to improve the online survey.

Results: Cronbach’s alpha coefficients for reliability ranged from .65 to .91. The correlation coefficients were not significant ($p < .05$) and ranged from -.42 to .28. Barriers to managing dietary fat intake were lack of time, money, knowledge, and taste and availability.

Conclusions: Based on the participants’ feedback, the investigator deleted three instruments from the survey. These changes shortened the survey from 208 items to 113 items, which may help lessen the burden of time spent in completing the survey. Understanding the factors that contribute to dietary fat intake will potentially lead to innovative interventions and programs designed to reduce fat intake among emerging adults.

Objectives for Learners:
Describe the potential value of select instruments used in pilot study
Identify barriers among Black emerging adults in managing their dietary fat intake