What is Your Program Missing?
Finding Answers with The Guide for Effective Nutrition Interventions and Education (GENIE)

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Objective
The purpose of the review is to identify qualities of nutrition education programs commonly present or absent in both high scoring and low scoring interventions as determined by using the Guide for Effective Nutrition Interventions and Education (GENIE). GENIE is a reliable, validated checklist of quality criteria designed to help users design, modify, and compare nutrition education programs using scientific evidence.

Study Design, Setting, Participants
Through a systematic review process, 117 articles (102 unique nutrition education programs) were selected. The presence of GENIE’s 35 quality criteria was assessed and information was collected from each program about participants (number, age, disease state), program format, content (instructional techniques, group size, dose, frequency, duration, curricula, retention), and stated goals/ outcomes.

Outcome Measures and Analysis
Programs were scored across GENIE’s nine categories. High scoring programs were defined as those within the top overall GENIE score quartile (n=25) and low scoring programs were defined as those in the bottom overall GENIE score quartile (n=25). Patterns in the presence or absence of quality criteria within high and low scoring programs were observed.

Results
High scoring programs are more likely to include research-based program content and rigorous evaluation methodology, incorporate techniques to motivate participants, consider external influences on their behavior, and partner with other organizations to promote sustainability.

Conclusion and Implications
GENIE can be an effective tool to help nutrition education practitioners integrate quality elements into their programs that are commonly missing in published programs.

Acknowledgements
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<table>
<thead>
<tr>
<th>Category 1: Program Description and Importance</th>
<th>Total % Achieved</th>
<th>% Achieved- Top scoring quartile</th>
<th>% Achieved- Bottom scoring quartile</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.1 Provides evidence of feasibility</td>
<td>96.2</td>
<td>100</td>
<td>96</td>
</tr>
<tr>
<td>1.2 Describes why it is skilled and/or novel</td>
<td>89.2</td>
<td>100</td>
<td>84</td>
</tr>
<tr>
<td>1.3 Defines the target group and need (think about health inequities)</td>
<td>97.1</td>
<td>100</td>
<td>68</td>
</tr>
<tr>
<td>1.4 Justifies that the target group will benefit from the program or intervention, based on related research, best practice examples, or a needs assessment</td>
<td>96.1</td>
<td>100</td>
<td>92</td>
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