
CONFERENCE ABSTRACT

EVALUATION OF THE PROJECT ADVISORY ON DIET IN THE CITY OF ZAGREB

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Introduction

This paper presents an Evaluation of the Zagreb City Food Counseling project which has been organised at the Health Center Zagreb – Center in the March 2017 as a one-year pilot project.

Theory/methods

Descriptive statistics were used in data processing. The outcome indicators, table changes and corresponding graphs were compiled. The work of Zagreb City Food Counseling is evaluated by using the input-activities-output-outcome-impact model.

Results

In the one-year period there were 862 visits to the Zagreb City Food Counseling. Of all visits 151 (17.5%) were realized by men, while the number of visits realized by women was 711 (82.5%). The adoption indicator of the Zagreb City Food Counseling by the citizens of Zagreb measured by at least two visits by the same respondent amounts to 58.3%. Reasons for visits are predominantly the desire to lose weight (40.4%) and illness and disorders (31.6%). If we observe early changes in people who have visited the Zagreb City Food Counseling more than twenty times, we notice that there is a decrease in body mass index in regard to the initial state. Likewise, there has been a slight decline in the value of visceral fat tissue compared to the first measurement.

Discussion

During the one-year observation, a slight progress has been recorded in the reduction of body weight observed through body mass index (BMI) and visceral adipose tissue. Because observed records are lower than expected, individuals involved in the counseling program are still at increased risk of chronic non-communicable diseases.

Conclusions

- Attendance of the Counseling Center measured by the average number of visits over the total number of working days in the year is 3.5 visits per day.
- The indicator of acceptance of the Counseling Center by the citizens, measured with at least two visits by the same respondent, is 58.3%.

- The Counseling Center is visited more by women than by men (4.3 women to one man).
 - Visiting reasons has been predominantly focused on the weight loss (40.4%), illness and disorders (31.6%).
 - The values of body mass index and visceral adipose tissue vary over time.
- Lessons learned: It is necessary to have a multidisciplinary approach in the creation of future programs of the Zagreb City Food Counseling.

Limitations

Through the one-year monitoring the effect could not be estimated given the fact that the effect is related to the definitive permanent changes that the respondent had adopted.

Suggestions for future research

In order to be able to carry out a better evaluation of the work of the Zagreb City Food Counseling, it is proposed to include additional psychological, behavioral and sociodemographic variables to be collected during the first visit, which would probably indicate the reasons for the withdrawal from the program.