

Abstract

Nutritional Behavior Change in Primary Care: What do you Know and What do you Need? A Qualitative Study

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Background: Nutrition is a key factor in the treatment of non-communicable, lifestyle-related chronic diseases. Despite its importance, many patients struggle to adopt healthier dietary habits. This ongoing study examines patients' dietary behavior, knowledge and beliefs about healthy eating. Further, it explores their (attempted) behavior change as well as the resources they need for successful nutritional behavior change.

Methods: Guided individual interviews with 18 primary care patients were conducted between April and July 2024. A focus group will be held in autumn 2024.

Results: The data were analyzed by means of qualitative content analysis. Results will show at what stage participants are in their behavior change and reveal which factors prevent or enable their achievement of further stages of dietary change.

Conclusion: Based on these findings, a scientifically established and evaluated concept of health promotion (BERN, Esch 2020) will be further developed to promote healthy and sustainable nutrition in primary care.

Keywords: nutrition, healthy diet, dietary behavior, behavior change, resources