Background

❖ In 2015, Native American children between the ages of 2 to 19 years were considered overweight (18.5%) and obese (29.7%) within the Indian Health Service clinical population.¹
❖ The National Diabetes Statistics Report found that 15.1% of Native Americans 18 years or older were diagnosed with diabetes between the years of 2013-2015 which was the highest percentage compared to other racial groups.²
❖ Sugar sweetened beverage (SSB) intake was associated with weight gain and type 2 diabetes³,⁴
❖ Text messaging has been utilized to improve goal setting for healthier dietary behaviors such as fruit/vegetable intake and healthy beverage intake in adolescents⁵

Research Question

The objective of the proposed research is to evaluate whether in Native American youth (ages 11-15 years) who attend a public middle school in Albuquerque, does recording food intake on a daily basis using a mobile application called My Plate Calorie Tracker and receiving text messages from one nutrition graduate student encouraging water consumption affect the intake of sugar sweetened beverages over a one month period?

Proposed Methods

❖ Accessible population: Native American youth ages 11-15 years who attend a public middle school in Albuquerque, NM
❖ Recruitment at Washington Middle School
   ❖ Obtain approval and letter of support from school principal
   ❖ Flyers and school newsletters will be used to recruit participants
❖ Data Collection:
   ❖ Data to be collected includes age, gender, ethnicity/race, grade level, student’s mobile phone number, food and beverage intake for 1 month
   ❖ Specific tools to be utilized: mobile application called My Plate Calorie Tracker and a paper survey
   ❖ Educational text messages will be sent daily to students about SSBs and encouraging students to drink more water
❖ Baseline consumption of SSB and water will be compared to SSB/water intake after 1 month

Potential Implications of the Proposed Study

❖ Evaluate if the use of text messages are effective for decreasing SSB consumption in adolescents
❖ To establish the need for the development of educational programs for adolescents concerning intake of SSBs

References