



# Application of online videos combining QR codes to promote nutrition education for hospital staffs

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## Introduction

The approach of a healthy diet is very important for promoting hospital staffs' health. Face-to-face model is one of the common traditional methods in nutrition education. Since the development of the internet, people can easily get the nutritional information via the website, smartphone or mobile device. For increasing the efficacy of nutrition education, this study is designed to deliver proper nutritional information and healthy eating habits through online videos with QR codes.

## Methods

There were participants (n=181) scanned QR codes on posters posted at NTUH staff hiking activity to visit one of 7 online videos, including "The Six Groups of the Food Guide", "Food Exchange Lists", "Diet for Protect Blood Pressure", "Cooking for a Low Salt Diet", "The DASH diet", "Good Choice for Cooking Oil" and "Making a Low Sugar Cake" (Figure 1). We collected the nutrition knowledge and satisfaction of program responded from the website, and also analyzed the proportion of each topic visited.

## Results

This 7 nutrition online videos that were viewed 195 times in total via scan QR codes. Of the 7 topics, "The Six Groups of the Food Guide" and "Food Exchange Lists" were viewed by the majority of participants, 30.3% and 17.4%, respectively. There were 54% of participants responded the topic "The Six Groups of the Food Guide" and "Food Exchange Lists" (Figure 2). The correct answer rate on nutrition knowledge tests ranged from 58.8% to 92.5% (Table 1). Overall satisfaction revealed that more than 97% of participants claimed that they were satisfied or very satisfied (Figure 3).

## Conclusion

According to the research, online videos combining QR codes provided an efficient and good satisfaction model for nutrition education in hospital staff activity.



Figure 1. The poster of the topics and QR codes

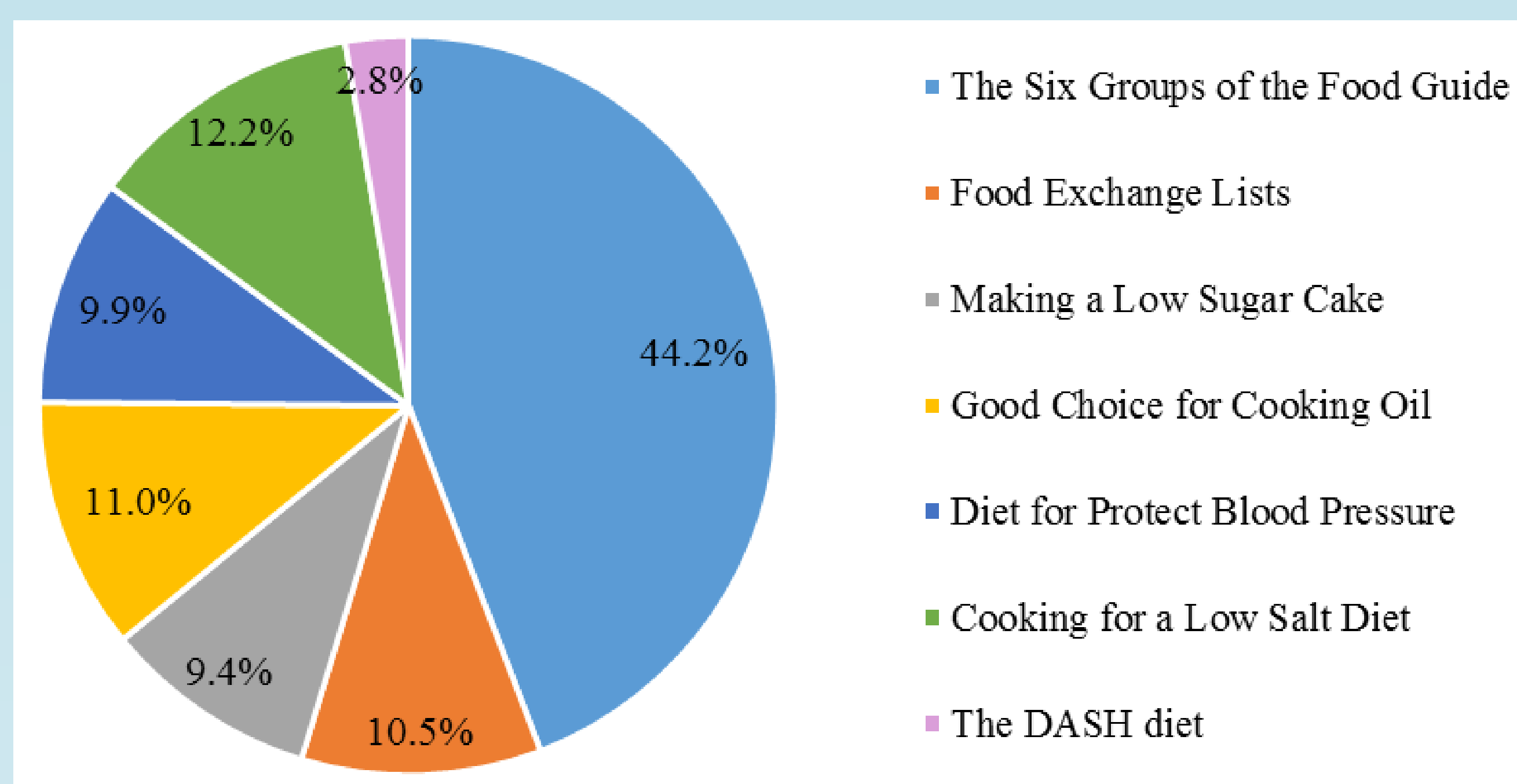


Figure 2. Percentage of 7 nutrition online videos visitors responded

Table 1. Rate of Correctness of each video topic

Video topic	Number of response	% Correct
The Six Groups of the Food Guide	80	92.5
Food Exchange Lists	19	73.7
Making a Low Sugar Cake	17	58.8
Good Choice for Cooking Oil	20	63.3
Diet for Protect Blood Pressure	18	63.0
Cooking for a Low Salt Diet	22	80.3
The DASH diet	5	60.0

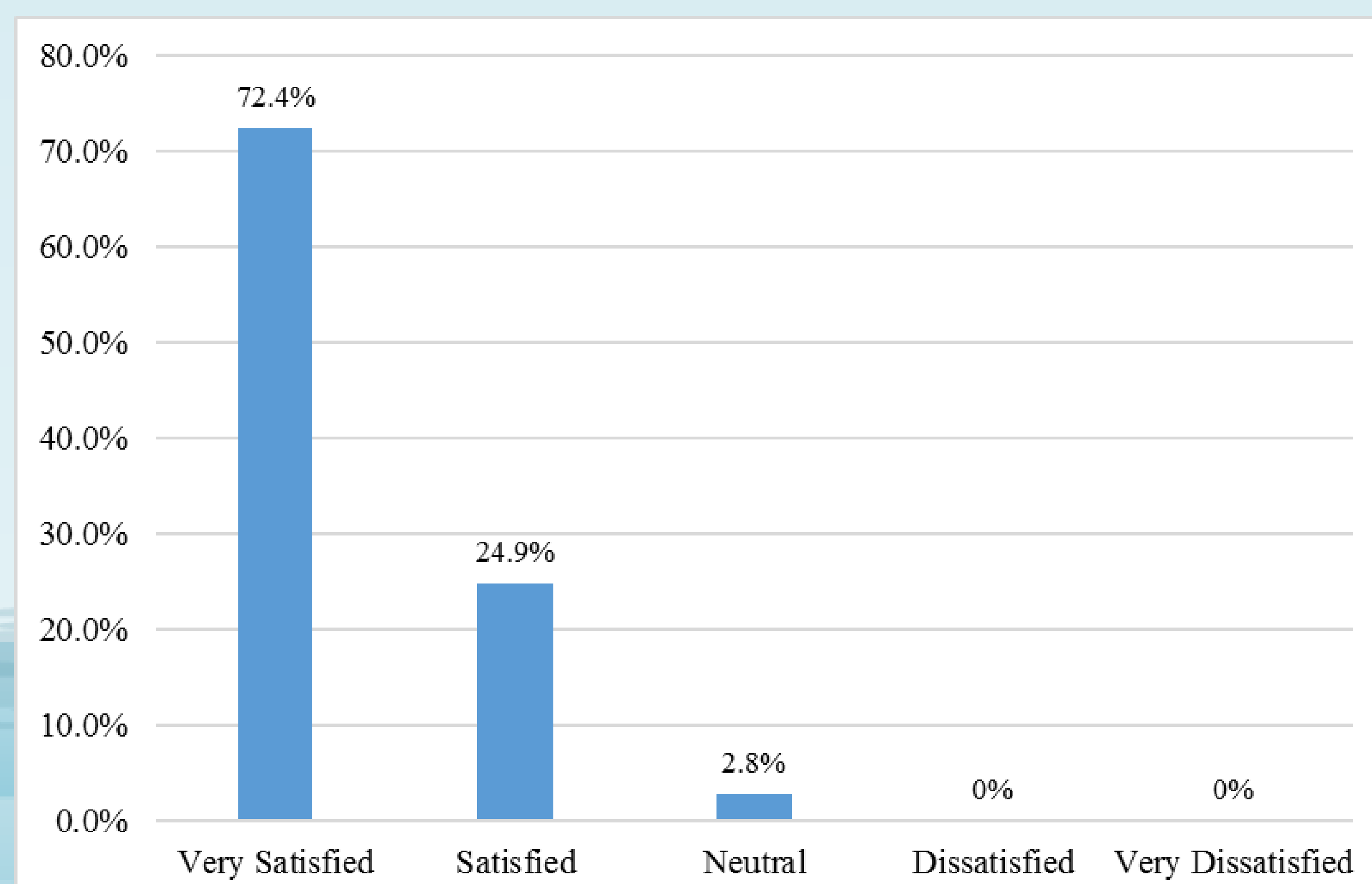


Figure 3. Participants' satisfaction of the program