

# The Relationship between Health Support, and Competence for Healthy Eating

Yoshiko Kato<sup>1</sup>, Michinori Kurokawa<sup>2</sup>, Hiromi Kurokawa<sup>3</sup>

<sup>1</sup>Kobe University; <sup>2</sup>Setsunan University; <sup>3</sup>Osaka Aoyama University



**INTRODUCTION:** It is difficult to improve accustomed eating habits. We hypothesized that support for autonomy would foster competence in healthy eating. The purpose of this study was to examine the relationship between perceived health support, motivation and competence for healthy diet.

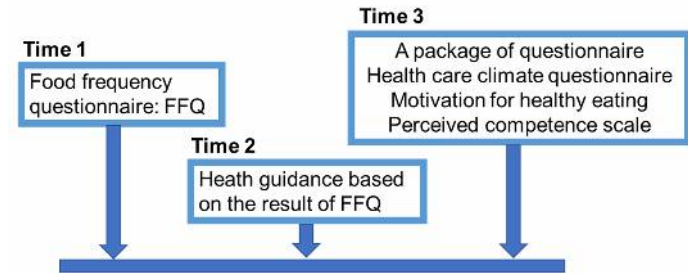


Fig. 1 Procedure

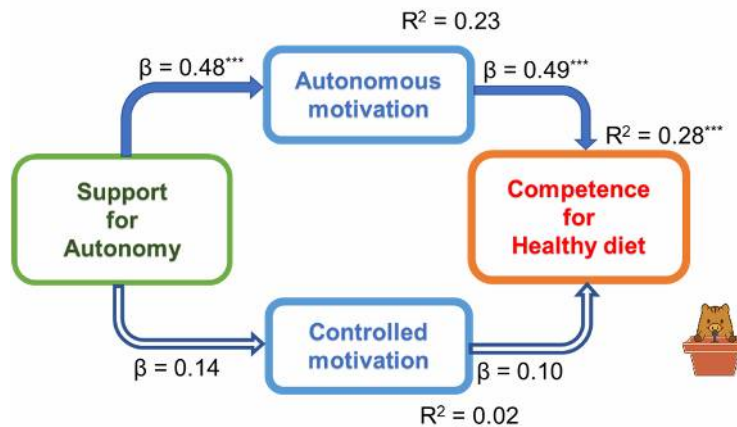


Fig. 2 Result of path analysis between support, motivation and competence for healthy diet

\*\*\* < .001

healthy eating. The controlled motivation did not relate to competence for healthy eating habits.

**METHODS:** Participants were **105 university students** (20.0 ± 1.0 years). University students in the program of national registered dietitian course provided health guidance based on the result of food frequency questionnaire. Afterwards participants evaluated their perceived health care climate, motivation and competence for healthy eating.

**RESULTS:** Path analysis showed that **perceived health support as being respected autonomy associated to autonomous motivation for healthy eating** ( $\beta = .48$ ), and autonomous motivation **associated to competence to maintain healthy eating** ( $\beta = .49$ ). The degree of perceived being respected autonomy did not relate to controlled motivation for

**DISCUSSION:** Offering support that values autonomy leads to autonomous motivation and competence for healthy eating habits.

**Acknowledgments:** The authors appreciate to all study participants. This work was supported by JSPS KAKENHI Grant Numbers JP18KK0055, and JP19K11666.