Introduction
Over one third of the adult population in the U.S. are obese placing them at higher risk for morbidity or mortality. Efforts to reduce weight gain in populations show little effectiveness and the incidence of overweight continues to increase. In order for education based intervention programs to be effective the knowledge must be translated to action. Using a validated tool, the General Nutrition Knowledge Questionnaire (GNKQ), to assess an individual's level of knowledge about foods as well as anthropometric measurements, we have attempted to assess whether this outcome is happening.

Purpose
To determine if the level of nutrition knowledge has a positive impact on eating behaviors using obesity status as an indicator.

Methods
- Data was collected on 334 participants ranging in age from 18-55 in a southern California community sample.
- Participation consisted of a one day session lasting no more than one hour per individual.
- An anonymous GNKQ was administered that consisted of 113 questions as well as a demographic questionnaire.
- Anthropometric measurements were collected consisting of waist circumference, height, weight, and a Bio-impedance analysis using a Tanita scale.
- Questionnaires were scored by the researchers using a predefined answer guide.
- Statistical analysis was completed using the Kruskal-Wallis Test and the Mann-Whitney Test.

Results
- There was no significant difference between mean GNKQ % score for gender (p=.21) Table 1.
- There was a significant difference between mean GNKQ % score for age group and income (p=.02 and p=.04, respectively) Table 1.
- There was a significant difference between mean GNKQ % score for normal vs. overweight BMI class (p=.001) and with overweight vs. obese BMI class (p=.001) Table 2.
- There was no significant difference between mean GNKQ % score for male waist circumference <40 vs. ≥40, (p=.49), however, there was a significant difference between mean GNKQ % score for female waist circumference <35 vs. ≥35, (p=.002) Table 2.

Conclusion
- Obesity is multifactorial.
- Our findings suggest that participants who were obese had lower nutrition knowledge than those who were of normal BMI.
- Educated, nutrition professionals, such as registered dietitians, can effectively provide nutrition education to the public at a community and clinical level.
- Future research is needed to determine if the lack of nutrition knowledge is one of the many contributing factors in developing obesity.

References upon request.