

2017 Impacts: Food Sensations® for Adults



BACKGROUND TO THE PROGRAM

Foodbank WA has been committed to providing nutrition education programs to the community since 2007 as part of their *Healthy Food for All*® strategy.

Food Sensations® for Adults is a FREE nutrition and cooking program designed to provide low to middle income adults with an understanding of healthy eating, as well as improve food literacy by increasing skills in how to purchase and prepare healthy foods. All sessions are hands on, fun and provide a safe environment to try new recipes and skills.

Food Sensations® for Adults is a 4 session food literacy program covering core topics in

- healthy eating
- label reading and food selection
- meal planning and budgeting
- food safety, preparation and cooking

Program delivery is tailored to each group and each program covers an additional final topic such as healthy mind, healthy body, healthy lunchboxes and snacks, supermarket tour or gardening for health.

DEFINING THE PROBLEM

Poor diet is an important modifiable risk factor that can have a significant impact on health and increase the risk of chronic diseases such as heart disease, Type 2 diabetes, obesity and some cancers¹.

The 2015 WA Nutrition Monitoring Survey² found that Western Australians agreed that knowing quicker ways to prepare healthier food (82%), knowing more ways of preparing healthy foods (75%) and knowing more about cooking (61%) would help them and their families to eat a healthier diet. Skills in food planning, shopping, meal preparation, and cooking confidence, are important for good nutrition outcomes, and are also an important component of food security. Food literacy is used to describe these knowledge and skills required to eat healthy foods.

INVESTING IN THE SOLUTION

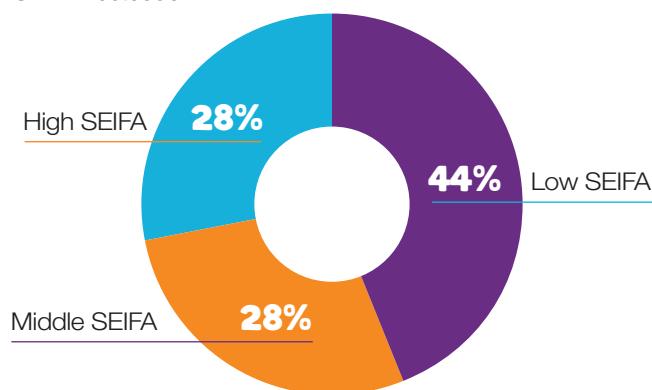
The Department of Health WA is committed to the prevention of chronic disease. Programs are funded to promote health in the community to help prevent disease, and promoting healthy eating is a priority.

The *Food Sensations*® for Adults program is funded by the Department of Health to address poor dietary intakes. The current program funded since 2016 is designed for people from low to middle income households and is open to all organisations with established groups, the general public and to regional Community Resource Centres via video conferencing.

REACHING LOW AND MIDDLE INCOME WESTERN AUSTRALIANS

During 2017, 72% of participants in the *Food Sensations*® for Adults program were from low to middle income households. This was assessed by converting postcode to Socio Economic Index For Area (SEIFA).

SEIFA Postcode



1 Australian Institute of Health and Welfare 2016. Australian Burden of Disease Study: Impact and causes of illness and death in Australia 2011 – summary report. Australian Burden of Disease Study series no. 4. BOD 5. Canberra: AIHW

2 Miller, MR, and Miller, SA. (2017) Nutrition Monitoring Survey Series 2015 Key Findings, Department of Health, Western Australia.

WHO IS ATTENDING?

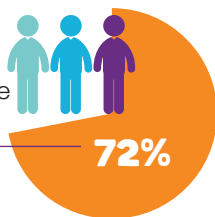
Over 1222 people attended 108 programs across WA. Evaluation data from 917 people shows that participants are female (84%), cover a range of ages from 18 years, 55% were born in Australia and 7% identified as Aboriginal or Torres Strait Islander.

These participants were more likely to have all the responsibility for meals in their households and have lower cooking skills self-assessment when compared to the 2015 Nutrition Monitoring Survey Series (NMSS).

DEMONSTRATING RESULTS

MAKING IMPROVEMENTS TO FOOD LITERACY BEHAVIOURS

Participants who made overall positive change in food literacy behaviours



Top Three Changes*

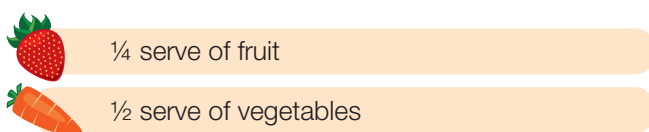
The percentage of participants who had increased their frequency of;



*Statistically significant changes

IMPROVEMENTS IN DIETARY INTAKES

At the end of the program and three months after the program participants are reporting eating an additional:



FOR MORE INFORMATION

W: www.foodbankwa.org.au
E: FoodSensationsEvaluation@curtin.edu.au

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WHAT PEOPLE ARE SAYING ABOUT FOOD SENSATIONS® FOR ADULTS

"It was an excellent program with a great presenter. Also, we enjoyed eating the healthy food that was prepared & sharing with other participants."
(Female from a regional community group)

"A very worthwhile program that not only had good healthy recipes but I also learnt how to read labels on food packages (which I've always found confusing until the program) and making a healthy meal using 1 pan!"
(Male from a metropolitan public program)

"I enjoyed the opportunity to actually make recipes as part of the program, it gave me an opportunity to taste things I'd normally have avoided. This resulted in me eating new foods and including them in my diet."
(Female from metropolitan community group)

"I liked that it was very interactive. We were able to make the meals during the session, and make friends while learning during the activities."
(Female from metropolitan community group program)

WHAT COMMUNITY GROUP ORGANISERS ARE SAYING ABOUT FOOD SENSATIONS FOR ADULTS

93% of community organisations would host the program again

"They've changed diet, lost weight, had fun, enjoyed it." (Organiser from a non-government health organisation)

"Overwhelmingly positive feedback. We had a very high attendance rate and all families enjoyed this program. Many checking back in with us regarding which recipes they had tried at home."
(Organiser from a non-government community organisation)

WHY IT WORKS?

Foodbank WA facilitators are using a best practice nutrition education model to enable them to effectively reach and educate participants in food literacy.

Facilitators are trained nutritionists and dietitians, professional, skilled and committed.

RESEARCH AND EVALUATION

Dr Andrea Begley from Curtin University is evaluating the program. This evaluation will assist in continuing to deliver an effective program.