

LDCP Food Literacy

Project Update #3
January 2017

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Project Overview



Research Question

- Within the context of public health practice, how can we measure food literacy and its attributes?
 - We will continue focus on specific high-risk groups:
 - youth (16 to 19 years of age)
 - young parents (16-25 years of age)
 - pregnant women (16 to 25 years of age)

Project Overview

Overall Project Objectives

- **Year 1 Funding (ends June, 2017):**
 - Identify and summarize the attributes* of food literacy including food skills, in the literature.
 - Determine which attributes of food literacy including food skills, are priorities for measurement and tool development.
- **Year 2 and 3 Funding (December 2017 to May 2019)**
 - Develop a tool with key indicators/questions that measure food literacy, including food skills attributes.
 - Test the tool with the identified target populations, considering various facets of validity (e.g., attribute, face, and content) as well as reliability, sensitivity to change, and feasibility.

● *Attribute defined: The quality or feature regarded as a characteristic or inherent part of someone or something ●

What we have completed

Phase 1: Scoping Literature Review

- Scoping review of the food literacy literature (peer reviewed and grey literature) - completed.
- List of food literacy attributes was developed based on the findings of the review.
- Final report is complete.
 - From the literature included in the scoping review, 15 food literacy attributes and associated descriptors were identified and organized into five categories: Food and Nutrition Knowledge, Food Skills, Self-efficacy and Confidence, Ecologic, and Food Decisions.
 - Report concludes a lack of evaluated tools inhibits the ability to assess and monitor food literacy; tailor, target and evaluate programs; identify gaps in programming; engage in advocacy efforts; and appropriately allocate resources.
 - This research provides the foundation for the development of a food literacy measurement tool to address these important gaps.
- Manuscript is complete - pending publication.

What we have completed

Phase 2: Delphi process

- Delphi is a qualitative research process that includes 3-4 rounds of questions that solicit opinions from stakeholders in order to obtain consensus.
- 3 Delphi Rounds completed with ~80 participants – September, October and November, 2016.
- Final report has been drafted and is being reviewed, which includes:
 - A list of 11 core food literacy attributes
 - Recommendations for food literacy programming and policy for public health in Ontario

Where we are to date

- Planning and implementing knowledge exchange (KE) activities for completed phases 1 and 2 (Scoping Review and Delphi).
- Writing proposal submission for year 2-3 (2018-2019) funding of LDCP.

KE Plan

LDCP Supplementary KE funding

- Applied - successful in receiving additional funding (\$6084.44) to support KE activities for phase 1 and 2 (Scoping Review and Delphi).

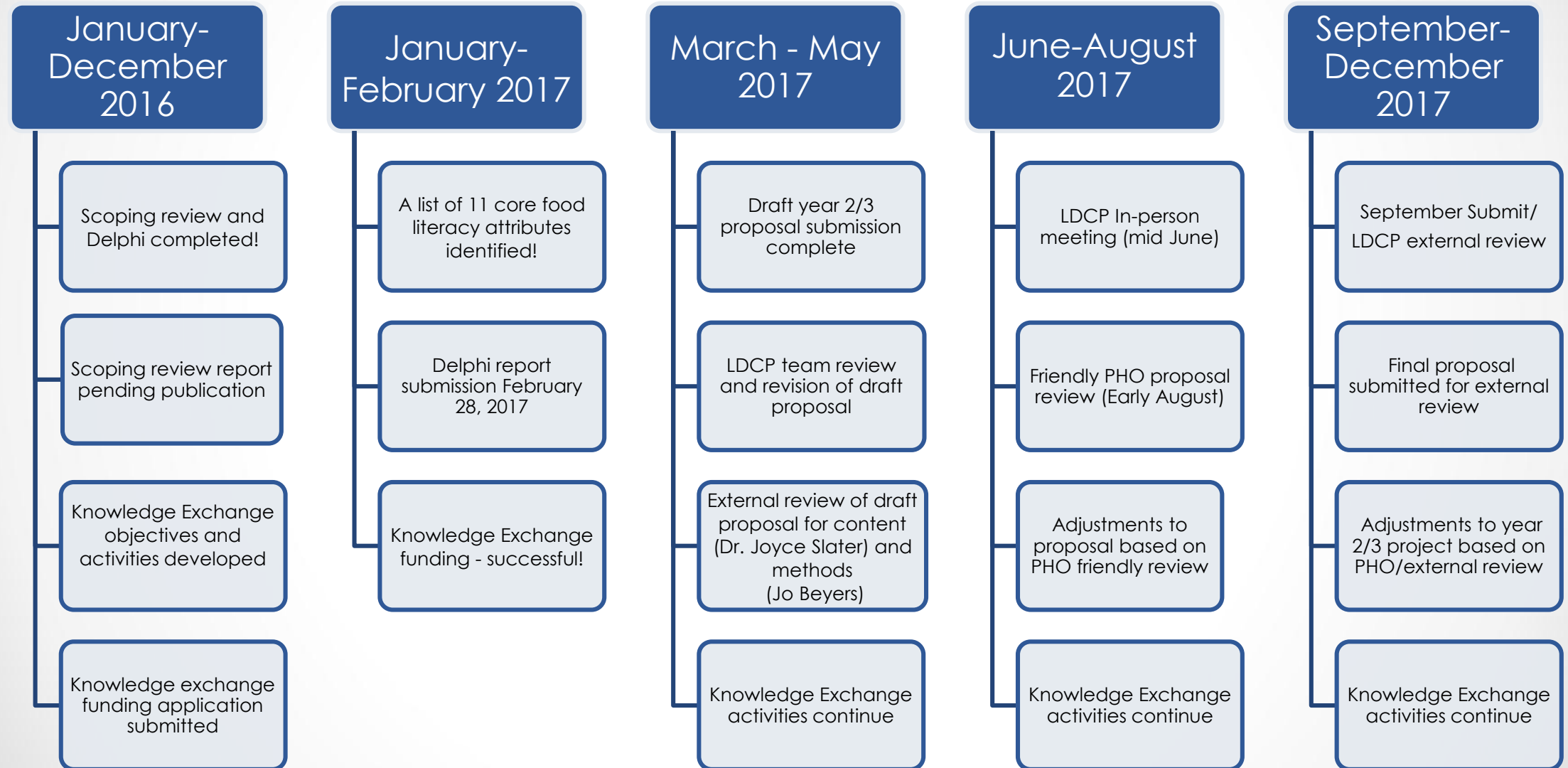
Objectives of KE project

- To increase understanding of the key food literacy attributes using practical, literacy-friendly common language
- To work towards shifting public health practice to a more comprehensive focus on food literacy at both a program and policy level
- To increase access within dietetic practice at a provincial and international level to the LDCP Food Literacy research findings.

Activities to Meet KE Objectives

Objective	Activities
Shift public health practice to a comprehensive focus on food literacy.	Call to Action, Briefing Note, Standardized Workshops, Online training webinar
Illustrate concept of food literacy in user-friendly, relevant manner.	Handout/Infographic, poster/banner
Showcase specific examples of food literacy attributes in public health practice.	Short videos
Increase access to our Food Literacy LDCP research findings.	Submit abstracts to present at various nutrition conferences (e.g., OSNPPH Nutrition Exchange, TOPHC, NRC forum, Canadian Association for Health Services and Policy Research)

Key Activities in 2016-17



The Cast and Crew

Lead/Co-lead:

- Elsie Azevedo Perry, Haliburton Kawartha and Pine Ridge District Health Unit
- Heather Thomas, Middlesex London Health Unit

Core project team:

- Lucy Valleau / Rebecca Davids (on sabbatical), York Region Public Health
- Lyndsay Davidson, Chatham-Kent Public Health Unit
- Shannon Edmonstone, Perth District Health Unit
- Ella Manowiec/ Jessica Hambleton (maternity leave), Toronto Public Health
- Jessica Love, North Bay Parry Sound District Health Unit
- Ruby Samra, City of Hamilton Public Health Services
- Julie Slack, Northwestern Health Unit

Cast and Crew (cont'd)

Knowledge users:

- Grey Bruce Health Unit
- Hastings and Prince Edward County Health Unit
- Nutrition Resource Centre
- Ottawa Public Health
- Oxford Public Health
- Peterborough Public Health
- Thunder Bay District Health Unit
- Toronto Public Health
- Windsor Essex County Health Unit

Academic Advisor:

- Sharon Kirkpatrick, University of Waterloo

Librarians:

- Amy Faulkner, Simcoe Muskoka District Health Unit
- Carolynne Gabriel, Middlesex-London Health Unit

Research Consultants:

- Lisa Petermann and Elizabeth Manafò, EXEP Consulting

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- The team gratefully acknowledges funding received from PHO through the Locally Driven Collaborative Projects program.
- The team would also like to acknowledge our respective health units for allowing dedicated time to team members for this project.

Disclaimer: The views expressed in this project update are those of the LDCCP team, and do not necessarily reflect those of Public Health Ontario.

For More Information

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Read about the first LDGP on food literacy at

<https://www.osnpnh.on.ca/food-literacy>