



# **‘Measuring Food Literacy’ A Locally Driven Collaborative Project**

**Project Update #7**

**Feb 2019**



# Project Update #7

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RESEARCH  
Commentary

## Complexities in Conceptualizing and Measuring Food Literacy

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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

## Objectives:

- **Year 1 Funding (completed 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.

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



# Project Overview

## Objectives:

- **Year 2 and 3 Funding (December 2017 to May 2020)**
  - To develop a food literacy measurement tool for use with youth (age 16-19 years), and young parents and pregnant women (aged 16-25 years) at risk for poorer health.
  - To evaluate the tool with the identified population, considering various facets of validity, reliability, sensitivity to change, and feasibility.



# Research Completed (2016)

## Scoping Review & Delphi

- Rigorous and systematic review of peer reviewed and grey literature completed (Mar-Aug, 2016):
  - [15 food literacy attributes with descriptors, identified and organized into 5 categories](#): Food and Nutrition Knowledge, Food Skills, Self-efficacy and Confidence, Ecologic, and Food Decisions
  - Final Scoping Review report completed and manuscript published in Public Health Nutrition - [Identifying attributes of food literacy: a scoping review](#)
- 3 Delphi rounds completed with key stakeholders (n= 47 -80) (Sept – Nov, 2016):
  - [15 food literacy attributes identified via scoping review - revised and reduced to 11](#)
  - Final Delphi report completed and manuscript published in Journal of the Academy of Nutrition and Dietetics – [Complexities in Conceptualizing and Measuring Food Literacy](#)





# Research Completed (2018)

- Conducted **literature review** of available tools/surveys (completed Apr 2018).
- Developed an **inventory of questions** mapped to the food literacy attributes (completed Dec 2018).
- Conducted **content validity** via expert consultation (completed Dec 2018).
- **Ethics Application** submission with tools to the University of Toronto (Dec 2018).

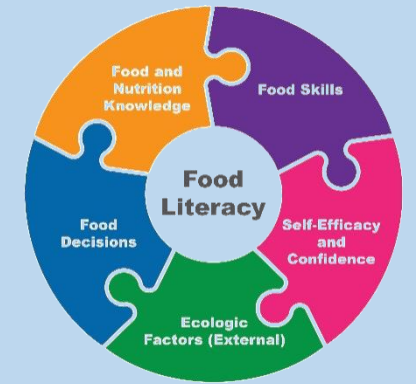


# Current Research (2019)

1. **Ethics approval** from the University of Toronto for qualitative testing (Feb 2019).
2. **Cognitive testing** and **face validity testing** through individual interviews with target groups to validate tool (Feb/Mar 2019).
3. **Analysis and refinement** of tool (Apr 2019).

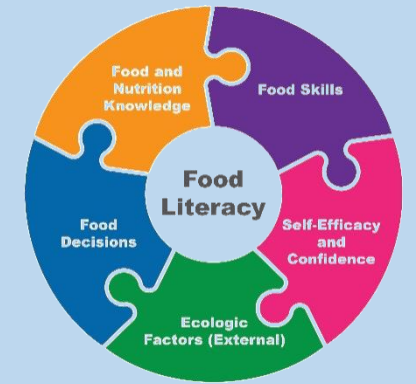


# KE Activities Completed



Objective	Completed KE Activities
Shift public health practice to a comprehensive focus on food literacy.	<ul style="list-style-type: none"><li>• Workshops at the following <u>conferences</u>:<ul style="list-style-type: none"><li>• TOPHC (Mar, 2017)</li><li>• OSNPPH Nutrition Exchange (May, 2017)</li><li>• Canadian Association for Health Services and Policy Research (May, 2017)</li><li>• Bring Food Home (Oct, 2017)</li><li>• NRC Forum <a href="#">Online training webinar</a> (Nov, 2017)</li><li>• Public Health Inspector Conference (Oct 1, 2018)</li><li>• Local Food Literacy Round Table (Oct 4, 2018)</li><li>• International Food Studies Conference (Oct 25 – 26, 2018)</li><li>• NRC Forum (Nov 15, 2018)</li><li>• <a href="#">Call to Action</a> (revised Sept 2018)</li><li>• <a href="#">Briefing Note</a> (Fall, 2017) (audience - public health management and stakeholders/decision makers from government/non-government)</li></ul></li></ul>

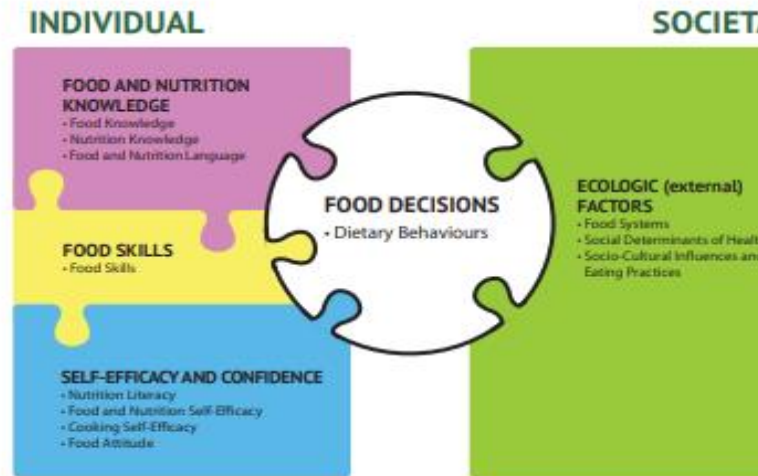
# KE Activities Completed



Objective	Completed KE Activities 2017
Increase understanding of food literacy in user-friendly, relevant manner.	<ul style="list-style-type: none"><li>• Food Literacy Framework – (revised June 2018)</li><li>• Food Literacy Clear Language Presentation – (revised January 2019)</li><li>• Health Professional and Consumer Grocery Pads -(Fall 2018) (distributed to health units and file available for printing)</li></ul>
Increase access to our Food Literacy LDCP research findings.	<ul style="list-style-type: none"><li>• Presentations above</li><li>• <a href="#">Article published in J of Public Health Nutrition</a> (June, 2017)</li><li>• <a href="#">Article published in J of the Academy of Nutrition and Dietetics</a> (April, 2019)</li></ul>

# Food Literacy: A Framework for Healthy Eating

Food literacy includes interconnected attributes organized into the categories of food and nutrition knowledge; food skills; self-efficacy and confidence; food decisions; and ecologic (external) factors.



The Locally Driven Collaborative Project (LDCP) Healthy Eating Team would like to thank Public Health Ontario (PHO) for its support of this project. The Team gratefully acknowledges funding received from PHO through the LDCP program. The views expressed in this project update are those of the LDCP Healthy Eating Team and do not necessarily reflect those of PHO.

## Key Attributes of Food Literacy

Food literacy includes interconnected attributes organized into the categories of food and nutrition knowledge; food skills; self-efficacy and confidence; food decisions; and ecologic (external) factors. These attributes have been identified as important and relevant in the public health context. The descriptions are based on how food literacy attributes were discussed in the literature and feedback collected as part of the food literacy research of the Locally Driven Collaborative Project.

The interdependent nature of the food literacy attributes has important implications for public health strategies and interventions addressing healthy eating and policy. For example, it may be difficult for some individuals to achieve food literacy without having appropriate knowledge and skills, as well as the ability to apply them. However, without self-efficacy and confidence and without access to income for purchasing food, equipment, and supplies for food preparation, or access to learning opportunities, neither knowledge nor ability may be relevant. A comprehensive approach considering the social determinants of health may be required to impact food literacy and ultimately dietary behaviour.

### CATEGORIES

**FOOD AND NUTRITION KNOWLEDGE**

**FOOD SKILLS**

**SELF-EFFICACY AND CONFIDENCE**

**ECOLOGIC (External) FACTORS**

**FOOD DECISIONS**

### ATTRIBUTES

#### FOOD KNOWLEDGE

To understand the variety of foods within all food groups. To know where food comes from and what is in it.

#### NUTRITION KNOWLEDGE

To understand the nutrients in food and how these can affect health and wellbeing.

#### FOOD AND NUTRITION LANGUAGE

To understand commonly used words to describe characteristics of nutrition in food (e.g., high fibre, low sodium) and preparation of food (e.g., sauté, fold).

#### FOOD SKILLS

To be able to prepare meals throughout the life span using basic skills like chopping, measuring, cooking, reading recipes, and food safety.

#### NUTRITION LITERACY

To be able to distinguish between credible and false nutrition information. Knowing how to find reliable nutrition information and how to make sense of it (e.g., reading a food label).

#### FOOD AND NUTRITION SELF-EFFICACY

To believe in one's ability to apply food and nutrition-related knowledge to select, buy, and prepare food to make healthy choices in a complex food environment.

#### COOKING SELF-EFFICACY

To have confidence in one's ability to use cooking techniques and to prepare tasty meals with available food.

#### FOOD ATTITUDE

The desire to learn how to prepare food; develop a healthy relationship toward food; have respect for food traditions and culture; and prepare and enjoy food to eat together with others.

#### FOOD SYSTEMS

The impact of the food system (e.g., growing, manufacturing, transportation, preparation, consumption and disposal of food products) on individual health, broader societal and economic wellbeing, and the environment.

#### SOCIAL DETERMINANTS OF HEALTH

Access to living wages, affordable housing, learning environments, healthy and adequate food, and cooking equipment.

#### SOCIO-CULTURAL INFLUENCES AND EATING PRACTICES

The influence of socio-cultural values, norms, and beliefs on food choices and eating practices; the social support to learn and share food skills; and the cultural and family food practices (e.g., eating together).

#### DIETARY BEHAVIOUR

To make healthy food choices.

### For More Information

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Visit: [www.foodliteracy.ca](http://www.foodliteracy.ca)

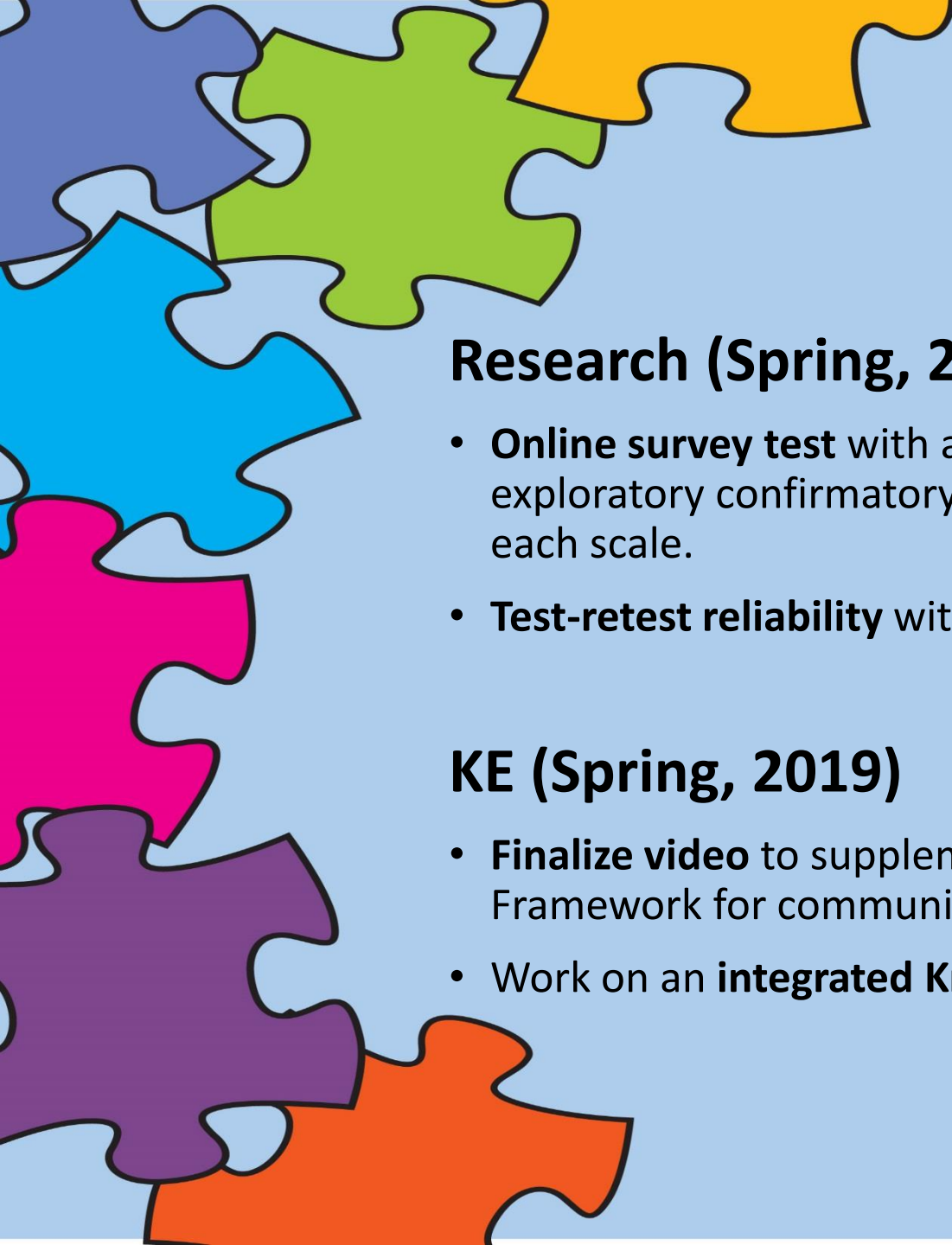
Revised June, 2018

# Other KE Activities

- [Foodliteracy.ca](http://Foodliteracy.ca) website:
  - Launched September 2017
  - Hosted by ODPH website
  - Helps to meet all KE objectives
- Social media (ongoing) follow us:
  - @FoodLiteracyCanada 
  - @FoodLiteracyCAN 







# What's Next?

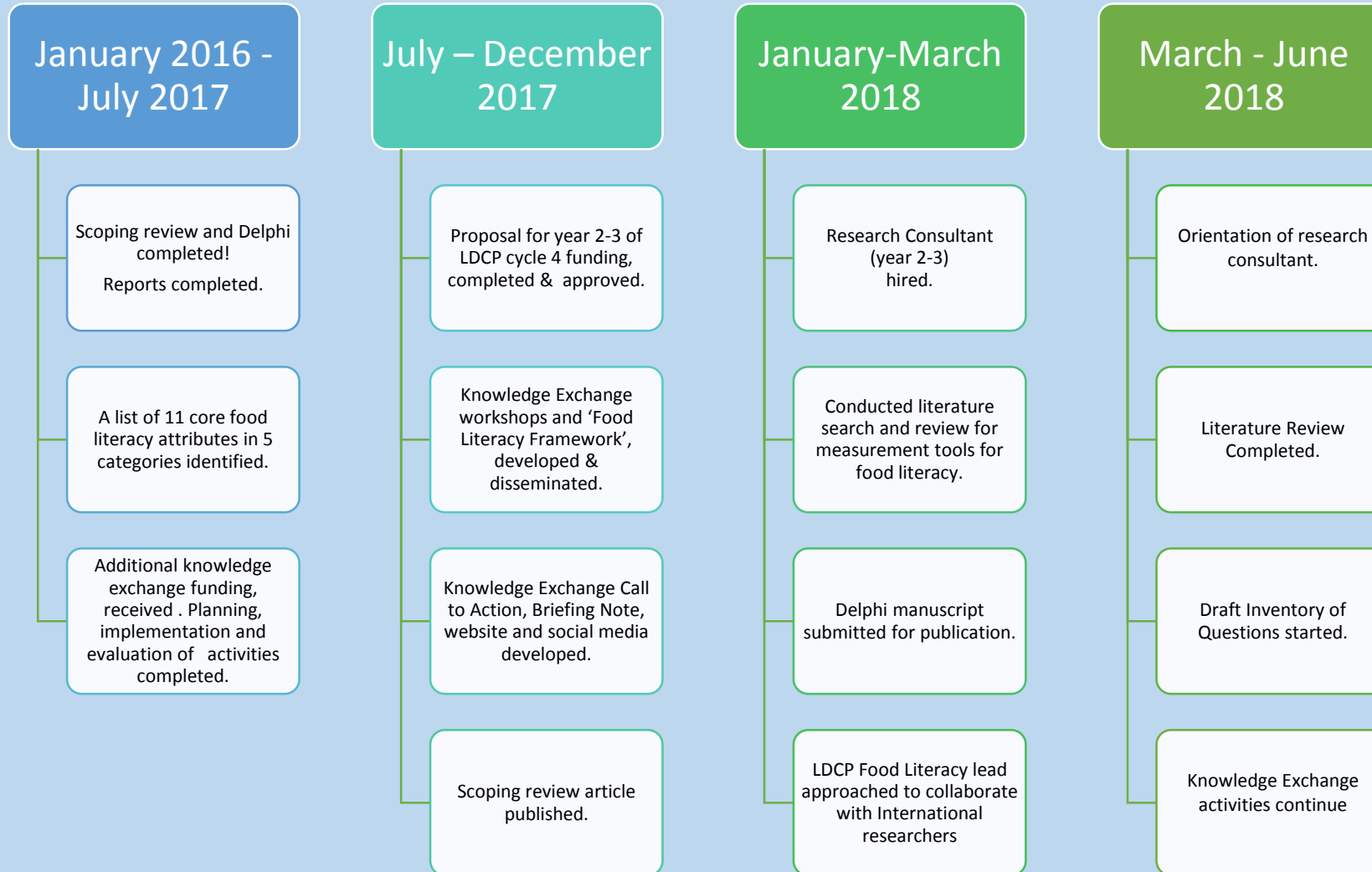
## **Research (Spring, 2019):**

- **Online survey test** with about 600 participants from the target groups to conduct exploratory confirmatory factor analysis and test for internal consistency reliability for each scale.
- **Test-retest reliability** with a smaller sample of target groups.

## **KE (Spring, 2019)**

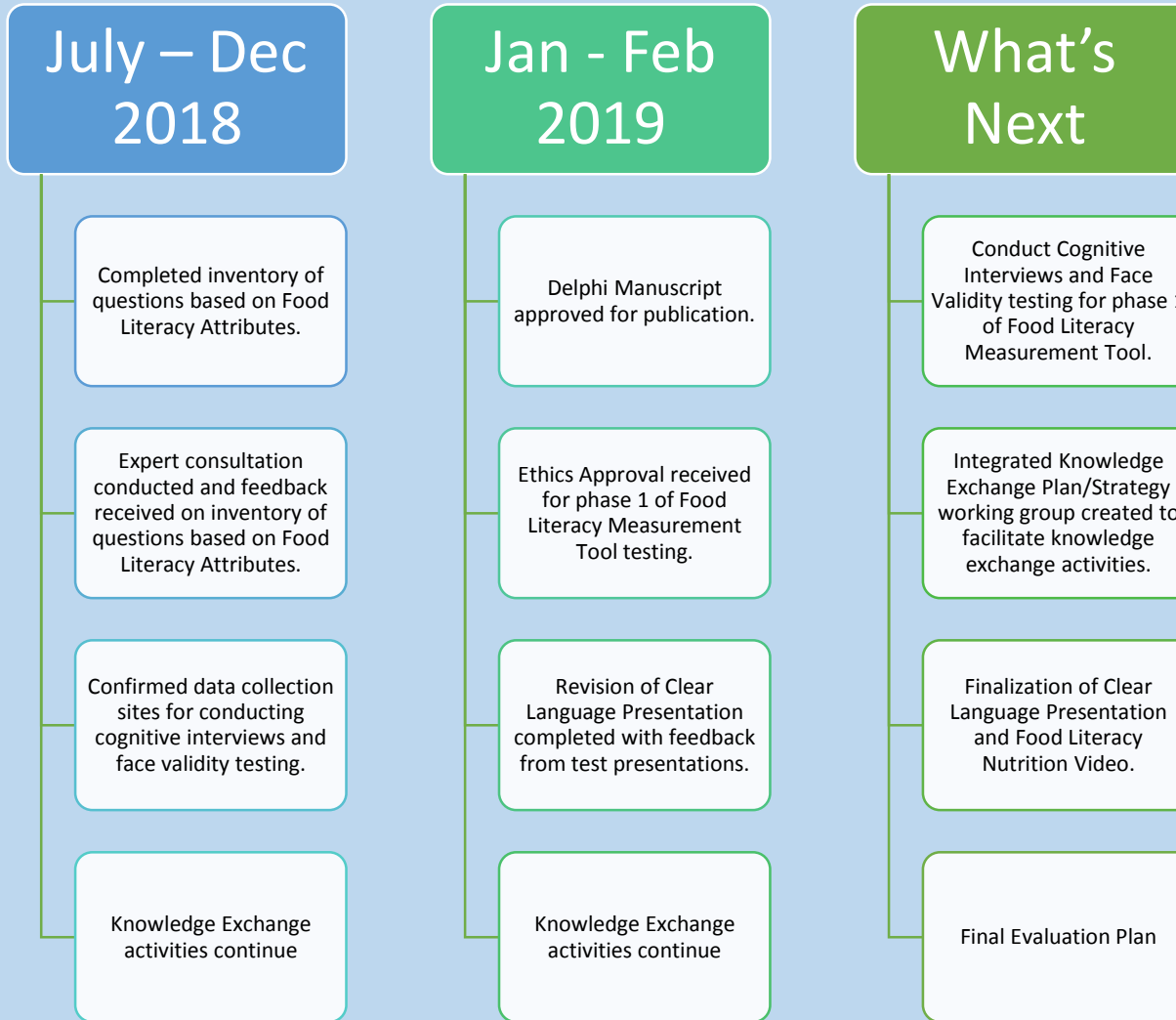
- **Finalize video** to supplement Food Literacy Clear Language Presentation and Framework for community partners/target populations.
- Work on an **integrated Knowledge Exchange Plan/Strategy**.

# Summary of Activities -2016-19





# Summary of Activities -2016-19





# Cast and Crew (2019)

## **Lead/Co-Lead:**

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

## **Core Team:**

- Lucy Valteau, York Region Public Health
- Lyndsay Davidson, Chatham-Kent Public Health Unit
- Shannon Edmonstone, Perth District Health Unit
- Ella Manowiec, Toronto Public Health
- Ruby Samra, City of Hamilton Public Health Services
- Julie Slack, Northwestern Health Unit



# Cast and Crew (2019)

## **Academic Advisor:**

- Sharon Kirkpatrick, University of Waterloo

## **Researcher,** University of Toronto

- Rob Schwartz
- Emily Taylor
- Tracey Borland
- Michael Chaiton
- Michael Wong

## **Knowledge Users:**

- Karen Bellemore, Windsor-Essex County Health Unit
- Diana Chard, Hastings Prince Edward Public Health
- Lauren Kennedy, Peterborough Public Health
- Lana Smith, Lambton Public Health
- Laura Needham, Grey Bruce Health Unit
- Lynn Roblin, Nutrition Resource Centre
- Jessica Love, North Bay & District Health Unit
- Ivan Ho, Thunder Bay District Health Unit
- Brittney Urban, Waterloo Region Public Health



# Acknowledgement

- The LDCP Healthy Eating team would like to thank Public Health Ontario for its support of this project.
- 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 LDCP team, and do not necessarily reflect those of Public Health Ontario.



# For More Information

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