

LDCP Food Literacy

Project Update April 2016

Project Update



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- Why study changes in food and cooking?
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What is an LDCCP?

- The Locally Driven Collaborative Projects (LDCCP) program helps public health units work together to conduct applied research and program evaluation on critical public health problems or programs
- LDCCP are funded and supported by Public Health Ontario (PHO)
- You can find out more about the LDCCP program on the [PHO website](#)

The problem: Changes in Food and Cooking

- Over the last few decades, there have been significant changes in cooking and food preparation resulting in an increased use of more processed foods, which involve fewer and/or different skills than traditional cooking from “scratch”.
- Home-prepared foods, are often replaced by processed foods
- This trend has been linked to higher rates of diet-related chronic disease
- Improving food literacy has been shown to improve diet quality, mostly due to the greater use of vegetables and minimally-processed ingredients.



From food skills to food literacy

- The 2011 LDCP [Making Something out of Nothing](#) developed the definition for food literacy and created a visual model of the components of food literacy. An excellent first step.
- However, a validated **tool to measure food literacy** does not exist. Without a tool, public health professionals are not able to:
 - Determine the extent of the problem;
 - Identify gaps in current programs and target food literacy programming;
 - Allocate resources effectively;
 - Determine impact of programs on food literacy and diet quality; and,
 - Engage in advocacy efforts for food literacy programs

The LDCCP Food Literacy research project will lay the foundation to create a tool to measure food literacy and its attributes within the public health context.

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) and,
 - pregnant women (16 to 25 years of age)

Research Objectives

- **Year 1 Funding:**
 - 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 (TBC):**
 - Develop key indicators that measure food literacy including food skills attributes
 - Develop a tool with questions reflecting these indicators
 - 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

Year 1 Project Overview

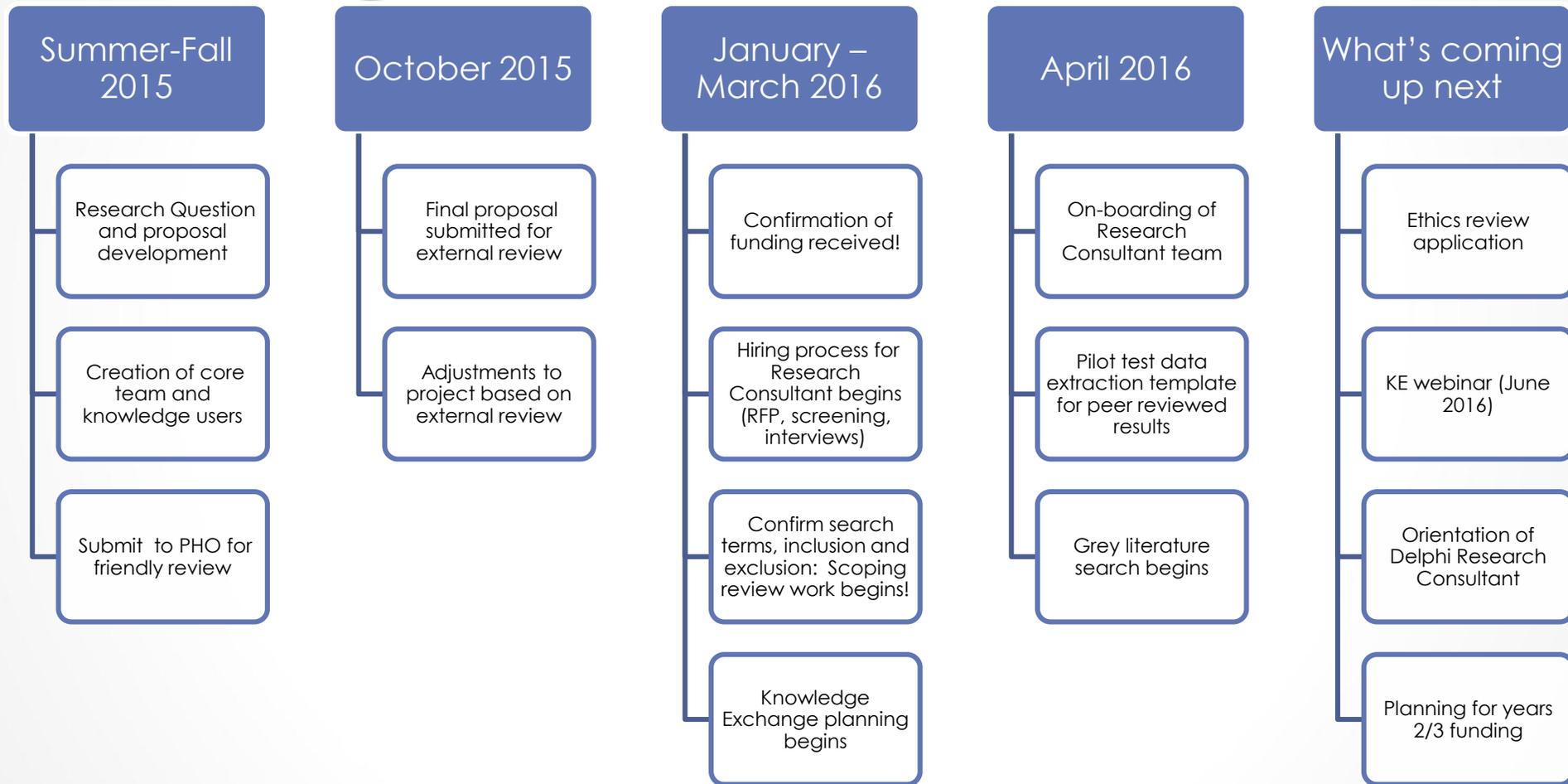
Step 1: Scoping Review

- Conduct a scoping review of the literature (peer reviewed and grey) using a systematic process
- Identify attributes of food literacy including food skills

Step 2: Obtain consensus of food literacy attributes and a ranked list of key attributes using Delphi process

- Get feedback from stakeholders using Delphi process
 - The aim is to reach group consensus and have a ranked list of food literacy attributes
- Delphi process includes 3-4 rounds of questions that solicit opinions from stakeholders
 - For example: do you agree with the list of food literacy attributes? What is missing? What is most important?

Key Activities to Date



The Cast and Crew

Lead/co-lead:

- Elsie Azevado Perry, Halliburton Kawartha and Pine Ridge District Health Unit
- Heather Thomas, Middlesex London Health Unit

Core project team:

- Jessica Hambleton (mat. leave), Toronto Public Health
- Jessica Love, North Bay Perry Sound District Health Unit
- Julie Slack, Northwestern Health Unit
- Lyndsay Davidson, Chatham Kent Public Health Unit
- Rebecca Davids, York Region Public Health
- Ruby Samra, City of Hamilton Public Health Services
- Shannon Edmonstone, Perth District 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 County Health Unit
- Thunder Bay District Health Unit
- Toronto Public Health
- Windsor Essex County Health Unit

Academic Advisor:

- Sharon Kirkpatrick, University of Waterloo

Librarian:

- Amy Faulkner, Simcoe Muskoka District Health Unit

Research Consultants:

- Katherine Slater, Norine Foley, WorkHORSE Consulting (Scoping Review)
- Lisa Petermann and Elizabeth Manafò, EXEP Consulting (Delphi Process)

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- 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

Elsie Azevedo Perry, RD

Haliburton, Kawartha, Pine Ridge District Health Unit

200 Rose Glen Road

Port Hope, ON L1A 3V6

Phone: (905) 885-9100 or 1-866-888-4577

eazevedoperry@hkpr.on.ca

Read about the first LDCP on food literacy at

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