

LDCP Food Literacy

Project Update April 2016

Project Update



- What is the LDCP?
- Why study changes in food and cooking?
- Project overview
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What is an LDACP?

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

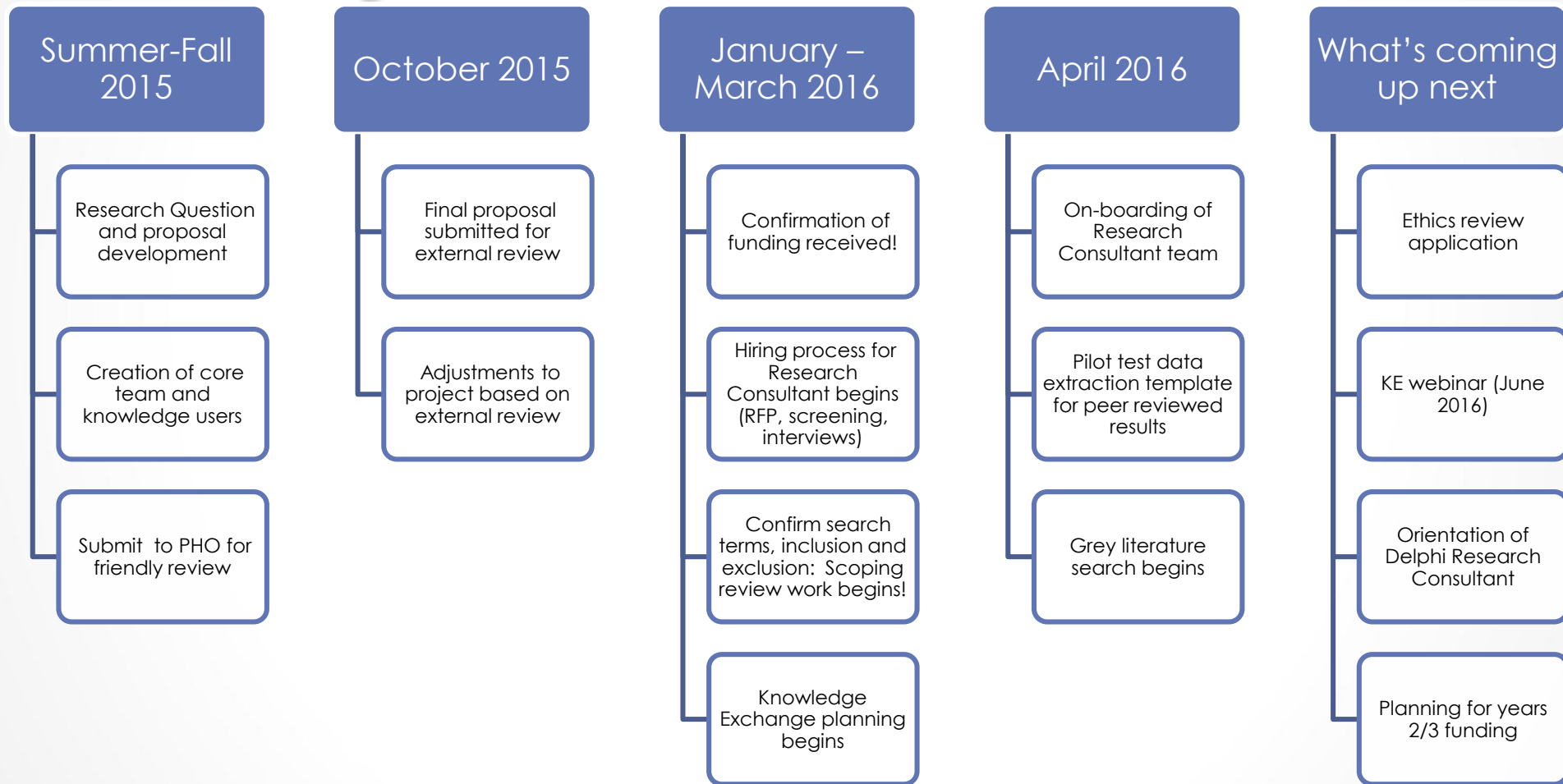
Step 1: Scoping Review

- 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, Haliburton 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 LDCCP team, and do not necessarily reflect those of Public Health Ontario.

For More Information

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Read about the first LDCP on food literacy at

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