

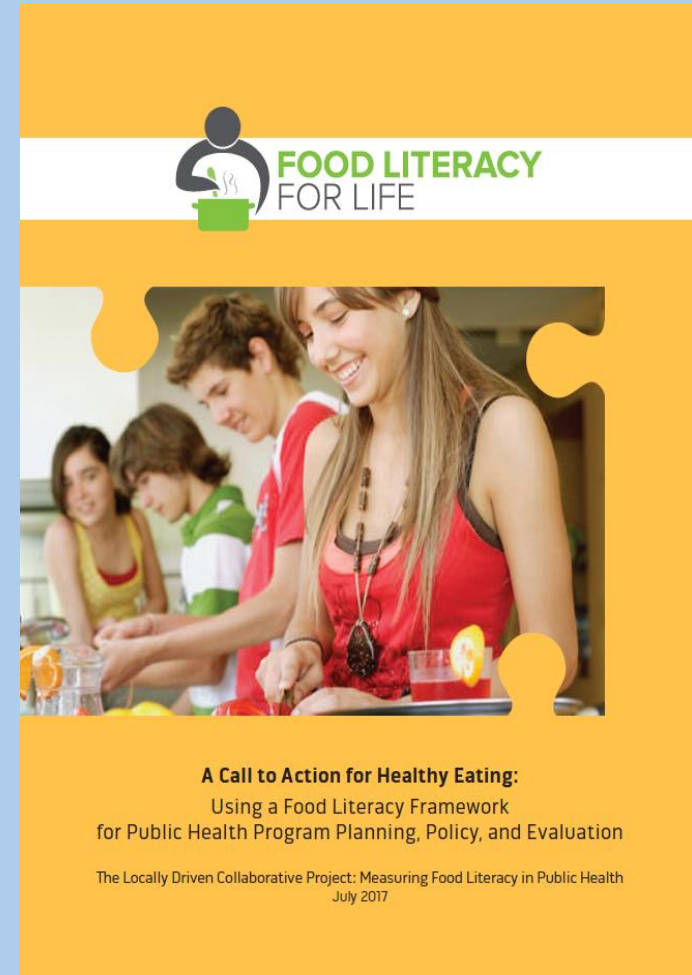


‘Measuring Food Literacy’ A Locally Driven Collaborative Project

**Project Update #5
February 2018**

Project Update #5

- Project overview
- What we have completed
- Key activities
- What next?





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 2019)**
 - 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.



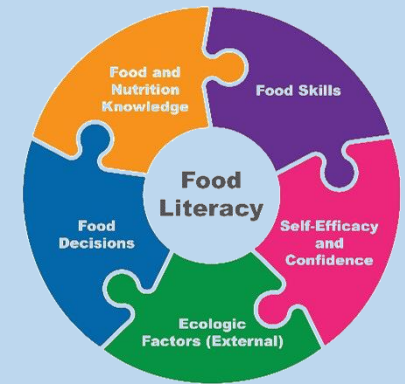
What we have completed

Scoping Review & Delphi

- Rigorous and systematic review of peer reviewed and grey literature completed.
 - [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](#)
 - Delphi report complete and manuscript has been submitted for publication

*EXCITING NOTE: Our scoping paper was selected for the Nutrition Society Paper for the month of August 2017!!

Completed KE Activities



Objective	Completed KE Activities 2017
Shift public health practice to a comprehensive focus on food literacy.	<ul style="list-style-type: none"> • Workshops at the following <u>2017 conferences</u>: <ul style="list-style-type: none"> • TOPHC (Mar) • OSNPPH Nutrition Exchange (May) • Canadian Association for Health Services and Policy Research (May) • Bring Food Home (Oct) • NRC Forum Online training webinar (Nov) • Call to Action & Briefing Note (audience - public health management and stakeholders/decision makers from government/non-government)
Increase understanding of food literacy in user-friendly, relevant manner.	<ul style="list-style-type: none"> • Food Literacy Framework (Pictogram) - currently being revised to better depict ecologic attributes
Increase access to our Food Literacy LDCCP research findings.	<ul style="list-style-type: none"> • Presentations above • Article published in J of Public Health Nutrition

Other KE Activities

- Foodliteracy.ca website:
 - Launched September 2017
 - Hosted by ODPH website
 - Helps to meet all KE objectives
- Social media (ongoing) follow us:
 - @FoodLiteracyCanada 
 - @FoodLiteracyCAN 
- Delphi manuscript submitted– will be shared when published





What next?

- Submitted and received renewed funding to support Year 2-3 of project proposal:
 - to develop a food literacy measurement tool for use with youth, and young parents and pregnant women at risk for poorer health
 - to evaluate the tool with the identified population, considering validity, reliability, sensitivity to change, and feasibility
- Potential tool benefits:
 - Pre- and post- measurement tool
 - Compare across populations
 - Use it as a program planning tool
 - Provide baseline data on food literacy levels within our communities



Current work

1. Provided feedback on the new OPHS guidance documents re: Food Literacy
2. Revising pictogram (Food Literacy Framework) to better reflect ecologic attributes
3. Reviewing RFPs to hire Research Consultant/Team to develop and evaluate a food literacy measurement tool
4. In conversations with international food literacy researchers re: collaboration work.

Summary of Activities -2016-18





2018 Cast and Crew

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



2018 Cast and Crew

Academic Advisor:

- Sharon Kirkpatrick, University of Waterloo

Librarians:

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

Year 1 (past) Research Consultants:

- Lisa Petermann and Elizabeth Manafò, EXEP Consulting

Knowledge users:

- Karen Bellemore, Windsor-Essex County Health Unit
- Diana Chard, Hastings Prince Edward Public Health
- Carolyn Doris, 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
- Magdalena Wasilewska, Toronto Public Health



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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 LDCP 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.osnp-ph.on.ca/food-literacy>