

2016 Impacts: Food Sensations® for Adults



BACKGROUND TO THE PROGRAM

Foodbank WA has been committed to providing nutrition education programs to the community since 2007 as part of their *Healthy Food for All*® strategy.

Food Sensations® for Adults is a FREE nutrition and cooking program designed to provide low to middle income adults with a good understanding of healthy eating, as well as skills in how to purchase and prepare healthy foods. All sessions are hands on, fun and provide a safe environment to try new recipes and skills.

Food Sensations® for Adults is a 4 session program covering core topics in

- healthy eating
- label reading and food selection
- meal planning and budgeting
- food safety, preparation and cooking

Program delivery is tailored to each group and can cover additional topics such as healthy lunchboxes and snacks, supermarket tour, healthy mind healthy body or gardening for health.

DEFINING THE PROBLEM

Poor diet is an important modifiable risk factor that can have a significant impact on health and increase the risk of chronic diseases such as heart disease, Type 2 diabetes, obesity and some cancers¹.

The WA Nutrition Monitoring Survey from 2012 found that Western Australians agree that knowing quick ways to prepare healthier food (84%) and knowing more about cooking (60%) would make it easier for them and their family to eat a healthy diet. Skills in food planning, shopping, meal preparation, and cooking confidence, are important for good nutrition outcomes, and are also an important component of food security. Food literacy is used to describe these knowledge and skills required to eat healthy foods.

¹ Australian Institute of Health and Welfare 2016. Australian Burden of Disease Study: Impact and causes of illness and death in Australia 2011—summary report. Australian Burden of Disease Study series no. 4. BOD 5. Canberra: AIHW

INVESTING IN THE SOLUTION

The Department of Health WA is equally committed to prevention as well as treatment. Programs are funded to promote health in the community to help prevent disease, and promoting healthy eating is a priority.

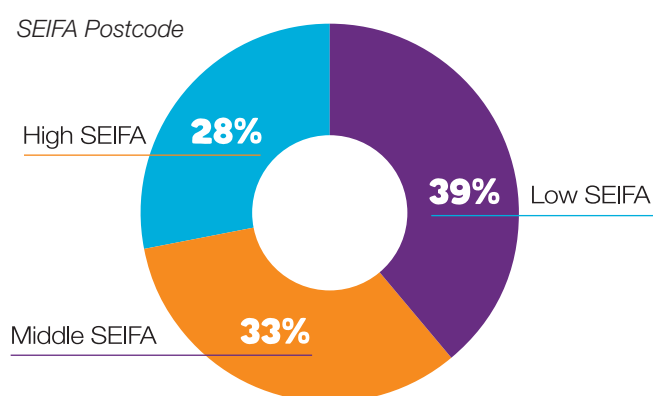
The *Food Sensations*® for Adults program is funded by the Department of Health to address poor dietary intakes. The current program funded since 2016 is designed for people from low to middle income households and is open to all organisations with established groups, the general public and to regional Community Resource Centres via video conferencing.

RESEARCH AND EVALUATION

Dr Andrea Begley from Curtin University is evaluating the program. This evaluation will assist in continuing to deliver an effective program.

REACHING LOW AND MIDDLE INCOME WESTERN AUSTRALIANS

During 2016, 72% of participants in the *Food Sensations*® for Adults program were from low to middle income households. This was assessed by converting postcode to Socio Economic Index For Area (SEIFA).



WHO IS ATTENDING?

Over 1000 people attended and there was a range of age groups, from 18 through to over 75 years, 76% were female, 55% born in Australia and 4.5% identified as Aboriginal or Torres Strait Islander.

These participants were more likely to have all the responsibility for meals in their households and have lower cooking skills self-assessment when compared to the 2012 Nutrition Monitoring Survey Series (NMSS).

DEMONSTRATING RESULTS

MAKING IMPROVEMENTS TO FOOD LITERACY BEHAVIOURS

Participants made overall positive change in food literacy behaviours



WHAT IMPROVEMENTS ARE PEOPLE MAKING?

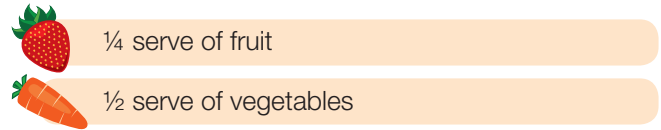
The percentage of participants who increased the frequency of using specific food literacy behaviours as a result of the program.



These are the top five statistically significant changes made by participants.

IMPROVEMENTS IN FOOD GROUPS

At the end of the program participants reported consuming an additional



WHAT PEOPLE ARE SAYING ABOUT FOOD SENSATIONS® FOR ADULTS

"enjoyed the program and found it very helpful in giving me new ideas for meals"

"great program enjoyed learning cooking and eating, everyone needs to do programs like this"

"it was a great program that reinforced what I am doing anyway"

"I think the demonstrators did a very good job helping people with their diet"

WHY IT WORKS?

Foodbank WA facilitators are using a best practice nutrition education model to enable them to effectively reach and educate participants in food literacy.

Facilitators are trained health professionals, skilled and committed.

FOR MORE INFORMATION

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