

LDCP Food Literacy

Project Update #4
September 2017

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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

Overall Project 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.
- **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.

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

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](#)

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

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 conferences:<ul style="list-style-type: none">• TOPHC (Mar)• OSNPPH Nutrition Exchange (May)• Canadian Association for Health Services and Policy Research (May)• 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)• Video (in progress)
Increase access to our Food Literacy LDCP research findings.	<ul style="list-style-type: none">• Presentations above• Article published in J of Public Health Nutrition

Other KE Activities

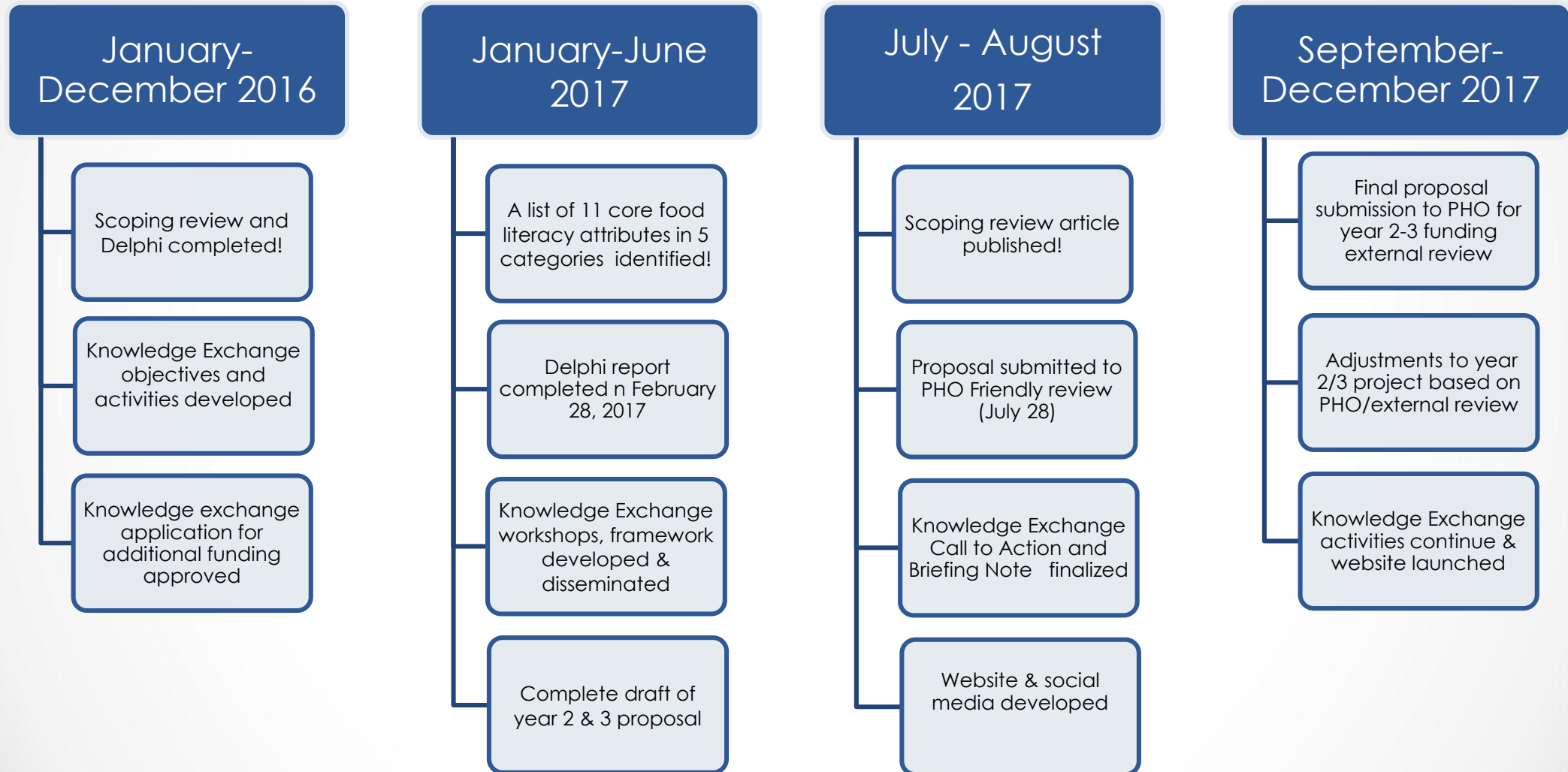
- Foodliteracy.ca website
 - Launched September 2017
 - Hosted by OSNPPH website
 - Helps to meet all KE objectives
- Social media (ongoing) follow us:
 - @FoodLiteracyCanada 
 - @FoodLiteracyCAN 
- Online training webinar (Oct/Nov 2017)
- Delphi manuscript submission (in progress) – will be shared when published
- Other conferences (NRC Forum, Bringing Food Home)



What next?

- Have written and will be submitting proposal in September for renewed funding to support Year 2-3 of project proposal:
 - 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

Summary of Activities -2016-17



The Cast and Crew

Lead/Co-lead:

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

Core project team:

- Lucy Valleau / Rebecca Davids (on sabbatical), 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 (cont'd)

Knowledge users:

- Grey Bruce Health Unit
- Hastings and Prince Edward County Health Unit
- North Bay Parry Sound District Health Unit
- Nutrition Resource Centre
- Ottawa Public Health
- Oxford Public Health
- Peterborough Public Health
- Thunder Bay District Health Unit
- Toronto Public Health
- Windsor Essex County Health Unit

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

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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 LDCCP on food literacy at

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