Project Update #4

- 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?

  o 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):
  o Identify and summarize the attributes* of food literacy including food skills, in the literature.
  o 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)
  o 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.
  o 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.

- 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

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<th>Objective</th>
<th>Completed KE Activities 2017</th>
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| Shift public health practice to a comprehensive focus on food literacy. | • Workshops at the following conferences:  
  • 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. | • Food Literacy Framework (Pictogram)  
• Video (in progress) |
| Increase access to our Food Literacy LDCP research findings. | • Presentations above  
• Article published in J of Public Health Nutrition |
Other KE Activities

- Foodliteracy.ca website
  - Launched September 2017
  - Hosted by OSNPPPH 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

January-December 2016
- Scoping review and Delphi completed!
- Knowledge Exchange objectives and activities developed
- Knowledge exchange application for additional funding approved

January-June 2017
- A list of 11 core food literacy attributes in 5 categories identified!
- Delphi report completed on February 28, 2017
- Knowledge Exchange workshops, framework developed & disseminated
- Complete draft of year 2 & 3 proposal

July - August 2017
- Scoping review article published!
- Proposal submitted to PHO Friendly review (July 28)
- Knowledge Exchange Call to Action and Briefing Note finalized
- Website & social media developed

September-December 2017
- Final proposal submission to PHO for year 2-3 funding external review
- Adjustments to year 2/3 project based on PHO/external review
- Knowledge Exchange activities continue & website launched
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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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.osnppph.on.ca/food-literacy