

Co-designing a healthy cooking program for adults with intellectual disability



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Roberta Asher, Sarah Simmonds, Arron Fitzpatrick, Beth Innes, Dr Vanessa Shrewsbury,
L/Prof Clare Collins

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What you will learn



1. Why healthy eating is important
2. Role of cooking in health
3. How we created a healthy cooking program

Nutrition related health

- Unhealthy eating increases risk of poor health and potentially early death
- Responsible for ~11 million deaths globally
- Issue for people with and without disability
- People with intellectual disability have unique factors that need to be considered



Healthy eating

- Visual guide of healthy eating patterns to aim for
- Most Australians don't eat like this
- Most of these foods need some form of cooking or preparation

We don't need to cook from scratch



Pre-prepared meals



Pre-made sauces



Frozen, canned and cut-up



Benefits of cooking

- Choice and control over
 - What we eat
 - How we spend our money
- Sense of accomplishment
- Connects us to others
- Connects us to culture

Culinary Nutrition

- Nutrition education through teaching healthy meal planning, food preparation and cooking
- Recognises that we eat for pleasure
- Increasingly popular area of health promotion
- In research there aren't many programs for people with intellectual disability



Need identified by disability
service provider



Partnership between
academic research team



FLIP development

- Consultation study to create FLIP
- Draft FLIP program and resources
- Pilot study to test FLIP

FLIP pre-pilot

- Pre-pilot with co-researchers
 - Create program content
 - Refine pilot study methods
- Pilot study with people with intellectual disability
 - Co-facilitators



FLIP pilot study

- 8 weeks face to face
- 3 to 4 hour sessions
- University teaching kitchen
- 2 groups



FLIP participants

- Adults with mild-to-moderate intellectual disability
- Recruited through a disability service provider
- NDIS funding for a support worker
- Easy Read information and consent forms

WHO IS DOING THE RESEARCH?



My name is Ms Roberta [Asher](#) and I am a student researcher at The University of Newcastle.

The research is supervised by Professor Clare Collins, Dr Vanessa Shrewsbury. The research team will also include Dr Tamara Bucher and Dr Anna Rose at The University of Newcastle and Ms Emily Hinton at Challenge Community Services.

FUNDING

Funding for this project has come from Challenge Community Services.



WHY IS THE RESEARCH BEING DONE?

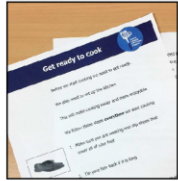
We have made a program to teach you how to cook and plan meals. The program is called FLIP.

FLIP activities



- FLIP aims to enhance healthy cooking
 - Skills
 - Knowledge
 - Confidence
- Each session contained
 - Nutrition education
 - Cooking activity
 - Shared meal
 - Food safety information

Crumble Topping



Before you start, get ready to cook

Don't forget to include equipment for eating such as a plate, bowl, knife, fork or spoon.

Collect the following equipment



Wooden spoon



Cup



Half cup



Tablespoon



Mixing bowl



Baking tray



Baking paper

Collect the following ingredients

This will make 10 serves



2 cups rolled oats



Half cup almonds



Half cup shredded coconut



2 tablespoons brown sugar



1 tablespoon cinnamon



Extra virgin olive oil



3. Use a spoon to mix the **oat mix** together



4. Line a baking tray with baking paper



5. Pour the **oat mix** onto the baking tray

Use the spoon to spread the **oat mix** evenly over the baking tray

Feasibility and acceptability

- How many people finished
- Did we run FLIP as we planned and did people participate in FLIP
- Focus group to see if people liked FLIP

Changes in cooking

- Data collection in first and last sessions
- Facilitator asked:
 - How often people cook
 - How confident people were at cooking and meal planning



Changes in eating patterns

- Australian Recommended Food Score
 - 70 questions about different foods eaten
 - Do you eat this food less than once a week or more than once a week
- Pictures for each food item
- Facilitator asked the questions
- Also known as Healthy Eating Quiz

<https://healthyeatingquiz.com.au/>



Discover how healthy your diet & eating habits are

The Healthy Eating Quiz is designed to rate how healthy your eating habits are and it helps to identify areas in your diet that can be improved. At the end, you'll receive instant feedback on your eating habits and you'll be able to compare to people your age. Your results will be stored in your dashboard, allowing you to track your changes over time.

[FIND OUT HOW GOOD YOUR FOOD INTAKE IS](#)

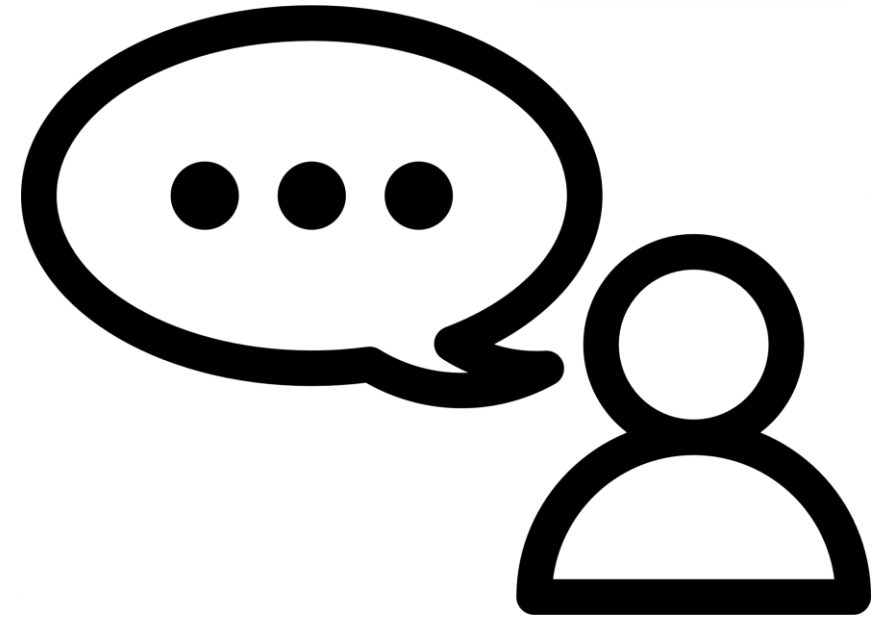


Feasibility results

- Group 1 – July 2021 to December 2021
 - 3 started, 1 finished
- Group 2 – October 2022 to December 2022
 - 6 started, 5 finished
- FLIP ran as planned, good participation

Acceptability results

- Participants liked
 - Cooking activities
 - Food safety activities
 - Social aspect
- Participants would recommend FLIP and wanted more
- Didn't like nutrition education or research activities



“Yeah. I really like prac. Prac, just get straight into it, no theory”.

Cooking and eating pattern results

- We weren't able to collect enough data on
 - How often people cook
 - How confident people were at cooking and meal planning
- Next time collect data before the sessions
- We were able to collect data on eating patterns



Co-researcher input

- Attended
 - Pre-pilot sessions
 - FLIP sessions as co-facilitators
 - Dissemination planning
- Key input
 - Physical space
 - Cooking activities
 - Data collection methods
 - Knowledge of local avenues to gain cooking experience

Conclusions

- There is a real need for inclusive health promotion programs for people with intellectual disability
- Still a lot of work to do
- More research to test if FLIP is effective at changing cooking and eating
- Established working relationship with co-researchers



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