

2018 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 program designed to provide low to middle income adults with an understanding of healthy eating, as well as improve food literacy by increasing 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 food literacy 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 mindful eating, eating for a healthy weight, healthy lunchboxes and snacks, supermarket tour and comparing takeaway and snack foods.

DEFINING THE PROBLEM

Poor diet is a significant modifiable risk factor for chronic diseases. It can increase the risk of heart disease, Type 2 diabetes, obesity and some cancers¹.

The 2015 WA Nutrition Monitoring Survey² found that Western Australians agree that knowing quick ways to prepare healthier food (82%), knowing more ways of preparing healthy foods (75%) and knowing more about cooking (61%) would help them and their families to eat a healthier diet. Skills in food planning, shopping, meal preparation, and improving cooking confidence, are important for good nutrition outcomes, and are also an important component of food security. The term food literacy is used to describe the knowledge and skills required to eat healthy foods.

INVESTING IN THE SOLUTION

The *Food Sensations® for Adults* program is funded by the Western Australian Department of Health to improve dietary intakes. The current program funded since 2016, is designed for people from low to middle income households from:



Organisations with established groups



The general public



Regional Community Resource Centres via video conferencing

As a result, in 2018 there were:



99

Groups



396

Sessions

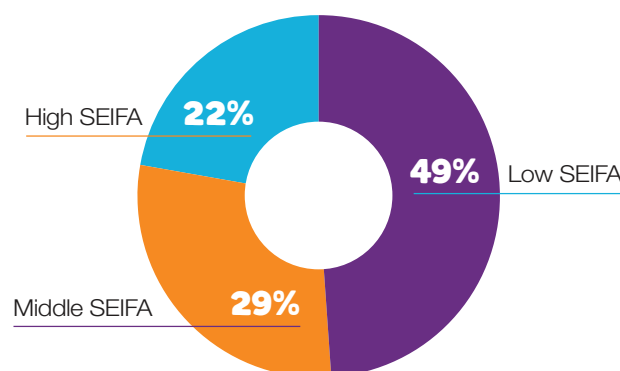


1500

Meals cooked

REACHING LOW AND MIDDLE INCOME WESTERN AUSTRALIANS

During 2018, 78% 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).



SEIFA Postcode

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.

² Miller, MR, and Miller, SA. (2017) Nutrition Monitoring Survey Series 2015 Key Findings, Department of Health, Western Australia.

Partner:



Government of Western Australia
Department of Health



WHO IS ATTENDING?

1085+ people across WA including regional areas

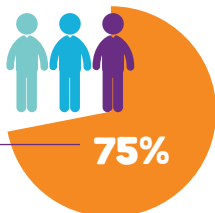


Evaluation data obtained from 854 participants shows that participants are mostly female (77%), cover a range of ages from 18 years, 59% born in Australia and 7% identified as Aboriginal or Torres Strait Islander.

DEMONSTRATING RESULTS

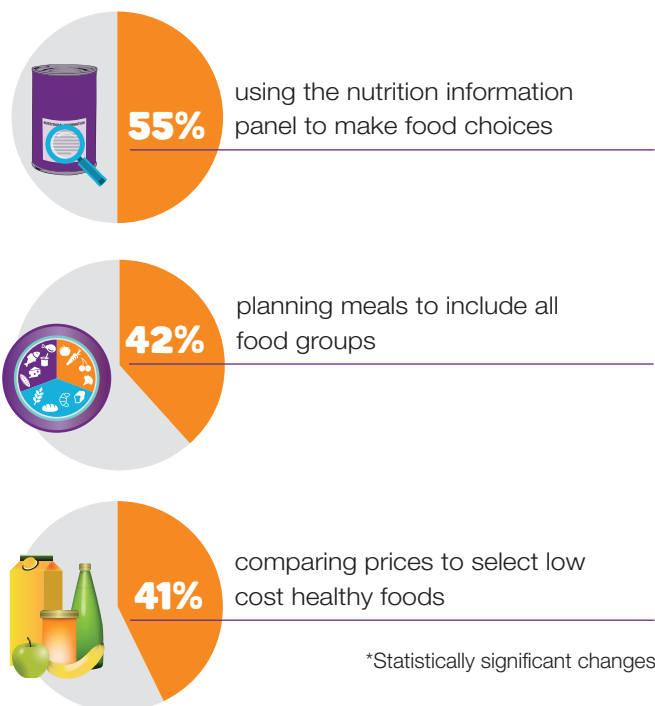
MAKING IMPROVEMENTS TO FOOD LITERACY BEHAVIOURS

Individuals who made overall positive change in food literacy behaviours



Top Three Changes*

The percentage of individuals who had increased their frequency of:



IMPROVEMENTS IN DIETARY INTAKES

At the end of the program individuals are reporting eating an additional:



¼ serve of fruit



½ serve of vegetables

WHAT PEOPLE ARE SAYING ABOUT FOOD SENSATIONS® FOR ADULTS?

"I enjoyed learning about other cultures and foods, the group variety was fantastic. I would encourage others to attend."

(Female from a regional community group program)

"A great reminder of what healthy eating is. I really loved the cooking and practical activities. The program was well presented."

(Female from a regional public program)

"Thoroughly enjoyed it! It was an awesome eye-opener. Would highly recommend to others. I knew some things already, but this explained it better and taught me new things."

(Female from metropolitan community group program)

"Very informative and practical for everyday life, enjoyed the hands-on cooking experience."

(Male from a metropolitan community group program)

WHAT COMMUNITY GROUP ORGANISERS ARE SAYING ABOUT FOOD SENSATIONS FOR ADULTS?

97% of community organisations would host the program again

"This is a really beneficial program and our members really enjoy coming along to the sessions. It is an invaluable component to our healthy lifestyle program. I think this program is great as it shows people that they can learn how to improve their cooking skills regardless of their age and try new foods and build their confidence in the kitchen and making healthy lifestyle choices."

(Organiser from a local government organisation)

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, skilled and committed health professionals.

RESEARCH AND EVALUATION

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

FOR MORE INFORMATION

W: www.foodbankwa.org.au

E: FoodSensationsEvaluation@curtin.edu.au

2018 Impacts: Food Sensations® for Adults - March 2019

Partner:



Government of **Western Australia**
Department of **Health**