

2019 Impacts: Food Sensations® for Adults



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 2019 there were:



118

Groups



449

Sessions

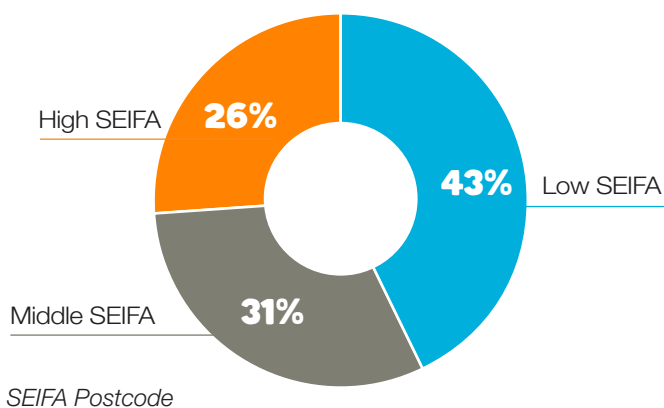


1800

Meals cooked

REACHING LOW AND MIDDLE INCOME WESTERN AUSTRALIANS

During 2019, 74% of participants in the *Food Sensations® for Adults* program were from low to middle income households. This was assessed by converting postcodes to Socio Economic Index for Area (SEIFA).



WHO IS ATTENDING

1235 individuals



Evaluation data shows an increase in males attending the program in 2019 (23% in 2018 to 30% in 2019). Participants covered a range of ages from 18 years, 65% were born in Australia and 9% identified as Aboriginal or Torres Strait Islander.

DEMONSTRATING RESULTS

MAKING IMPROVEMENTS TO FOOD LITERACY CONFIDENCE AND BEHAVIOURS.

Individuals who made an overall change in food literacy confidence and behaviours



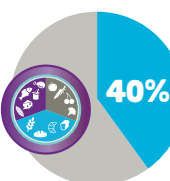
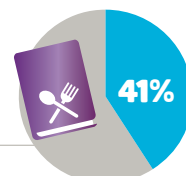
Top Changes*

The percentage of individuals who had increased their



Frequency of using the nutrition information panel to make food choices

Confidence to cook a variety of healthy meals



Frequency of planning meals to include all food groups

Confidence to select low cost healthy foods



*Statistically significant changes

IMPROVEMENTS IN DIETARY INTAKES.

At the end of the program individuals reported eating an additional:



1/4 serve of fruit



1/2 serve of vegetables

Partner:



Government of Western Australia
Department of Health



WHAT PEOPLE ARE SAYING ABOUT FOOD SENSATIONS[®] FOR ADULTS

"So glad my husband and I could both be involved in the group, it has helped change the health behaviour of our household."

(Female from a metropolitan public program)

"An excellent programme which encouraged me to think more about the food we eat and to cook more meals at home."

(Male from a metropolitan community group)

"I would highly recommend this class to all my friends; such a wonderful class full of information and hands-on experience."

(Female from a regional community group)

"A great experience for the dozen members of the Men's shed. A reminder that simple cooking is good."

(Male from a metropolitan community group program)

WHAT COMMUNITY GROUP ORGANISERS ARE SAYING ABOUT FOOD SENSATIONS FOR ADULTS



of organisers continued to value the program with the majority wanting to host the program again.

"Really value this program for the community members. Such a great way to engage with members for healthier lifestyles. Members have been exposed to healthier, easier to cook meals. Many of the members were surprised how much sugar and salt are in processed foods. They really enjoyed the connection and learning and cooking together"

(Organiser from a welfare organisation)

WHY IT WORKS

Foodbank WA are using a best practice nutrition education model to enable them to effectively reach and educate Western Australians in food literacy to improve food choices.

Facilitators are university trained, skilled and committed nutrition professionals.

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 education and cooking 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 junk food, healthy lunchboxes and snacks, 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.

RESEARCH AND EVALUATION

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

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.

FOR MORE INFORMATION

W: www.foodbank.org.au

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Partner:



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

