Assessment of Dietary-Related Environmental/Community Factors within Twin Towers

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Purpose: Assess various dietary-related environmental and community factors that have impacted the overall health and food access of the Twin Towers community.

Objective: Obtain primary and secondary data regarding food and nutrition program participation, safe food and meal availability, safe water availability, and food and nutrition-related supplies availability.

Survey: Twin Towers residents
- Gathered data regarding meal patterns and access to food
- Evidence of limited knowledge of cooking skills
- All participants have the ability to cook at home with necessary appliances and all have access to nearby grocery or convenience stores; however, only 1/7 eating at home.

Primary Data Results:
- Majority of participants walk to get food supplies
- Most get food supplies from Kroger, but some obtain food supplies from Ray’s Food Market
- Most obtain food from these places due to its location close to home
- All participants own a refrigerator
- Majority of participants own a microwave, hot plate burner, and a crockpot
- Majority of participants eat food at home but not at a high frequency.

Secondary Data Results:
- Low ownership of vehicles
- Slight decrease in food and nutrition program participation
- Slight decrease in annual median income of Montgomery households
- High rates of poverty, high safe water availability, and low levels of accessible healthy food providers.

Due to these findings, we recommended addressing the potential barriers to cooking and consuming food at home.

PES: Limited ability to prepare food at home (NB-2.4) related to potential barriers such as limited time, limited knowledge, and convenience as evidenced by 1/7 participants eating at home everyday.

Goal: Cooking demonstration of kid-friendly recipes exemplifying how quick and easy healthy foods from local food pantries and grocery stores can be incorporated into the recipes and how to include children in preparing the meal.

Setup: A mobile cooking unit was used. Both recipes were prepared in front of the participants.

Process: Groups of 4-5 students Pre-K through 6th grade spent about 4 minutes at our table where we asked them questions about cooking
- Location: Ruskin Elementary Lobby
- Participation from Miracle Worker after school care children

Nutrition Intervention

Banana Oatmeal Protein Balls

Objectives
- Process:
  - At least 50% of attendees will try the food demonstrated.
- Impact:
  - 50% of people that visit the table increase confidence of cooking skills.
  - 20% of people that visit the table increase their knowledge of how to incorporate their children in the process of preparing food.
- Outcome:
  - Increasing amount of Twin Towers residents who attended that will cook and consume food at home by 5%.

Pasta with Chicken

Evaluation and Conclusion

Quantitative
- Participation of the students was gauged by counting the Dixie cups, which were used to serve the samples
- Process objective: at least 50% of attendees will try the food demonstrated
  - Of approximately 200 people, 165 samples were given out
  - This is 82.5%, which is higher than our goal
- Due to fast-paced environment, only the process objective was evaluated

Qualitative
- A majority of students ate the entire sample that they were given
- Students reported liking the oatmeal banana ball
- Students responded best to the chicken pasta
- Every participant ate all of the chicken pasta sample

Conclusion
- Student exposure to healthy foods may increase student desire to cook these foods at home
- Further interventions should encourage participant involvement in the food preparation process

References

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