

Healthy Eating: It's No Big *Dill*!

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Introduction

The Brighton Center Northern Kentucky Scholar House (NKYSH) is a housing complex of 48 apartments (serving 113 individuals) for single parents who meet the following requirements:

- above the age of 18
- enrolled as full-time students
- eligible for Section 8 housing
- work 20 hours a week
- interested in achieving long-term self sufficiency

Greatest Strength - Social capital

Greatest Need - Access to information, resources, and support surrounding healthy eating

Goal - We will increase healthy eating self-efficacy by 50% and healthy eating behavioral changes by 10% within the Scholar House community by April 2018.

Methods

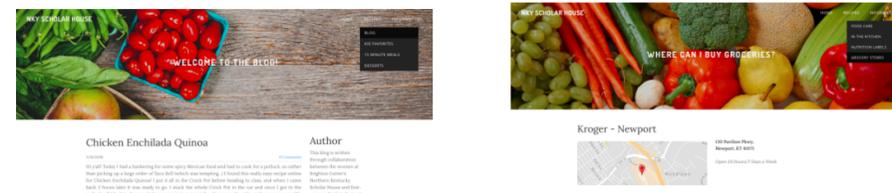
Banquet – Learning Community 1 and NKYSH residents collaborated to cook healthy, easy dishes for 30 students and resident families with a “knife skills” demonstration, a step-by-step demonstration of making homemade ice cream, and packets containing recipes for all prepared dishes and instructions on how to read nutrition labels.



Focus Group - Residents of the NKYSH sat down with members of LC 1 to discuss their perspective on healthy eating, barriers they face to eating the way they want to, and the resources that they would utilize to improve their inclusion of vegetables in meals.



Blog - The residents of NKYSH and LC 1 collaboratively formed a website specific to NKYSH that includes directions to and hours of local grocery stores, instructions for reading nutrition labels, food storage guidelines, a plethora of easy, kid-friendly recipes, and a blog for regular updating by members of the NKYSH.



Results

The average amount of breakfast meals including vegetables per week before the intervention was 1.47, and after the banquet the average was 3.21 meals per week, yielding a statistically significant ($p < .05$) result due to the intervention. Average number of meals cooked at home, average comfort level in reading a nutrition label, and comfort level in reading and following a recipe all showed increases after the banquet, however these results proved to be statistically insignificant.

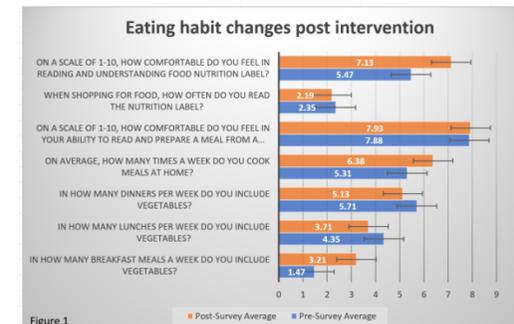
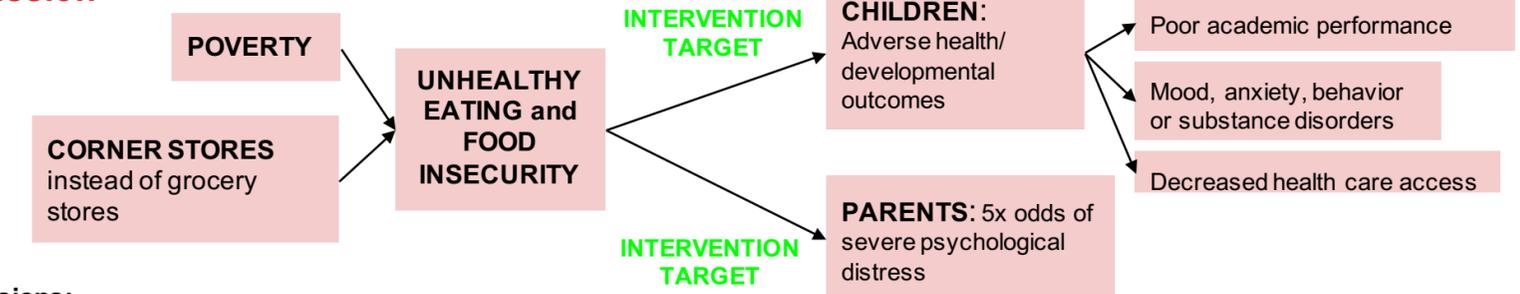


Figure 1: Eating Habit Survey Results; n=16

	Pre-Survey Average	Post-Survey Average	Event Effect	T score
In how many breakfast meals a week do you include vegetables?	1.47	3.21	Up *	0.008
In how many lunches per week do you include vegetables?	4.35	3.71	Down	0.214
In how many dinners per week do you include vegetables?	5.71	5.13	Down	0.146
On average, how many times a week do you cook meals at home?	5.31	6.38	Up	0.197
On a scale of 1-10, how comfortable do you feel in your ability to read and prepare a meal from a recipe?	7.88	7.93	Up	0.482
When shopping for food, how often do you read the nutrition label?	2.35	2.19	Down	0.29
On a scale of 1-10, how comfortable do you feel in reading and understanding food nutrition label?	5.47	7.13	Up	0.083

Table 1: Eating Habit Survey Results; n=16

Discussion



Conclusions:

- Impoverished, low-income and minority populations (such as those served by NKYSH) are disproportionately burdened with obstacles that prevent them from consistently and reliably integrating healthy foods into their diets
- Effective interventions require flexibility and dynamic goals that change as information is gathered throughout the process

Barriers:

- Site manager left midway through project
- Experienced difficulty coordinating schedules
- Needed to adapt a health education curriculum to those being trained in healthcare
- Farmer's Market onsite was shut down

Next Steps:

- Continue following up on blog to adjust material as desired by residents
- Transition leadership of blog completely to NKYSH
- Establish protocol for passing blog down through residents at NKYSH

