



# Kim Newstead Community Cooking skills work

#### Plan for workshop

Focus on CFHS work on community cooking courses



- Cooking skills study group evaluation background of, and initial results
- Discussion groups

# Cooking skills work background—building evidence and practice



# Background of cooking skills study group

- Cooking skills realist review 2014
- A realist review... Rather than just asking 'what works?' a realist review aims to find out-
- "what works, for whom why and in what context?"

# What did the realist reviewers conclude?

- Courses reach people affected by health inequalities
- Evidence of consistent good practice (activities meets good practice recommended by NICE)
- But.. a lack of 'robust' evidence that courses make a difference to participants

### Cooking skills study group set up

- 8 organisations (32 courses in total)
- Courses run 'as usual'
- For 'vulnerable participants' and families on low-incomes
- Agreed set of outcomes and indicators

Aimed to gather more' robust' evaluation

information'

Focus still on 'what works for whom, why and in what context?'



## For whom and in what context?

Participants' lives, motivations

Cooking course activities

# Why? How people react.



#### Does it work? e.g.

- Improved cooking skills
- more balanced diet

### How to explain/ categorise 'why' -Behaviour change theory framework of 10 'concepts'

Outcome expectancies

Personal Relevance attitude

Self efficacy









Social norms (Descriptive or subjective)



Intention formation/ concrete plans



Personal and moral norms



Relapse prevention

**Behavioral** contracts

#### Why? plain language version...

Now I understand why I should do this

This is relevant to me and my life

I like this/ I feel valued

I feel confident I can do this

My family/ friends are doing this too

Others make me feel proud

I can help and contribute or this will help me get on in life

I am thinking about making plans for myself
I am definitely planning to do this and I'll let others know
others can help me keep going or I now know how to
keep going myself

### Evaluation challenges

- The cooking courses ran in similar ways
- Still difficult to get 'robust' evaluation information
- Too many outcomes across courses
- Evaluation methods did not always match outcomes planned
- poor evaluation information from people who don't attend courses regularly

# What evaluation information we got:

- 29 courses, 92 people (from 154 people)
  - 21 low-income families
  - 34 'vulnerable' people
  - 37 low-income family AND vulnerable
- 17 children (11 with autism, Aspergers, ADHD)
- 75 adults 24 men, 51 women
- 69 people followed up

Our evaluation focuses on the adults – all 75

#### Evaluation: initial results

- 68 % of adults made improvements to their diet
- 79% adults improved their cooking skills (a further 15% could already cook)
- 55% adults improved their food and health knowledge
- 31% adults were better able to manage food/budget related issues
- 31% adults moved onto new activities (social outcome)

## For whom and in what context?

Women more than men Less vulnerable motivated to eat healthy

Course activities: follow on activities, Rehis cooking course

#### It works-

#### Diet improved (68%):

Fruit and veg
Sugary foods, drinks, salt
Takeaways/ ready meals
Fatty foods

## Why? How people react.

Feel more confident to do this

l can
help
others/
myself to
get on

I am making plans for myself

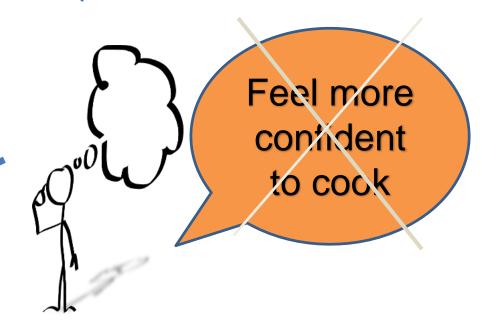
# For whom and in what context? (did it not work for?

Some adults with learning disabilities/ mental health issues

#### It didn't work

Did not improve cooking skills

## Why? How people react.



### What we are still unsure about

- Tailoring information to individuals?
- Eating together or taking the cooked food home?
- Informal/ subtle health messages AND more formal messages needed?

#### Lots more to do.....





Thank you!

www.communityfoodandhealth.org.uk

Any questions?