

Linwood Community

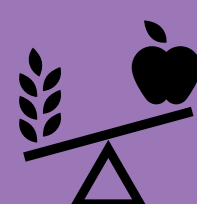
Development Trust

for the Community, by the Community



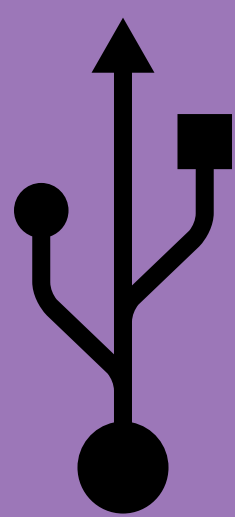
20 RESEARCH PARTICIPANTS

People know what makes up a nutritious diet



Changing circumstances can lead to significant changes in diet and nutrition

Men on their own may not eat as well due to lack of skills and interest



There are no simple causal relationships between poor nutrition and poverty

There are instead some dynamic factors around attitude, interest and social networks which affect what is eaten.

"How we eat and what we aspire to eat are shaped by a combination of convenience, interest and culturally informed skills and tastes."



Opportunities and barriers around food vary depending on age, life stage and gender.

Linwood Community Development Trust aims to improve community facilities and the health of local people. It does this by working with local people to generate opportunities for health improvement and identify local resources which will help improve health and wellbeing.