



**community
food and health**

(scotland)



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



**What's
cooking in
Scotland?**
Part Two | How can we
about



**The impact of cooking
courses on families:**
A summary of a research study
comparing three different approaches



**What's cooking
in Scotland?** 

Part three: Tools and ideas to help you critically
appraise your cooking skills courses



NHS
Health
Scotland

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



positive
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.



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

Some adults with learning disabilities/ mental health issues

Why?

How people react.

It didn't work

Did not improve cooking skills



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.....



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Thank you!

www.communityfoodandhealth.org.uk

Any questions?