



NHS
Health
Scotland



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THE PRICELESS ROLE OF LIVED EXPERIENCE IN RESEARCH ON FOOD AND EATING

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Proof of the Pudding
Food, Communities and
Research Practice in Scotland

A conference organised by the Scottish
Community Diet Project and the Scottish
Colloquium on Food and Feeding

28 October 2004
Tolbooth Arts Centre, Stirling

Scottish
Colloquium
On
Food &
Feeding



Scottish Community
Diet Project

*Supporting local
communities tackling
inequalities in
diet and health*



Scotland's obesity strategy - a heavy burden

Supermarket choices - Holyrood

e highest in the
he UK.

re overweight,
now in the minority.

month, more than a

Childhood obesity: a plan for action

Chapter 2

June 2018

NHS Enter a search term

Health A-Z Live Well Care and support Health news Services near you

Childhood obesity soars worldwide

Behind the Headlines

Share:

Thursday October 12 2017

"Shocking figures show there are now 124 million obese children worldwide," reports The Guardian. A pooling of records of height and weight in children from 200 countries found the numbers of children who are obese rose from less than 1% in 1975, to 5.6% of girls and 7.8% of boys in 2016.

The numbers of children severely obese has fallen – but not by much (from 5.1% to 4.8% in girls and 12.4% in boys). There were an estimated 1.2 million moderately underweight children in 2016.

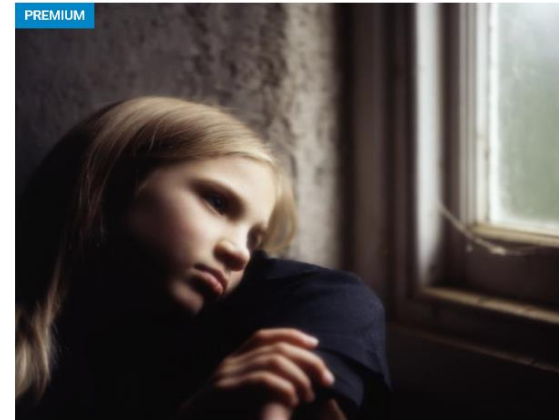
Related Articles

"Fat but fit" people may still be at risk of heart disease (August 15 2017)

Could discovery of 'fat switch' cure obesity?

The fight against food insecurity in Scotland

By Agenda



Agenda: The fight against food insecurity in Scotland

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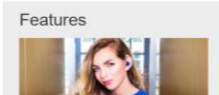
UK England N. Ireland Scotland Alba Wales Cymru Local News

Record numbers use food banks - Trussell Trust

© 22 April 2015

GETTY IMAGES

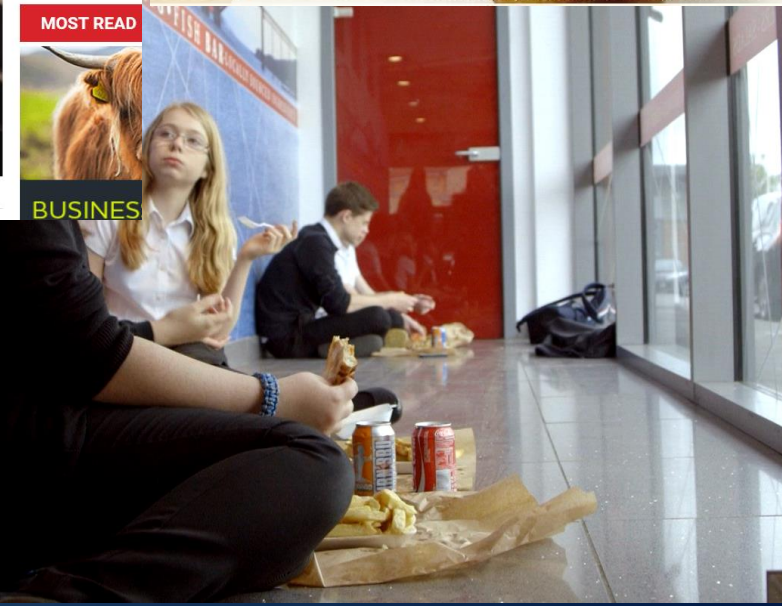
- EU expects Brexit deal by 'end of year'**
The EU's upbeat assessment comes two weeks after officials dismissed the UK's proposals as unworkable
1 hour ago
- Hong Kong rejects visa for FT editor**
4 hours ago
- Patients 'like' shared GP appointments**
23 minutes ago



Let's have **#MAWconversations**

if you have a small appetite,
don't feel guilty about the
odd slice of cake or chocolate!

UK MALNUTRITION AWARENESS WEEK #MAW2018



MOST READ
BUSINES

WHAT'S IMPORTANT ABOUT FOOD AND EATING *THROUGHOUT LIFE?*

- ❖ NEEDS, TASTES, PLEASURE drive the consumption of food and drink
- ❖ Food insecurity is 'the inability to consume an adequate quality or sufficient quantity of food in socially acceptable ways, or the uncertainty that one will be able to do so' [Dowler and O'Connor 2012].



SOCIAL DISTINCTIONS IN FOOD AND EATING

- ❖ Eating is not driven by conscious decision-making or ‘freedom of choice’ – It is a result of *habitus*
- ❖ We all develop an automatic, unconscious capacity to act in a way that is meaningful *in our social context*
- ❖ Food, eating and ‘tastes’ – relate to cultural, social and economic *capital*
- ❖ How does this underscore /reflect the reality of poverty, disadvantage or affluence?



LIVED EXPERIENCE IN RESEARCH – TAKING A SOCIAL PRACTICES APPROACH

- Food and eating are routine practices, shaped throughout the life course according to the social structures that underpin society
- Practices have three interrelated components
 - Competency [*how do I do it?*]
 - Materiality [*what do I need to do it?*]
 - Meanings [*this is important to me because...*]



FUNCTIONALITY VS. FORM

THE WATSON & CONNELL FAMILIES

The Watson family – Dad works shifts in a manual job as well as working as a mini-cab driver; Mum works at a small food store/corner shop (4 days on; 4 days off). They live in social housing with their two adolescent children [Lorraine is obese according to her BMI; Mrs Watson says she herself weighs too much].

‘Normally either steak pie or an egg mayonnaise roll and a cream pancake. They’re my favourite. I like them and I only get them on a Saturday you know, if we’re having a baker’s lunch’ (Lorraine Watson, aged 13 years)



FUNCTIONALITY VS. FORM

THE WATSON & CONNELL FAMILIES

The Connell family – Dad works as an engineer; Mum is a solicitor. They own a large, detached house and have two adolescent children. All are/or report being a healthy weight.

'I don't like make a fuss [about vegetables] because I know I would get in trouble so I just ...eat'. (Elspeth Connell, aged 13 years)



SOCIAL INEQUALITIES IN HEALTH

- ❖ Higher area-level deprivation linked with lower life expectancy and poorer health outcomes
- ❖ Diets of households are further from achieving dietary goals as level of deprivation increases.
- ❖ People living in households in more deprived areas consume fewer fruit and vegetables and spend less on those foods, than those in less deprived areas.
- ❖ Higher deprivation linked with higher prices of fresh food
- ❖ *The role of PLACE is significant overall*

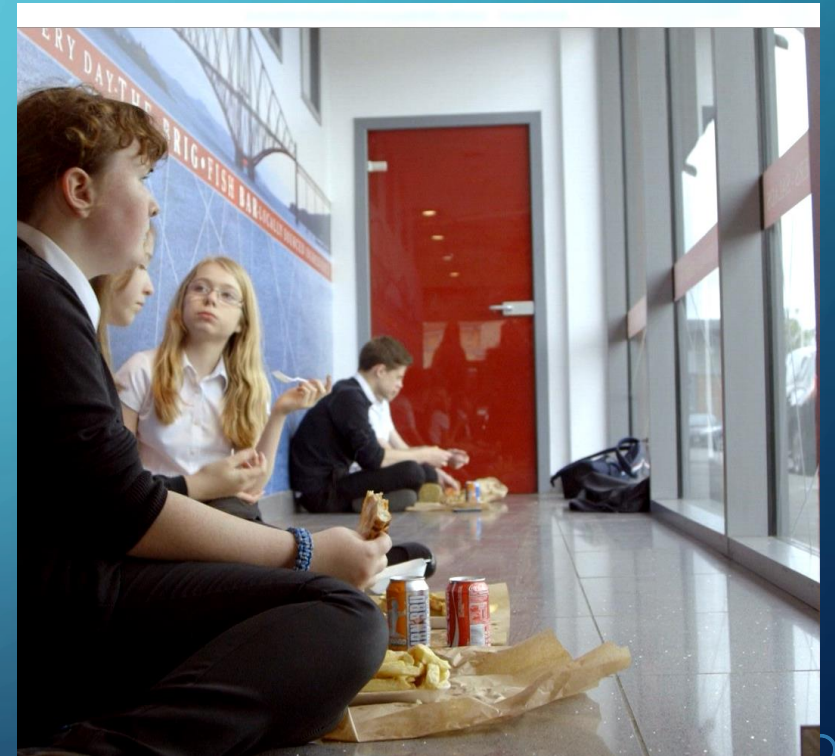


THE 'BEYOND THE SCHOOL GATE' STUDY

FOOD STANDARDS SCOTLAND [GRANT NUMBER FS411002]

❖ Young people who participated:

- Individual and group interviews = 50
 - Go-along lunchtime tours = 16
 - Focus groups = 155 in 14 F/G
 - Semi-structured written activity = 430
 - Online Purchasing Recall questionnaire = 535
- ❖ Plus interviews with 6 School Heads, 7 School kitchen supervisors, 25 retailers.



THE LIVED EXPERIENCE OF FOOD IN/NEAR SOME OF OUR SCHOOLS

❖ In schools in areas of high socio-economic deprivation young people often want to 'escape' at lunchtime

- They don't like to queue
- They feel the catering staff don't understand their needs – to eat a small amount, quickly and to socialise with friends
- They feel prices and portions don't offer value for money

❖ In contrast, local retailers in higher deprivation areas are welcoming, understand young people's needs and offer value for money food and drink

*'They kick us out early'; 'the café should be just for us'
[Young person]*

"Yeah, so we usually know what they're after so we'll prepare it all before they come in so that we don't run out" (Bakery)

*"...every customer's important to me ...so if you treat them [pupils] with respect generally they're okay"
(Newsagent)*

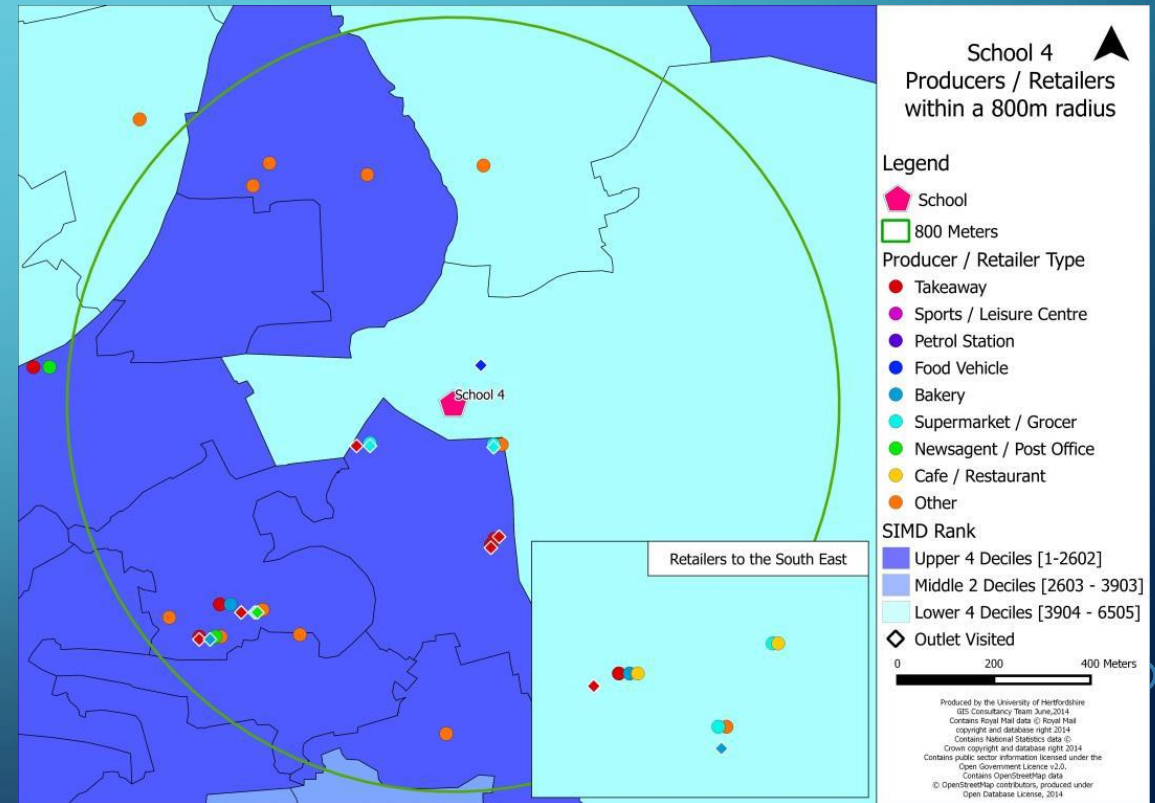
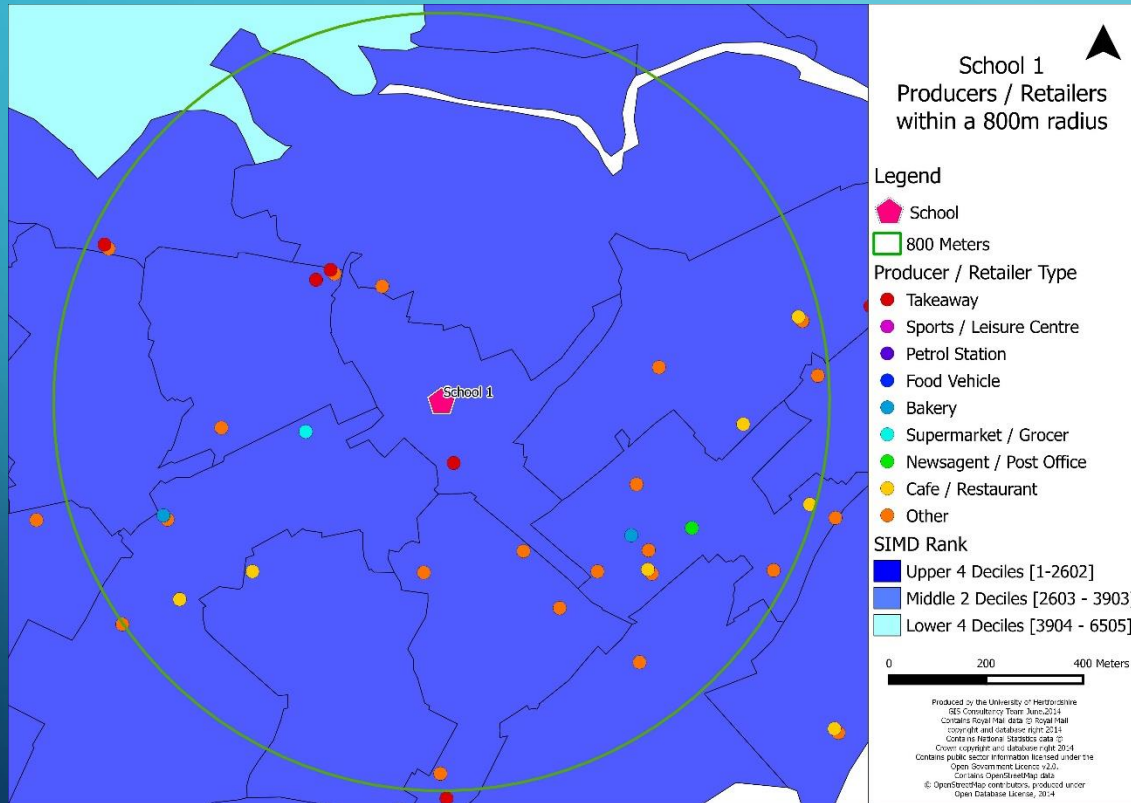
FREE SCHOOL MEALS

- ❖ Pupils discussed lack of fairness about whether their family was eligible for FSM
- ❖ Working parents were viewed as being penalised if earning above the threshold that related to FSM eligibility
- ❖ Stigma about free school meals is still a barrier

*'if [parents] work it's not fair, it doesn't mean they can afford it'
[young person]*

*'If they do get free school meals, then they don't get any money, but then they'll be hungry by Break...and they can't get both'
[young person]*

THE LIVED EXPERIENCE OF 'PLACE'



THE FOOD IN LATER LIFE STUDY

- 25 households aged 60–95 resident in the East of England
- 2 to 5 visits to each household
- Ethnographic approach using video, photo elicitation, interviews, food logs and ‘go-along’ tours
- Data analysed using interpretative engagement approach



Economic and Social Research Council
Shaping Society



FOOD PRACTICES: THREATS, ASSETS AND ADJUSTMENTS

THE CASE OF DEXTER



THREATS, ASSETS AND ADJUSTMENTS: THE CASE OF DEXTER

Threats: Macular degeneration, injured knee, housebound, loneliness, unable to use the bus now, had to change where he shops, worries about falling, pavements=trip hazard, supermarket obstacles=trip hazard, poor customer service, unable to stand for long

Adjustments: charity befriender/carer, walks to the shops with his carer, shops when it's quieter, carer helps him around the store, walking aid with a seat, seat in the kitchen to rest on, sliced bread and frozen veg to avoid using a sharp knife

Assets: new friendship, batch cooks/freezes food, attends lunch club

HOW CAN PUBLIC HEALTH POLICY/ PRACTICE USE LIVED EXPERIENCE ?

Take inspiration from: [@jimmcmanusph](#) [@felly500](#) [@andykturner](#)

#1 AVOID 'LIFESTYLE DRIFT'

- 'Consumer power and choices are important drivers of the food environment and, potentially, in ending the childhood obesity crisis. **We need accessible, simple information on how much sugar, fat and salt your weekly shop contains.** We need to capitalise on the power of technology to support healthier choices. The uptake of Change4Life's Sugar Smart app³¹ shows the potential of digital applications in this regard. We will therefore work with PHE, Innovate UK, the third sector and commercial players to investigate opportunities to bring forward a suite of applications **that enable consumers to make the best use of technology and data to inform eating decisions.** We will also ask PHE to build on work which is underway around digital based weight management support for adults and explore similar approaches for children and families' [emphasis added]



HM Government

Childhood Obesity

A Plan for Action

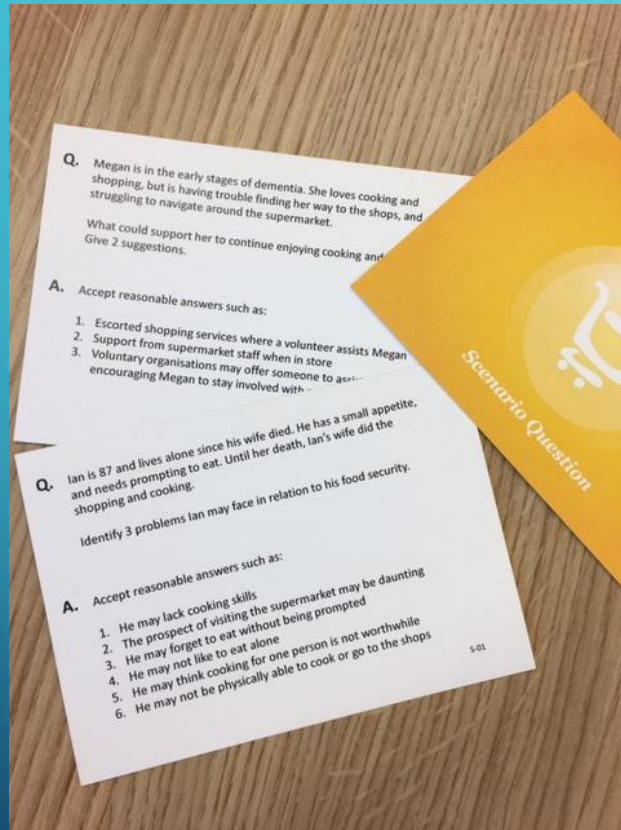
August 2016



#2 INVOLVE PEOPLE WITH LIVED EXPERIENCE OF OBESITY, MALNUTRITION AND HUNGER IN PUBLIC HEALTH PROCESSES

DO 'WITH' NOT 'TO'...

#3 WE NEED BETTER ARGUMENTS NOT BETTER EVIDENCE



Foodinlaterlifegame.co.uk



Foodinlaterlife.co.uk

Approved training resource:



**THE ROYAL
ENVIRONMENTAL HEALTH
INSTITUTE OF SCOTLAND**

THANK YOU FOR
LISTENING.

Continue the
discussion –

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@Wendy_J_Wills

[go.herts.ac.uk/wendy
wills](https://go.herts.ac.uk/wendy-wills)



THE LIVED EXPERIENCE OF 'PLACE': FILM MADE WITH YOUNG PEOPLE ABOUT FOOD IN/AROUND SCHOOLS IN SCOTLAND

- <https://www.youtube.com/watch?v=mHqYzixQZrA>



THE LIVED EXPERIENCE OF SHOPPING IN LATER LIFE

- <https://www.youtube.com/watch?v=aCFN0xEMcjg&feature=youtu.be>





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