

Religion Spirituality & Health



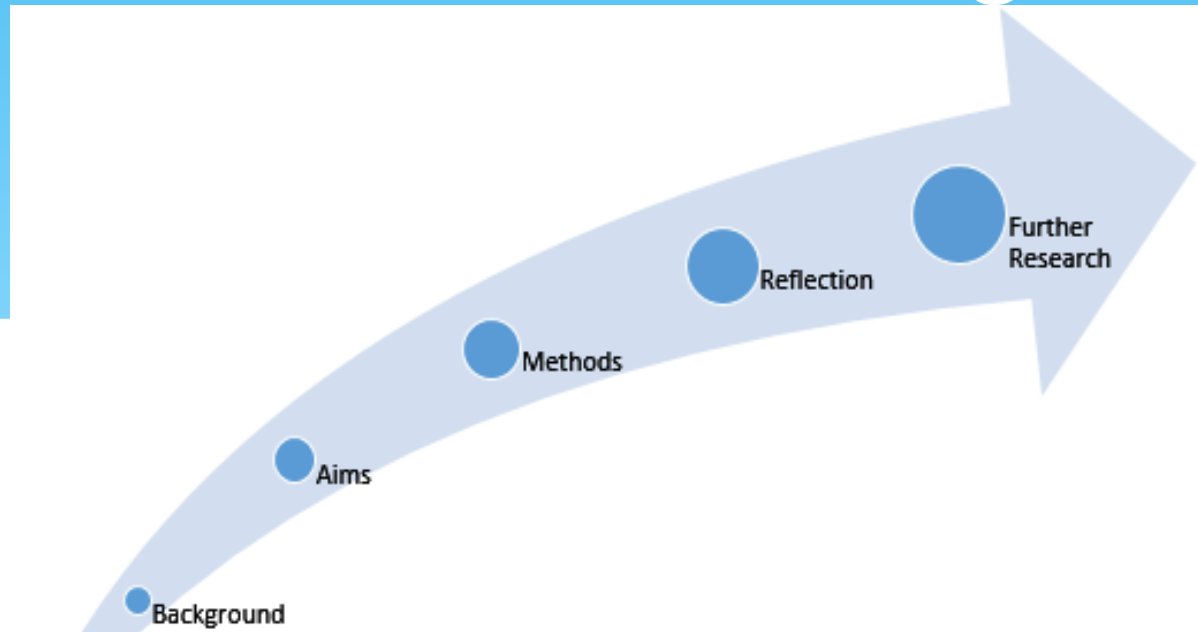
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A feasibility study investigating the practicalities & experiences of implementing a healthy diet skills programme in a faith-placed, foodbank setting



Poverty in the UK

- 21.6% (13.6 million individuals)
- Major cause of food insecurity and tackling the causes of poverty will help improve food access

- **Food poverty** means that an individual or household isn't able to obtain healthy, nutritious food – they have to eat what they can afford, not what they choose to



Top richest Five
Families combined
wealth greater than
poorest 13 Million!

How a Foodbank Works

STEP 1 >



Non-perishable food is donated by the public

STEP 2 >



Volunteers sort and pack food into emergency food boxes

STEP 3 >



Frontline care professionals such as doctors and social workers give foodbank vouchers to people in crisis

STEP 4 >



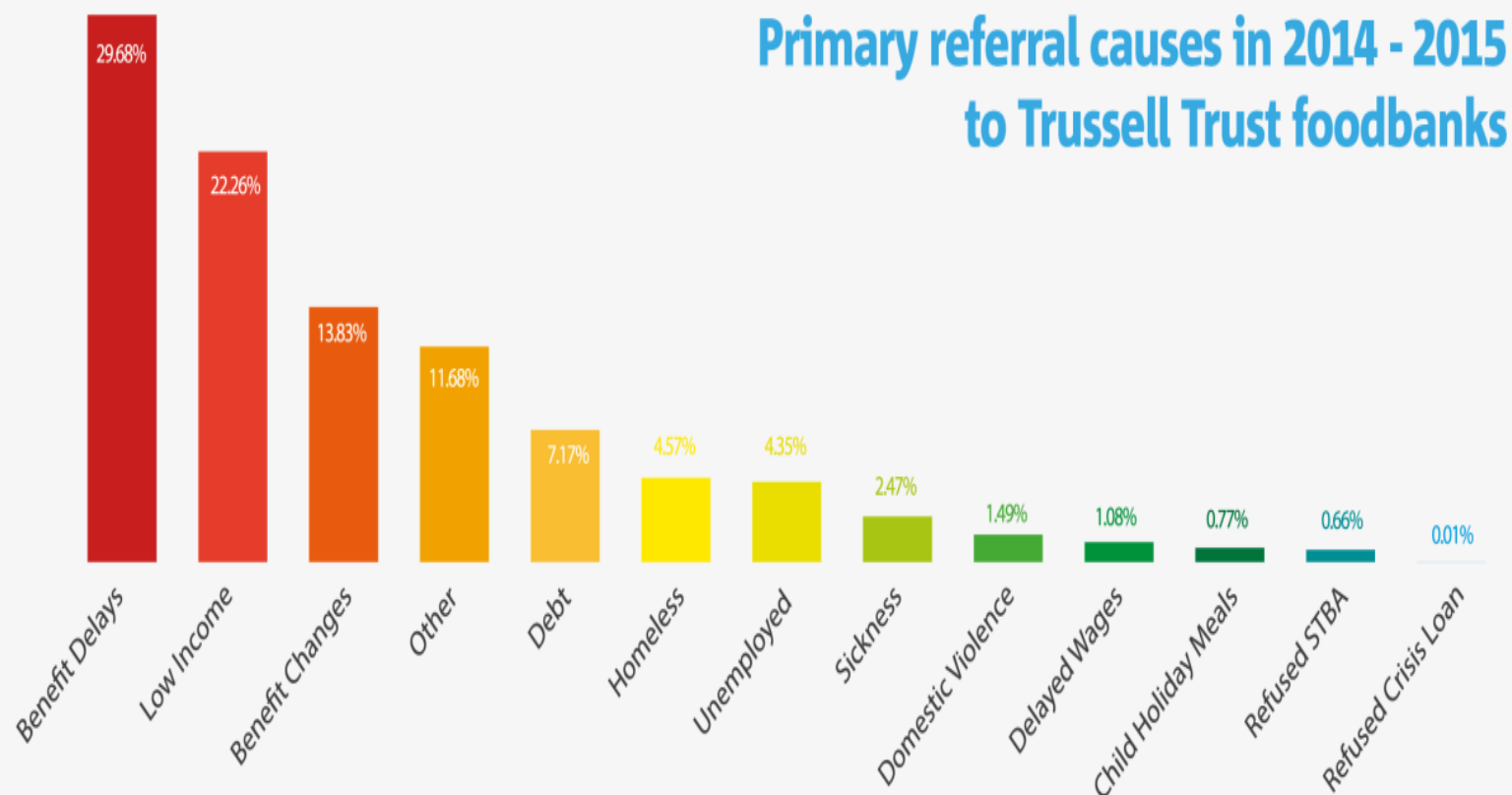
Foodbank vouchers are exchanged for 3 days of food at a distribution centre

STEP 5 >



Foodbanks take time to listen and signpost clients to further support

Reasons behind the Referrals



Aims & Methods

- **To explore the role of a dietitian in a UK foodbank.**
- **To test the feasibility of delivering and evaluating an intervention for foodbank clients**
 - A two week nutrition education and cooking intervention
 - Pre and post intervention measures
 - Testing feasibility
 - Researcher Dietitian reflections

Results

- ✓ Participation demographics more likely female and unemployed
- ✓ 75% of those who signed up did not attend
- ✓ Once clients attended week 1; attrition was 5%
 - ✓ Baseline knowledge was low
 - ✓ Incentives were highly regarded
- ✓ 80% Improvements in food preparation confidence

More Than Food

In a 'church setting'

- ✓ Appreciation of a client's social circumstances
- ✓ Relevance of course content
- ✓ Reliance on volunteer support was challenging.
- ✓ Impact on overall health and wellbeing



To Conclude

The foodbank dietitian's role was about more than diet and nutrition:

- ✓ Act as an advocate and support clients with all aspects of health and wellbeing
- ✓ Refer onto different services internal and external to the faith-based organisation
- ✓ Recognise spiritual needs.

‘Food is a simple medium through which powerful positive change can take place within our community’

References & Further Reading

- * Cooper, N. and Dumbleton, S. (2013) *Walking the Breadline: The Scandal of Food Poverty in 21st Century Britain* [online] available from < <http://www.churchpoverty.org.uk/walkingthebreadline/info/report/walkingthebreadlinefile> > [01/01/2016]
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- * Marmot, M., Allen, J., Goldblatt, P., Boyce, T., McNeish, D., Grady, M. & Geddes, I. (2010) 'Fair Society, Healthy Lives: The Marmot Review' [online] available from < <http://www.instituteofhealthequity.org/projects/fair-society-healthy-lives-the-marmot-review> > [01/01/2016]
- * Department for Work and Pensions (2013) *Households Below Average Income: An analysis of the income distribution 1994/95-2011/12* [online] available from < <https://www.gov.uk/government/publications/households-below-average-income-hbai-199495-to-201112> > [01/01/2016]