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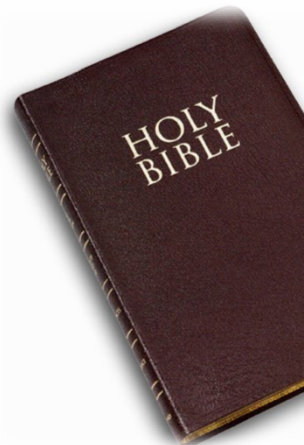
A qualitative study exploring the role of religion on diet
and food choices in Seventh-day Adventist Students

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PhD Candidate

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Methods

- Phenomenological approach
- Four participants recruited from Seventh-day Adventist Society
- Interview questions piloted before use
- Individual semi-structured interviews
- Thematic analysis used to analyse transcripts
- Member checking and peer review were used.
- Ethical approval from Coventry University



Results and Limitations



- The following themes were identified:

- **Dietary Choices**

- **Religious and Social Influence**

- **Motivation through impact on the ‘whole person’**

‘When I’m vegetarian I’m lighter as in I’m not bloated,’

‘So if I don’t eat meat for like a certain amount of time, then it becomes easier for God to have a greater influence on my life.’

- **Spiritual Journey**

‘And I think as I grow in my relationship with God....then I will kinda draw away from meat products.’

- Small Sample Size
- Unable to reach data saturation
- Researcher was a Seventh-day Adventist

Conclusion

- There are particular dietary practices that impact the life of Seventh-day Adventists.
- Patients need to be treated as individuals.
- Incorporating spirituality should be part of 'whole-person' care.
- Spiritual motivation may assist in dietetic change in this group.
- More research is needed in this area.



Current Research

- **PhD Research**

- An exploration of the health needs and church based intervention in a local Seventh-day Adventist Church in Coventry.
- The evidence highlights that individuals of this ethnicity have **higher rates of Type 2 Diabetes** and Obesity (Public Health England 2014).
- It is also documented that those who consider themselves to be of an 'Ethnic Minority' are **less likely to access healthcare services** (The Kings Fund 2006).
- Seventh-day Adventists have a **strong health message** however it is unclear how well these teachings are adhered to within the UK.
- An exploration of this will aid the understanding of **providing healthcare services** to this population group.



Phases of Research

- **Phase 1.** To conduct a survey and health check and analyse results to inform the development of an intervention to target the health needs of this church congregation.
- **Phase 2.** Feasibility Study - To develop an intervention for the congregation based on the findings from the health needs survey.
- **Phase 3.** To qualitatively explore the participants' perceptions of the health intervention.



References

Public Health England (2014) Adult obesity and type 2 diabetes [online] available from <https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/338934/Adult_obesity_and_type_2_diabetes_.pdf> [18 February 2016]

The Kings Fund (2006) *Access to Health care and minority ethnic groups* [online] available from <http://www.kingsfund.org.uk/sites/files/kf/field/field_publication_file/access-to-health-care-minority-ethnic-groups-briefing-kings-fund-february-2006.pdf> [18 February 2016]

Any Questions?

