ABSTRACT

Supplementing nutrition education with skills-building activities may enhance community awareness of diet-related cancer prevention guidelines. To develop a cookbook with lifestyle tips, recipes were solicited from the National Black Leadership Initiative on Cancer (NBLC) community coalitions and dietary intake advice from participants in the Educational Program to Increase Colorectal Cancer Screening (EPICS). With guidance from a chef and registered dietitian, recipes were tested, assessed, and transformed; lifestyle advice was obtained from focus groups. The cookbook with lifestyle tips, named “Down Home Healthy Living (DHHL) 2.0,” was distributed in print form to 2,500 EPICS participants and shared electronically through websites and social media. Grant Support: NIH 1R01CA166785; NIH U54 CA118638

INTRODUCTION

Food consumption is influenced by various interacting factors, including group processes. Supplementing traditional nutrition education with experiential, skills-building activities (e.g., recipe modification, and cookbook development) can enhance awareness of diet-related cancer prevention guidelines (D-RCPGs).

Objectives of this study include:
1) to document the development of a cookbook of healthy recipes with lifestyle tips to promote awareness of D-RCPGs in African American communities.
2) to describe a community-engaged process for transforming main dishes, side dishes, snacks, and desserts into healthier options.
3) to present advice on dietary and physical activity in print and electronic versions of a cookbook.

METHODS

The Institutional Review Board of Georgia Regents University approved this study. This mixed-method study was completed in three phases from 2013-2015.

Phase 1: Community coalitions implementing EPICS, a 5-year, cluster randomized control trial conducted in 18 US cities, were invited to submit recipes.

Phase 2: Recipes were transformed, refined, and prepared by a chef with input from a registered dietitian. A nutrition lecture, a cooking demonstration, and a taste test were performed. Participants completed a sensory evaluation of the appearance, taste, texture, aroma, and overall acceptability of the dishes. Using a Likert scale, participants were asked to rate each dish from 1 to 5. Nutritional analyses were completed using EDAN Food Processor SGI. Version 10.5.2, Nutrition and Fitness Software [ESMA Research, Salem Oregon].

Phase 3: Four focus group discussions among EPICS participants in Miami, Chicago, Philadelphia, and Los Angeles were conducted to ensure acceptability of messages related to lifestyle (diet and physical activity). An interview guide, developed for conducting the discussions, was tested for length, clarity, and organization. Discussions were digitally recorded, transcribed verbatim, manually coded, summarized, and analyzed using Qualitative Content Analysis NVIVO 10 software.

RESULTS

18 NBLC community coalitions submitted 40 recipes to the EPICS Coordinating Center.

8 recipes were excluded due to similarity to other submissions (e.g., multiple chicken dishes); lack of adherence to D-RCPGs (e.g., smoked barbecue pork ribs); or poor fit with other submissions (e.g., high calorie desserts). The total number of recipes, N = 32.

36 African American men and women, ages 22-86 years, participated in a 2-hour nutrition education, cooking demonstration, and taste-test of 8 transformed recipes (Table 1).

Most participants (74%) rated dishes as 5 on appearance (extremely attractive); taste (tasted great); texture (great texture); aroma (smelled good); and overall acceptability (extremely acceptable).

Green Beans & Potato Salad with Dill-Lemon Aioli was rated 2 - 3 as unappealing, off flavor, off texture, unappealing aroma, and moderately acceptable.

Recipes with overall acceptability of 4 or 5 were included in the cookbook.

Four focus groups (n = 43; mean age: 57.3 years; standard deviation=7.9; range: 35–75 years) were completed in Miami, Chicago, Philadelphia, and Los Angeles.

Themes emerging from content analysis converged into the following categories:
1) practical guidance on measuring ingredients;
2) best ways to prepare healthy meals;
3) health benefits of fruits and vegetables; and
4) recommendations for physical activity.

The cookbook with lifestyle tips, “Down Home Healthy Living 2.0,” was distributed in print form to 2,500 EPICS participants and was shared electronically through websites and social media.

DISCUSSION/CONCLUSIONS

 Consumers are frequently bombarded with confusing and contradictory information about nutrition and food choices.

 The Institute of Medicine (IOM) and other groups have provided readily accessible information to nonscientists to enable people to reduce their risk of diet-related chronic illnesses, including common forms of cancer.

 Carefully developed cookbooks and related educational resources can serve as useful sources of information for consumers seeking to lower their risk of chronic illness by adopting or maintaining a nutritious diet.

 Few cookbooks and related dietary resources have been developed using community-based participatory approaches.

 Culturally appropriate and tailored resources are more likely to be disseminated and widely used by the target audience.