Abstract
Purpose: Federally Qualified Health Centers engage the community to provide comprehensive health care and provide patient centered interventions to improve population health. This Food as Medicine Series is a partnership between the Erie Family Health Centers FQHC and the YWCA of Lake County, IL. This FAM series reviews basic nutritional concepts, including how macronutrients and phytonutrients influence physiology. Presentations and hands-on cooking demonstrations are conducted for a bilingual audience in English and Spanish. This study aimed to determine whether Food As Medicine was useful and applicable in learning about nutrition through hands-on cooking demonstrations and focused nutrition content.
Methods: Study design: Mixed methods quality improvement survey. Setting/Intervention: Monthly presentations with focused content and hands on cooking of prepared recipes conducted at full test kitchen in a FQHC. Participants: Community members, including FQHC patients and YWCA members. Measure/Main Outcome: Anonymous evaluation survey items assessing participation, cultural appropriateness of content, and reproducibility of recipes.
Results: Fourteen participants completed surveys. 100% of participants reported they learned nutrition information from the presentations. 78% of participants reported the nutritional information was very useful. 57% of participants reported they were very likely to make the recipes at home. Qualitative feedback indicates the series was well received.
Conclusion: Initial evaluation demonstrates increased utility and accessibility of community based nutrition information. More research is needed to determine the full impact of nutrition bases presentations on population health. Future research could examine the impact of community based nutrition on health outcomes, particularly chronic disease management.