Nutrition Needs Assessment of School-Based Choice Food Pantry in Northern Illinois

Ellen Pudney BS
Rachel McBride BS
Amy Ozier PhD RD LDN
Kelly Brasseur MS RD LDN

March 7, 2014
Objectives

- Perceived benefits
- Perceived barriers
- Level of self-efficacy
- Nutrition education resources
Design, Setting, Participants

- Cross-sectional study
- Written survey
- Adult clients (n=71)
Outcome Measures and Analysis

Belvidere Study: Summer 2011
Focus Groups: Spring 2013
Pilot Testing: Summer 2013
DeKalb Study: Fall 2013
Results: Demographics

• 38 years old
• 90% Female
• 46% Hispanic
• 41% working full time
• 57% married
Results: Self-Efficacy

Self-Efficacy

<table>
<thead>
<tr>
<th>Category</th>
<th>Score</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dairy</td>
<td>2.75</td>
</tr>
<tr>
<td>FV Meal</td>
<td>2.5</td>
</tr>
<tr>
<td>FV Snack</td>
<td>2.5</td>
</tr>
<tr>
<td>FV Plate</td>
<td>2.25</td>
</tr>
<tr>
<td>Cooking</td>
<td>2.75</td>
</tr>
</tbody>
</table>
What is the top reason that makes you want to eat healthier foods?

- To feel better: 39%
- To prevent disease: 12%
- So my kids or grandkids will learn to eat better: 19%
- To lose weight: 10%
- To maintain weight: 8%
- To increase energy: 5%
- To live longer: 4%
- Other: 2%

Results: Perceived Benefits
Results: Perceived Barriers

What is the top reason that stops you from eating healthier foods?

- Cost: 72%
- Taste
- Lack of energy
- Hard to feed picky eaters
- Takes too much time to prep and cook
- I get confused about what is healthy
- Other
Results: Interest in Nutrition Education

What is the top thing you want to learn about?

- Storing and cooking new kinds of foods (15%)
- Recipes using new kinds of foods (22%)
- Shopping and stretching food dollars (15%)
- Cooking tasty low-cost foods (15%)
- Feeding kids and getting them to eat what I fix (18%)
- Healthy foods and nutrition (e.g., reading a food label) (10%)
- Growing fruits and vegetables at home (4%)
- Weekly support groups, sharing recipes and how to solve problems about food and eating (4%)
Conclusions and Implications

Conclusions
• Diverse group
• High self-efficacy
• Relevant benefits and barriers

Implications
• Focus on:
  • Feeling better
  • Being a healthy role model
• Combat:
  • Cost
Thank You!

For more information contact:

Ellen Pudney
ellen.pudney@gmail.com
or
Rachel McBride
1rmcbride@niu.edu