Exploring Facilitators and Barriers to Healthy Eating Among Community Gardeners

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Eating Healthy?

- Fruits
- Vegetables
- Grains
- Protein Foods
- Dairy

http://www.choosemyplate.gov/food-groups/
Introduction

- Importance of eating healthy in today’s world???
- Looking into our past:
  - Percentage of food dollar spent on food prepared outside the home in the U.S.
    - 1970: Estimated at 26%
    - 1995: Up to 39%
    - 2010: Projected at 53%
- Society today is fast-paced and has a mentality which includes an increased intake of fast foods.
  - Has led to an increase in unhealthy eating/lifestyles.

(Swinburn, Caterson, Seidell & James, 2004)
Background

Current Global Trend

- Diets consist of more high fat, high-energy dense foods, with an increase in sedentary lifestyles.

- Obesity rates along with type 2 diabetes worldwide are on the rise.
  - Global population with type 2 diabetes.
    - 2000: 171 million
    - Today: 347 million (>50% increase) (WHO-2013)
Nutritional Facts

- Estimated 31% of CVD and 11% of CVA cases are explainable by inadequate F/V intake.
  - (WHO, 2011)
- By 2020, CVD will likely be the most common cause of Disability Adjusted Life-Year loss.
  - 1991: Ranked as 5th
- F/V intake results in decreased incidences of CVD, HTN, CVA and healthier weights.
Albert Bandura’s - *Self Efficacy Theory*

- **Self Efficacy**: Relates to one’s belief in their capabilities to obtain a goal.
- Past failures or successes impact a person’s perceived self-efficacy, and belief in their own capabilities.
- “A resilient sense of efficacy enables individuals to do extraordinary things by productive use of their skills in the face of overwhelming obstacles.”

(Bandura, 1997, p. 37)
- **Self Efficacy Theory**
  - Persons with low self-efficacy:
    - Have little belief in their capabilities and power to produce results.
    - Will not attempt to make things happen.
  - Is the dieting trend effecting persons self-efficacy in a negative way?
- How do we improve society’s self-efficacy when it comes to healthy eating?
IRB approval attained

Research Design
- Exploratory descriptive design with qualitative analysis using interview data from a focus group meeting.

Sample size and Characteristics
- Convenience sample, n=12 participants: 6 Male, 6 Female
- Involved in a community garden
Data Collection

- Focus group with structured questions and encouragement of ideas, thoughts, and perceptions regarding topic of discussion.
- Combination of interview, group interaction, and participant observation utilized in data collection.
- Audio recording of participant answers.
- Research questions ended with final question asking the participants for anything else to add to the discussion.
Data Analysis

- Analysis occurred throughout study.
- Audio recording transcribed verbatim.
- Thematic analysis occurred with data to identify and categorize patterns and themes.
- At conclusion of focus groups, available participants allowed to review transcribed audio recording for accuracy and assurance that focus group experiences were captured.
Barriers

- Availability of unhealthy foods
- Busy schedules
- Fried foods taste better and more filling.
- Access to fresh foods

Facilitators

- Family support
- Love cooking
- Cell phone apps
- Food diaries
- Use of social media, text, email as reminders
Research Findings

Barriers

- Schedule
- Hard
- Main
- Difficult
- Delicious
- Living
- Big
- Love
- Nurse
- Problem
- Cost
- Cook
- Filling
- Fruits
- frying
- Cooking
- Everything
- Work
- Job
- Reduced
- Kind
- Food
- Meal
- Hungry
- Times
- Access
- Time
- Cost
- Available
- Set
- Hours
- Fattening
- Typically
- Ruins
- Fresh
- Fixing
- Poor
- Vegetables
- Things
- Home
Research Findings
Facilitators

- nutrients
- home
- foods
- fruits
- Pinterest
- realization
- nurse
- marriage
- vegetables
- cook
- body
- reflection
- family
- healthy
- love
- expensive
- culture
- enjoy
- like
- commitment
- community
- money
- kitchen
- time
- nutrition
- habit
- focused
- Healthy
- diet
- recipes
- meals
- available
- awareness
- calories
Improving individuals' self-efficacy is an important aspect to success with healthier eating among our population.

Back to the question presented earlier...

- How do we improve society’s self-efficacy when it comes to healthy eating?
Conclusion

- Improving our Society’s Eating Habits?
  - Internet: Sites such as Pinterest
    - Many recipes on healthy meals
  - Social Media: Facebook, Twitter, blogs
  - Cell Phone: Use of texting for healthy eating reminders and prompts.
  - E-mail
  - Cell Phone Apps
Barriers to healthy eating will continue to exist.

- Identifying biggest barriers and facilitators to specific populations is important key to improve healthy eating among the global population.

Health promotion among the population by way of healthier eating is a challenge. However, small steps will lead to an eventual transformation in the health of our communities.
Acknowledgements

I gratefully acknowledge the following organizations and persons for their support, and funding which granted me this wonderful opportunity.

- Lubbock Christian University – Alumni Association
- STTI – Iota Mu chapter: Funding
- Covenant Health - Covenant Foundation: Funding
References


- [http://www.choosemyplate.gov/food-groups/](http://www.choosemyplate.gov/food-groups/)