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Implementing a Healthy Recipe Book in a Rural Area to Promote Healthy Lifestyles



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Background

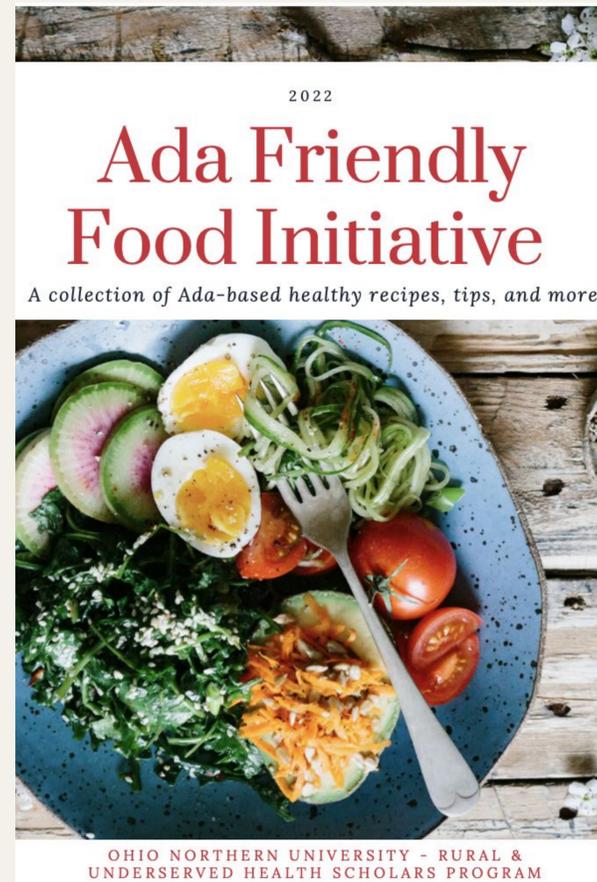
- Nutrition and obesity were leading health indicators included in Healthy People 2020¹.
- In Hardin County, 21.7% of residents live in poverty, 8.6% of the population are uninsured, 1/3 of residents are considered overweight, and 44% of residents are at risk for high blood pressure².
- This study will evaluate the impact of a comprehensive recipe book on nutrition knowledge, self-efficacy for food choices, and the willingness to adjust health-related behaviors such as positive lifestyle changes in diet and exercise in a rural community.

Objective

- The purpose of this project is to improve health promotion related to nutrition in a group of adults in a rural setting, as these environments have been found to have high rates of obesity and chronic disease risks.
- We hypothesize that providing this comprehensive recipe book to Ada residents will improve nutrition knowledge, enhance people's perspective on their own health choices, and influence some degree of positive lifestyle changes.

Methods

- The recipe book and respective surveys were approved by ONU pharmacy faculty and IRB. The book resource itself is created using recipes collected from healthy resources, using affordable ingredients that are verified to be available in local stores and markets.
- All participants had to complete the pre-survey before having access to the recipe book. The link was provided online via URL, on Ohio Northern University Healthwise social media platforms, and in the Ada Friendly Food Initiative Facebook group.
- For individuals who obtain the hard-copy version, they can access the survey either by a provided URL link or a hard-copy paper survey. This will also be when consent forms will be administered.
- For individuals who participate through social media platforms, they may click on the link to take the pre-research survey. Participants are required to complete the pre-survey before getting the access to the educational resource itself through a link.
- All participants (both physical and virtual) will then receive a post-survey via email or text messages approximately 2 months months after they complete the pre-research survey. If we do not receive the response within a week, we will interview them through telephone.



Creating Your Own Budget

Let's admit, groceries can get expensive. While going to the store can be a hassle, creating a budget designed for you and your family's needs can make grocery shopping easy and fun.

Below, we have included an example weekly budget for making a tasty soup for the whole family to enjoy - it makes finding ingredients easy and makes sure you don't go over budget while at the store.

Weekly Grocery List			
Item	Cost	Quantity	Total
Cannellini beans	\$1.29	3 cans	\$3.87
Low sodium vegetable broth	\$1.32	1 box	\$1.32
Grated parmesan cheese	\$2.39	1 container	\$2.39
Pesto sauce	\$2.78	1 jar	\$2.78
Sundried tomatoes	\$2.28	1 can	\$2.28
Bread	\$0.99	2 loaves	\$1.98
Bananas	\$2.34	1 bunch	\$2.34



Scan this code to find a free printable version of this budget sheet!



Methods (continued)

- The recipe book included 11 recipes for meals and desserts. Calorie information, estimated cook time, and detailed instructions were included for each recipe. All recipes were screened to ensure they were affordable, lower in sodium and saturated fats, and moderately easy to prepare. There was one local submission and the rest were found by Ada residents and available online with credits provided.
- Aggregate responses prior to receiving access to the educational resource and after receiving access to the resource will be calculated and compared. Multi-factor ANOVA will be used to determine whether there is any improvement between pre and post score and whether such a difference shows different patterns among people of different gender, race, marital status, smoking status, and health conditions.
 - For true or false questions we will compare whether after utilization of the book there is an increase in correct answers
 - For other scaling questions, we had options such as strongly agree, agree, neutral, disagree, strongly disagree. Based on the results, we will compare the percentage of each options between pre and post surveys
 - With other scaling questions, we had options: most times, sometimes, seldom, never. Base on the results, we will compare the percentage of each option between pre and post surveys

Data collection began on February 1st, 2022 and will conclude in May 2022. Statistical analysis will be conducted once data collection is completed.

Results

- All data including pre and post survey results is expected to be collected and finalized by June 1st, 2022.

Conclusion & Implication

Although results are pending for this initiative, implication of this project can include positive impacts on rural residents' self perception of health. Research efforts that focus in on rural areas can uncover ways to overcome health disparities like lack of transportation, food deserts, lower health literacy and understanding. By addressing these factors and giving residents reliable and accessible resources, we can empower individuals and families to prioritize their health and incorporate chronic disease prevention strategies in their everyday lives. We are and will continue to partner with ONU Healthwise and Beatitudes in Ada in the future to improve resident's nutrition knowledge, enhance people's perspective on their own health choices, and influence some degree of positive lifestyle changes.

References

1. Healthy People 2020
<https://www.healthypeople.gov/2020/leading-health-indicators/2020-lhi-topics/Nutrition-Physical-Activity-and-Obesity/data>
2. Hardin County Community Health Improvement Plan 2020-2022
<https://www.hcno.org/wp-content/uploads/2020/06/FINAL-Hardin-County-2020-2022-CHIP.pdf>

