

Co-Designing a Food Literacy Workshop Series for Rural, Older Adults in Saskatchewan: A Research Proposal

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Background

- Dietary intake plays a role in health outcomes among older adults, with several factors potentially affecting one's intake ¹⁻⁵
- Those living in rural areas experience unique circumstances that may affect dietary intake and health outcomes ⁶⁻⁹
- Food literacy involves interrelated abilities and behaviours that enable one to plan, manage, select, prepare, and eat foods that support personal health and wellbeing, and meet one's needs. Other important components include food skills and a knowledge of the food system ¹⁰⁻¹⁴.

Purpose: To explore food literacy programming among rural, community-dwelling older adults and to co-design a targeted workshop series in collaboration with rural older adults and continuing care assistants. The process of co-designing the food literacy workshop series will also be evaluated.

Proposed Research

Study 1

A scoping review will be conducted on the topic of food literacy interventions and programs for rural community dwelling older adults¹⁵.

The review will provide a comprehensive understanding of food literacy programming for rural older adults.

Study 2

A food literacy workshop series will be co-designed with community partners. The co-design process will involve 3 phases of focus groups: 1) to gain insights into food literacy and preferences for the workshops, 2) to refine relevant insights into a set of objectives for the workshops, 3) to identify the workshop format and topics¹⁵⁻¹⁸.

Study 3

Evaluation of the co-design process will involve gathering insights from all participants, including perceptions of the process, impacts of participation, and feedback on how to improve the process¹⁷.

These insights will be collected from focus groups, attendance data, and questionnaire data.

What is Co-Design?

- Involves the program end users in the planning and design of a program¹⁶
- Engaging users in the design process can help ensure the program is well suited to the needs of community partners and well utilised by partners¹⁶

Underpinning Frameworks

Double Diamond Model

Will guide the process of co-design in 4 phases¹⁶⁻¹⁷

Socio-Ecological Model

Will be used to understand factors affecting food literacy at individual, community, and institutional levels¹⁸

Food Literacy Model

Will provide the basis for the content included in the workshop series



Potential Research Impact

- This research will focus on providing a comprehensive understanding of food literacy programs for rural older adults.
- The workshop series will aim to support rural older adults in increasing their level of food literacy.
- Evaluation of the co-design process will provide a better understanding of co-design practices.
- Findings from this research will be shared with community partners and the academic community.

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