

## Food systems; practical implementation

### 19 THE MOBILE TEACHING KITCHEN INITIATIVE: A CASE STUDY FROM DELHI, INDIA

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**Background** NNEdPro and ‘Vertiver’ collaborated on adapting the Mobile Teaching Kitchen (MTK) Initiative to educate and empower women (in East Delhi) in nutrition education and build a better future for themselves and their communities. Vertiver has been training women on a waste-to-wealth model for treating organic waste and has helped set up a community-based biogas plant close to a community run kitchen. This has enabled women to use organic waste from homes to generate gas and use this kitchen to cook and disseminate nutrition awareness through MTK-related training.

**Methodology** Longitudinal interventional methods were used for the study. NNEdPro conducted a See One Do One and Teach One (SODOTO) workshop and welcomed 15 women to attend the SEE One- Do One sessions and 10 were selected for Teach One. They were split into teams and asked to prepare index dishes from the MTK menu template. The team’s cooking and nutritional understanding was evaluated by the NNEdPro team. Both pre and post SODOTO intervention, Knowledge Attitudes and Practices (KAP) & Health Data were collected.

**Results** Descriptive analyses of SODOTO and KAP are underway. So far preliminary insights demonstrate that the SODOTO intervention has been well received with a good level of readiness to positively change KAP.

**Conclusion** This was an insightful experience for both NNEdPro and Vertiver to come together for knowledge exchange on healthy and nutritious eating, combined with diet sustainability and waste management. The women who received this initial training will now be involved in disseminating nutrition awareness to wider communities in Delhi.

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## Health systems

### 20 FOOD PLANNING, PREPARATION AND EATING BEHAVIOURS IN AMBULATORY CANCER PATIENTS AND SURVIVORS

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**Background** Individuals undergoing cancer treatment can experience a range of symptoms that can detrimentally impact

health, wellbeing and overall quality of life. The effect that this has on food planning and preparation as well as eating behaviours has not been well explored.

**Methods** This was a cross-sectional survey of ambulatory cancer patients and survivors attending the day ward and outpatient departments of two hospitals in Ireland. This bespoke questionnaire was developed in collaboration with an oncology dietitian and oncology specialist nurse. Recruitment took place between September 2018 and May 2019.

**Results** A total of 215 individuals completed the questionnaire. The majority were female (n=134, 62.3%), aged 60+ years (n=132, 61.4%), living with a partner, family or relatives (n=163, 75.8%), had breast cancer (n=65, 30.3%) and were attending the outpatient clinic (n=131, 60.9%). One quarter (n=54, 25.1%) reported it being more difficult to get to the shops for food since their diagnosis, with one in five (n=46, 21.4%) sometimes struggling to shop as they felt too unwell. Over one third of the cohort reported that the enjoyment they got from cooking and preparing food has changed (n=73, 33.9%). One in ten reported only shopping for food when they have no food left (n=24, 10.7%). One third of respondents found it difficult to finish meals sometimes (n=71, 33%) and sometimes ate for comfort rather than hunger (n=75, 34.8%). One fifth felt too tired to eat (n=44, 20.5%) and reported pressure from others to eat despite not wanting to (n=42, 19.5%). Activity was reported to impact appetite with 39% (n=84) indicating that being less active now has decreased their appetite.

**Conclusion** Challenges with appetite, preparing and finishing meals and enjoyment of food are prevalent in this group.

### 21 ENHANCING CLINICAL NUTRITION LITERACY AMONGST MEDICAL DOCTORS AND STUDENTS USING ONLINE NUTRITION EDUCATION AND ACTION RESEARCH PROJECT (NELICO\*): A PILOT STUDY IN CHINA

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**Background** Nutrition is crucial for promoting both good health and overall life quality, and health professionals play an extremely relevant part in helping patients achieve both. However, research suggests that health professionals’ training often lacks nutrition education. To our knowledge, this is the first study reporting clinical and public health nutrition literacy in China amongst health professionals. This pilot study aimed to understand the specific nutrition education requirements of medical doctors and students and assess the effect of online nutrition education through researching the nutrition knowledge, attitudes, and practices of this population.

**Methods** Eight Chinese health professionals, without nutritional backgrounds, were invited to participate in an 8-hour online course ‘Nutrition, Cardiometabolic Health, and COVID-19’. They completed an online structured Knowledge, Attitude and Practice (KAP) questionnaire before and after completing the course. Descriptive statistics were used for participants’ demographic information and Wilcoxon signed-rank test compared KAP scores.

**Results** Participants included 5 doctors and 3 medical students with a mean age of 25.6±3.4 years. Satisfactory levels of knowledge, attitude and practices for participants were found

in 77%, 42.5% and 73%. Knowledge gaps were found in key micronutrients for respiratory tract infection (25%) and nutrients of primary energy source (62.5%). Knowledge scores showed no significant difference before and after the course ( $p>0.05$ ). Levels of attitudes ( $p<0.05$ , pre:  $2.13\pm 0.35$ , post:  $3.25\pm 0.89$ ) and practices ( $p<0.05$ , pre:  $23.88\pm 2.23$ , post:  $26.50\pm 3.21$ ) towards nutrition education improved after taking the online course.

**Conclusions** This pilot study suggests that clinical nutrition education in Chinese medical training appears to be insufficient. Most health professionals in this study presented a strong will to learn more about nutrition and reported that they have benefited from the online course. Nutrition Education Leadership from Improved Clinical Outcomes (NELICO) appeared to have helped to make participants more aware of nutrition applications in clinical practice, with scope for improving their nutritional knowledge.