

Food for a Long Life: A local case study of Community-Based Participatory Action Research (CBPAR)

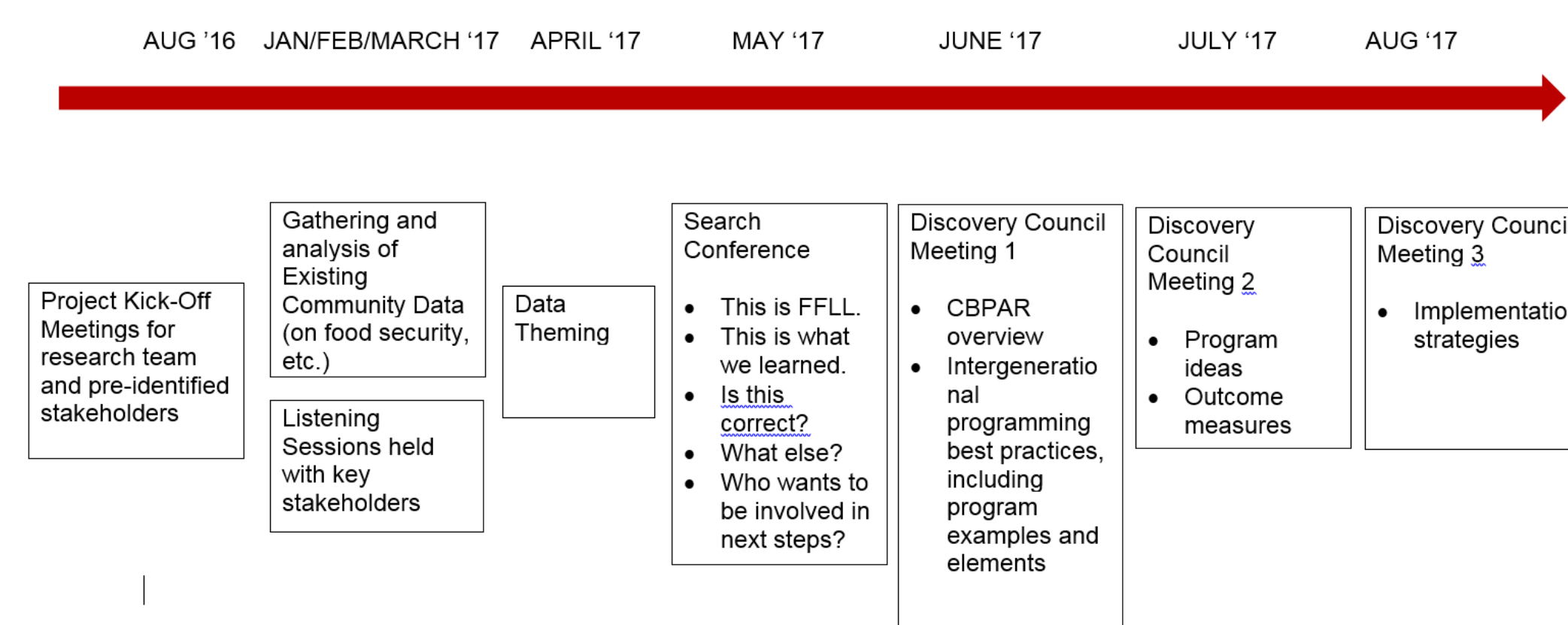
INTRODUCTION

The *Food For a Long Life* (FFLL) project is a five-year, USDA-CYFAR (Children, Youth and Families At-Risk) Community-Based Participatory Action Research (CBPAR) project that aims to reduce food insecurity among young children and their families living in one Columbus, Ohio neighborhood and one Virginia community. Specifically, the FFLL project seeks to use intergenerational strategies to improve access to, consumption of and knowledge of healthful food in the target communities.

The FFLL project team completed its planning year, year one of the 5-year project, from September 2016 through August 2017. During this year, stakeholders were identified and engaged in the CBPAR process (Figure 1). The following principles of CBPAR were applied to guide the project planning efforts:

- Acknowledge the community as a unit of identity.
- Build on community strengths and resources.
- Facilitate a collaborative, equitable partnership in all phases of research.
- Involve an empowering and power-sharing process that attends to social inequalities.
- Foster co-learning and capacity building among partners.
- Balance knowledge generation with intervention for the mutual benefit of all partners.
- Focus on the local relevance of public health problems and ecological perspectives that attend to the multiple determinants of health.
- Involve systems development using a cyclical and iterative process.
- Disseminate results to all partners and involve them in the wider dissemination of results.
- Use a long-term process reflecting commitment to sustainability.

Figure 1: Year 1 CBPAR Flow Chart



Members of the Ohio FFLL Research Team at a Discovery Council Meeting



From left to right:

- Jenny Lobb, Family and Consumer Sciences Educator, OSU Extension
- Elizabeth Speidel, Program Manager, Champion Intergenerational Center
- Lisa Juckett, graduate student, OSU College of Social Work
- Michelle Hand, graduate student, OSU College of Social Work
- Holly Dabelko-Schoeny, Associate Professor, OSU College of Social Work
- Kathy Lee, graduate student, OSU College of Social Work
- Shannon Jarrott, Professor, OSU College of Social Work (PI)
- Gus Teller, Technology Consultant

Worksheet used by the Ohio Discovery Council to Brainstorm/Plan Interventions

NEED	INITIATIVES	OUTCOMES	MEASURES
What do we think we know? 1. To question our assumptions 2. Our families are in high need 3. Desire for convenient meals 4. Food options must reflect tradition and experience 5. Different food resources at different sites 6. Challenges with transportation of self and food 7. Need for better coordination and communication about resources 8. Desire for high quality IG activities around food	What are our ideas for programming? 1. Nutrition Curriculum a) Garden 2. Convenient and Healthy Meals/Snacks a) Emergency Pantry b) Abe's Kitchen 3. Connection to Existing Resources Consider: • Feasibility • Culture • Family • Sustainability • Existing programs	What goals do we hope to achieve through our programming? Global: 1. Access 2. Consumption 3. Knowledge Specific Initiatives: 1. Nutrition Curriculum (pre-post) • Kids knowledge of healthy food • Kids preferences 2. Convenient and Healthy Meals/Snacks - Emergency Pantry/Abe's Kitchen (pantry tracking form/meal slip) 3. Connection to Existing Resources (??) • Greater knowledge and utilization of community resources. • Increased self-efficacy to access community resources. • Partner agencies- what requests that came in?	How will we know if we met our goal? Global: 1. Household Food Security 2. Child Nutrition Behavior Checklist Process/Implementation IG 3. IG Best Practice Checklist 4. IOS scale 5. IGAS - staff qualitative interviews Required by CYFAR Demographic Info Participation

RESEARCH TEAM MEMBERS

- OSU Extension
- OSU College of Social Work
- Champion Intergenerational Center
- Virginia Tech and Virginia Cooperative Extension

COMMUNITY PARTNERS



- Abe's Kitchen
- Mid-Ohio Food Bank
- Partners Achieving Community Transformation (PACT)
- United Way: Fresh Foods Here

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YEAR 2 UPDATES

1. An emergency food pantry was established at one Columbus Early Learning Center (CELC) site.
2. Preschool students at both CELC sites are receiving weekly nutrition lessons, as of January 8, 2018.
3. Preschool classrooms at the CELC Champion Avenue site are receiving bi-weekly intergenerational programming related to food, as of January 19, 2018.

Next Steps:

How can YOU contribute to helping FFLL...

Access

- Recommend community members to serve on FFLL's Discovery Council and discuss factors related to healthy food access

Consumption

- Connect older adult and child care programs to FFLL; consider using intergenerational strategies to increase healthy food consumption across age groups

Knowledge

- Share information with the Near East Side community. Examples include food distribution locations, educational resources, and food-related apps

Follow FFLL on Instagram and Twitter--@FFLLOHVA



<https://u.osu.edu/foodforlife/home/>