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Authors

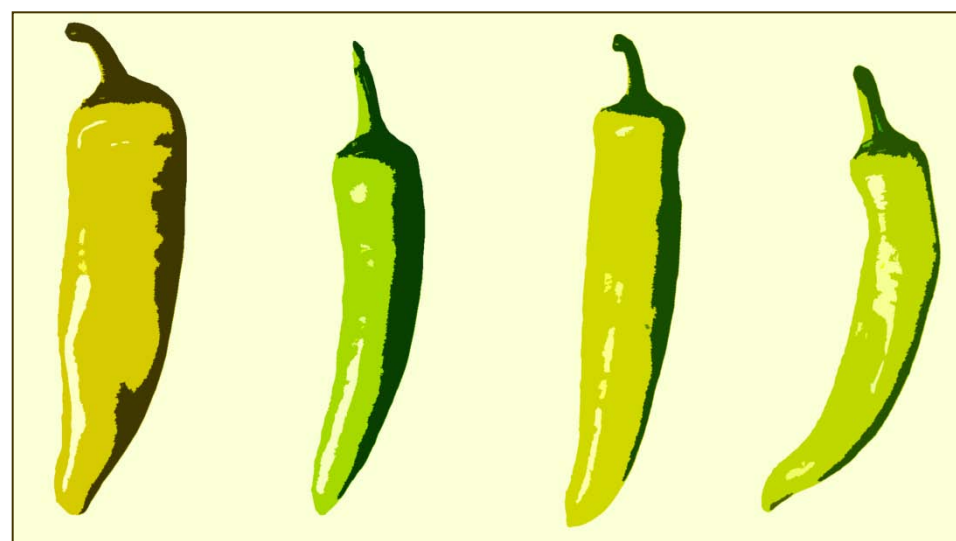
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Menu Planning and Grocery Shopping for People Living with Psychiatric Disabilities

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INTRODUCTION

- The HowardCenter in Burlington, Vermont is designed to empower and improve the lives of individuals with mental illness throughout Chittenden County.
- People living with chronic psychiatric disabilities have higher mortality rates and earlier onset of medical illness. It has been observed that many of the risk factors for chronic conditions revolve around nutrition, implying a chance to intervene.
- Understanding the various ways people with psychiatric disabilities eat, buy, cook, and value a healthy diet is fundamental for the HowardCenter to address increased mortality in this population.
- Our goal is to identify barriers and develop a resource to improve nutrition in this population.



THREE BEAN TURKEY CHILI

Ingredients:

- 15 ounce can of kidney beans
- 15 ounce can of black bean
- 15 ounce can of pinto beans
- 28 ounce can of diced tomatoes
- 1 ½ pounds of ground turkey
- 1 onion chopped
- 2-3 cloves of garlic chopped
- 1 tablespoon Cumin
- 1 tablespoon Chili Powder
- Cayenne to taste

Instructions:

- Chop onion and garlic
- Heat 1-2 tablespoons olive oil in big sauce pan
- Add onion and garlic.
- Cook on medium heat for 5 minutes
- Add turkey and cook until no longer pink.
- Add spices. Stir and heat for 2 minutes.
- Rinse beans thoroughly. Add beans and 28 ounce can of diced tomatoes.
- Stir and cover. Let simmer on low heat for 30 minutes. Stir periodically.

Optional: can of crushed jalapeno pepper or diced fresh jalapeno for added spice

Shopping List: Kidney beans, Black beans, Pinto beans, Diced tomatoes, Ground turkey, Onion, Garlic, Cumin, Cayenne pepper

METHODS

- Literature review and research assessed the problem and examined evidence based interventions that could aid our resource development.
- Research and information was collected from HowardCenter clients with the permission of UVM College of Medicine and associated healthcare providers.
- The survey assessed the population's available finances, knowledge of nutrition, and willingness to change current habits. Key questions included:
 - What do you think eating healthy means?
 - How much money do you spend on food every week?
 - What problems keep you from eating more healthy foods?
 - What cooking appliances do you have access to?
- The survey was administered on paper at the HowardCenter and Lakeview House. Data was analyzed using Microsoft Excel.

RESULTS

- 34 surveys were collected from a population of 650 clients of HowardCenter's Community Support Program (~5% of the total group).
- The survey showed that the majority (92%, 31/34) want to eat healthier. However, the majority (62%) also had difficulty finding the time, energy, or money to do so.

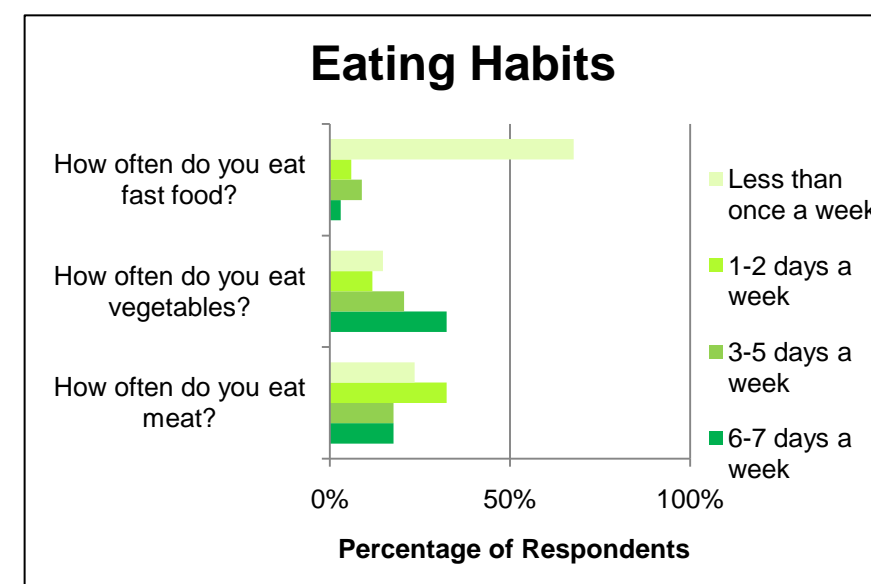


Figure 2. The 70% of respondents reported eating fast food less than once a week, but only 24% eat meat less than once a week and only 15% eat vegetables less than once a week.

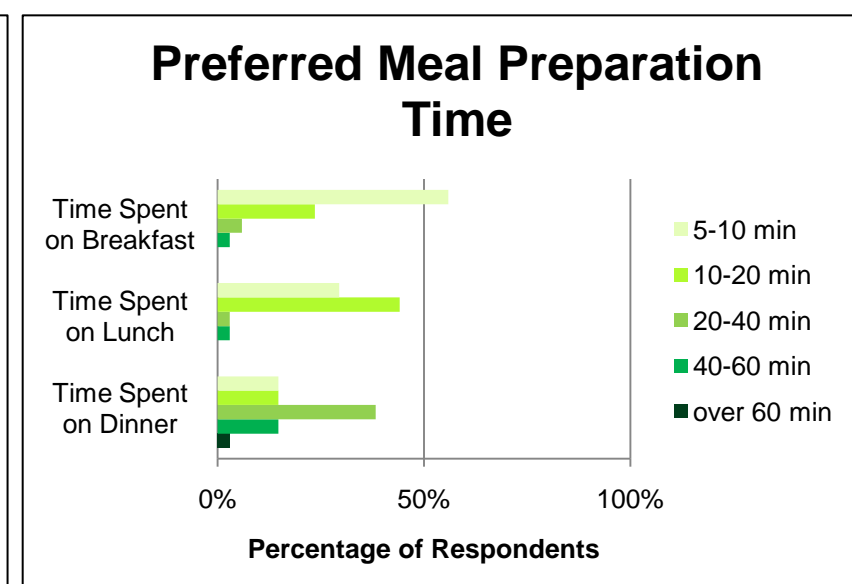


Figure 3. The majority of respondents wanted to spend less than 20 minutes preparing either breakfast or lunch, but were willing to spend more time preparing dinner.

Barriers to Cooking More

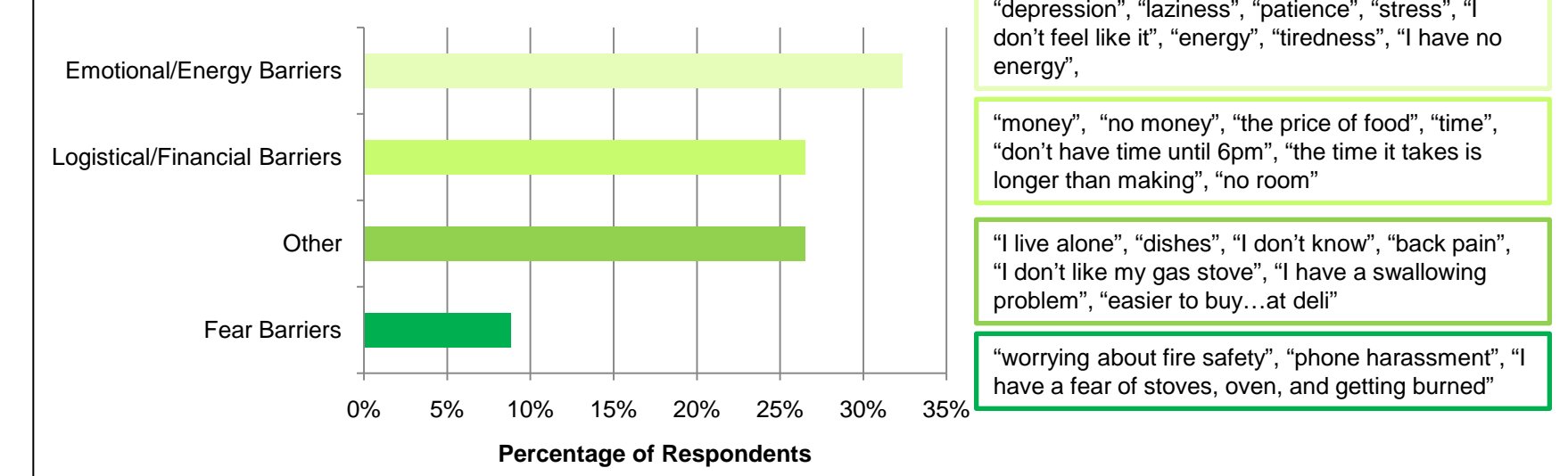


Figure 1. The majority (60%) of respondents cited emotional, energetic, logistical, or financial barriers to cooking more often.

CONCLUSION

- The survey results identified several barriers to cooking and eating healthy such as finances and meal time preparation. Based on the needs and desires of this population, we created a resource titled, **Cooking with Wholesome Food: Quick, Simple, and Affordable for Everyday of the Week**. It emphasizes eating healthy on a low budget.
- The book contains a week's worth of recipes for breakfast, lunch, and dinner, shopping lists, financial budgets, healthy snacks, and suggestions for eating and living healthy.
- Our research group advocates further research to be conducted on the population subset to assess the use and efficacy of our recipe book.

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"I have a fear of stoves, oven, and getting burned."

"Vegetables spoil so quickly; I end up throwing so much away."

"I am an emotional eater."

"I have trouble eating portion-sized meals."