

# Pilot Evaluation of Deliciously Healthy Teaching Kitchen Intervention for Chronic Disease Patients

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## Background

Deliciously Healthy is a culinary nutrition program supporting patients with diet-related chronic diseases. The program consists of six, 90-minute weekly online virtual sessions, taught by a registered dietitian, where participants learn culinary basics and healthful recipes, practice mindful eating and set SMART GOALS. The recipes consist of basic low-cost, whole food ingredients. Working together virtually, participants enjoy peer support and bond around the common challenge of making the time to prioritize healthful food choices.

## Methods

**Use of Theory or Research:** Six sequential culinary nutrition sessions were informed by Social Cognitive Theory (SCT) theory and the Framework for 10 Experiential Drivers of Behavior Change (Fredericks et al 2020).

**Target Audience:** Thirty one patients with diet-related diseases were recruited among 4 cohorts between April and June 2021. Patients were referred from Gouverneur Hospital in NYC. Two cohorts were English speaking and two Spanish speaking.

**Evaluation Methods:** Pre- and post-program online surveys about participants' confidence on meal planning, selecting fruits and vegetables, knife skills and dietary habits were conducted. Qualitative data are collected through participant interviews at the 3, 6, 9 and 12 month marks.

## What participants are saying:

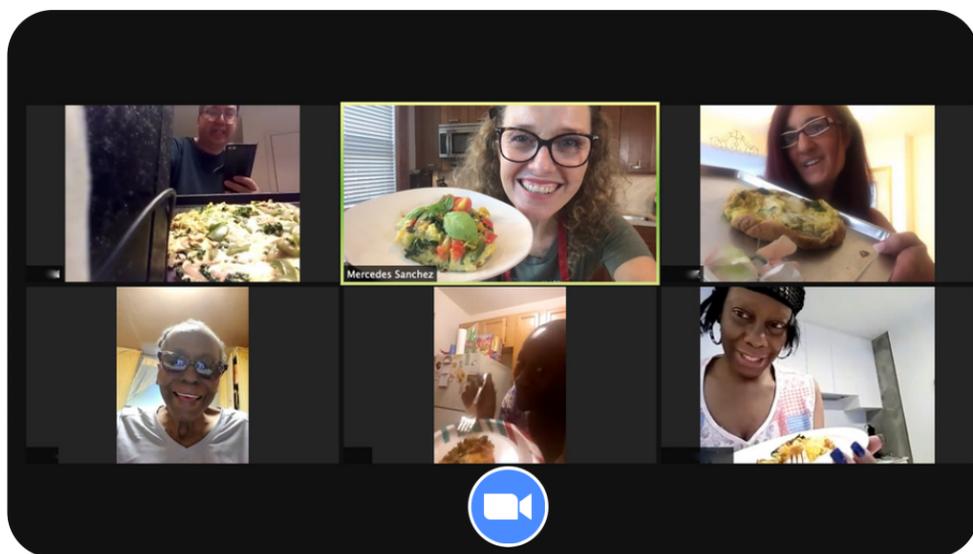
“ **My experience overall was very beneficial, I would say.... [it] encourages me to eat more vegetables, which I included in my diet greens every day, like broccoli. I [also] tried to do the colors...** -

**Claire**

“ I'm able to fit into clothes that I wasn't able to and also like, incorporate a homemade meal. everyday. I have one homemade meal a day, and also ... incorporate a veggie based meal per day. So yeah I've incorporated all those things. - Carla A

“ **...but I did leave the program more empowered to eat healthy and to think about the food I'm putting in my body.** - **Carla T**

“ The program forced me to set aside that time to be mindful of the food I have in my body. [The instructor] is bi-lingual and I'm Latina, and that cultural aspect really appealed to me... helped make lasting changes. -Maria



Instructor and participants share their Deliciously Healthy creations.

## Results

Of the participants who completed pre- and post- surveys (N=14), 100% reported improvement in their ratings on a likert scale of 1-6 for all questions. Despite the small sample size, paired t-tests showed statistical significance for: confidence in adjusting a recipe to make it healthier (p value <.001) and confidence in using the recipe templates (p value 0.023), 3 months after program completion. All 14 participants reported improvements in their food/eating behaviors.

## Conclusions

Overall, participants in Deliciously Healthy have reported finding the program beneficial. Despite a small sample size, the finding of statistical significance related to participants selecting fruits and vegetables, adjusting recipes to make it healthier, and use of the recipe templates are encouraging. The remaining interviews will reveal whether the new behaviors are sustainable.

## Objective

This study evaluates behavioral changes reported by participants of Deliciously Healthy.

	Question	Mean Difference	Direction of change	P value
1	Rate your confidence in adjusting a recipe to make it healthier	1.08333	positive	<.001
2	Rate your confidence in using the recipe templates introduced in this class	1.1667	positive	0.023

Table 1. Participants reported statistically significant changes in their confidence related to two healthy eating behaviors.