

*Co-designing Food-Based
Guidelines for Homeless
Services:*

*A participatory study with
inherent public and patient
involvement*

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What is Co-Design?

Co-design describes active collaboration between stakeholders in designing solutions to a prespecified problem. It promotes citizen participation to formulate or improve specific concerns (i.e. service or product improvement, better prevention activities, more resources, better trained health promotion staff and, evidence informed initiatives)

Previous Experience of Co-Design

Designing recruitment materials with a public and patient involvement panel

Participatory youth work to inform survey questions for the Health Behaviors in School-Aged Children Study

Co-design of food-based guidelines with homeless service providers

 **NUI Galway**
OÉ Gaillimh

FAMILIES NEEDED!



STUDY 100% ONLINE

TAKE PART FROM YOUR OWN HOME

FAMILY FOOD CHOICES
A study exploring how parents make decisions about food

DO YOU HAVE A CHILD BETWEEN 2-17 YEARS?

ARE YOU ON A TIGHT BUDGET?

ALL INFORMATION PROVIDED WILL BE CONFIDENTIAL

INTERESTED?
Contact:
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PARTICIPANTS WILL RECEIVE A €40 VOUCHER AS A THANK YOU!

*Changemakers - Irish Universities Association & RTÉ
Documentary
Episode 1: Children's Health & Well-being (03/01/2022)*

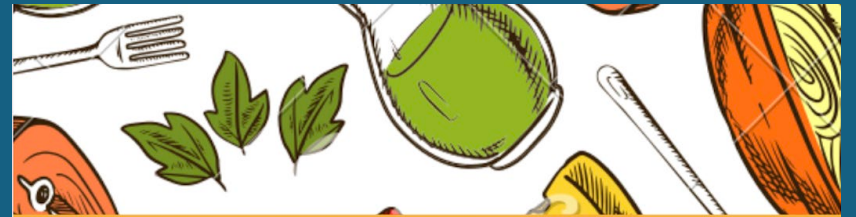


A resource for service providers that work with the homeless population



Developing Food-Based Guidelines for Homeless Services

1. A Public & Patient Involvement (PPI) panel was assembled with people that have worked with the homeless population, both in social services and through research
2. Homeless services across Ireland were contacted via email and phone, posts on multiple platforms social media platforms, through personal and HPRC accounts
3. 8 people offered to be part of the PPI panel
4. One person dropped out due to illness
5. 4 PPI meetings were held



FOOD PROVISION AND THE HOMELESS POPULATION:

WORKING TOGETHER TO ENABLE SOLUTIONS

Looking for people that work with the homeless population for stakeholder group to advise on nutrition/food-based guidelines, for the use of homeless services. This PhD research project is funded by the Irish Research Council

Volunteers would need to take part in 4-5 online meetings, each 40 mins-1hr

Public & Patient Involvement

What is Health Promotion?

“Health promotion is the process of enabling people to increase control over, and to improve, their health” – Ottawa Charter for Health Promotion, 1986

What is PPI?

Research being carried out ‘with’ or ‘by’ members of the public rather than ‘to’, ‘about’ or ‘for’ them – National Institute for Health Research

“Nothing about us, without us”

Principles & Values of Public & Patient Involvement

(PPI Ignite Network, 2022)

Respect

The **recognition of the roles, knowledge, insights, experiences, strengths, limitations and contributions** across the research team and PPI partners and throughout the research lifecycle.

We want **to benefit from the diversity of the team and partners**, and work together effectively and enjoyably.



Empowerment & Power Sharing

The inclusion as early as possible **in funding decisions, strategy and decision-making, the co-design and co-production of research.**

We want **a wide range of involvement strategies** to ensure that this happens.



Trust

The **building of reciprocal trust; this takes time to develop, is relationship based** and needs to be consistently worked on.

We want **everybody's opinion to be fully heard** and we want **confidentiality to be negotiated and respected.**



Collaboration & Partnership

The **inclusion of PPI partners** throughout the research lifecycle with commitments and expectations agreed from the outset, as much as possible.

We want true partnership where **all contributions are valued and respected equally.**



Transparency

The need for **clear, open, mutual communication** between the research team and PPI partners about research decisions and progress.

We want transparency in developing a **clear, shared understanding of aims, roles, processes and other terms of involvement.**



Flexibility

The **recognition of the time and other commitments involved in PPI** and that this **is acted upon in the research plan.**

We want **to co-design appropriate changes and responses** to the experiences and to the views of PPI partners.



Equity & Inclusion

The active identification and **removal of barriers and creation of entry points** throughout the research lifecycle.

We want real co-design and partnership to take place that **values equally people's diversity of opinions, experiences, abilities, backgrounds and expertise.**



Co-designing a Health Promotion Resource

Pick a population group that you have worked with or would like to work with

Guiding Questions:

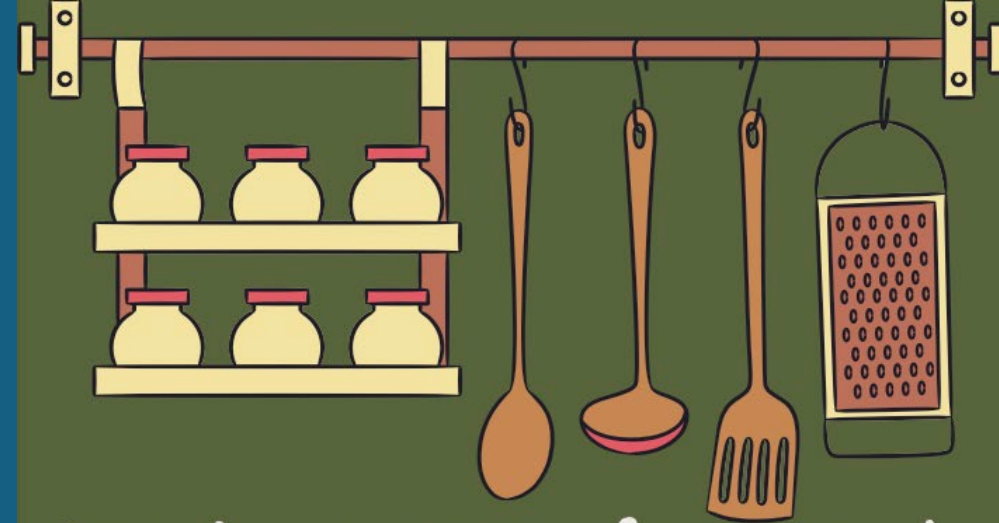
- Consider the type of resources that would help improve health equity within this population?*
- What is the aim of your resource?*
- Who are the PPI contributors that could act as co-designers on this project?*
- How would you find your PPI contributors?*
- Where and how often would the PPI contributors meet?*
- Use the principles of public patient involvement to come up with a list of ground rules to help the meetings run smoothly*

Workshop Task



How co-design affected the development of food-based guidelines for homeless services?

- *Image selection for cover design was led by PPI panel*
- *Title of food-based guidelines was edited by PPI panel*



Food provision for people experiencing homelessness

A resource for service providers that work with the homeless population



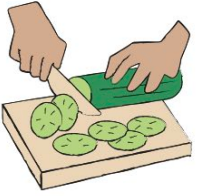
Additions based on PPI panel feedback



Serving guide

				
Cereals, cooked rice and pasta, and vegetables, salad and fruit Use a 200ml disposable plastic cup to guide serving size.	Cheese Use two thumbs, width and depth to guide serving size.	Meat, poultry, fish The palm of the hand, width and depth without fingers and thumbs, shows how much you need in a day.	Reduced-fat spread Portion packs found in cafes can guide the amount you use. One pack should be enough for two slices of bread.	Oils Use one teaspoon of oil per person when cooking or in salads.

BASIC KNIFE SKILLS



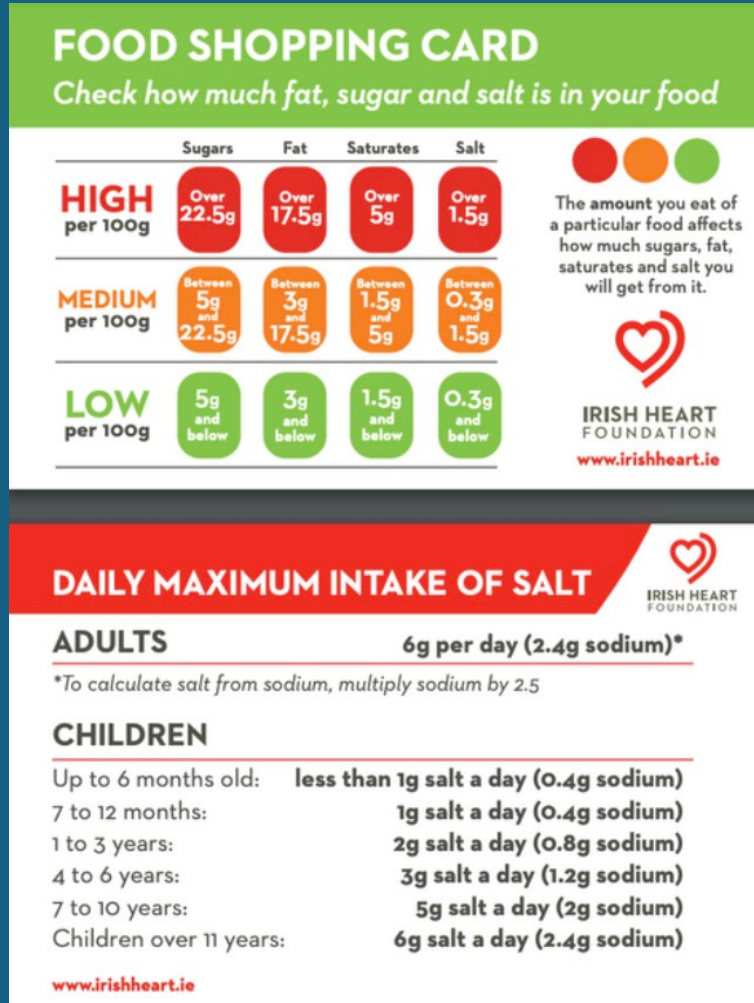
Good knife skills save time and make the process of preparing food for large groups easier. Learning the different ways of chopping fruit and vegetables will also improve the uniformity of cooking, texture of food and palatability of meals served. These methods are adapted from BBC Good Food.

THE BRIDGE POSITION

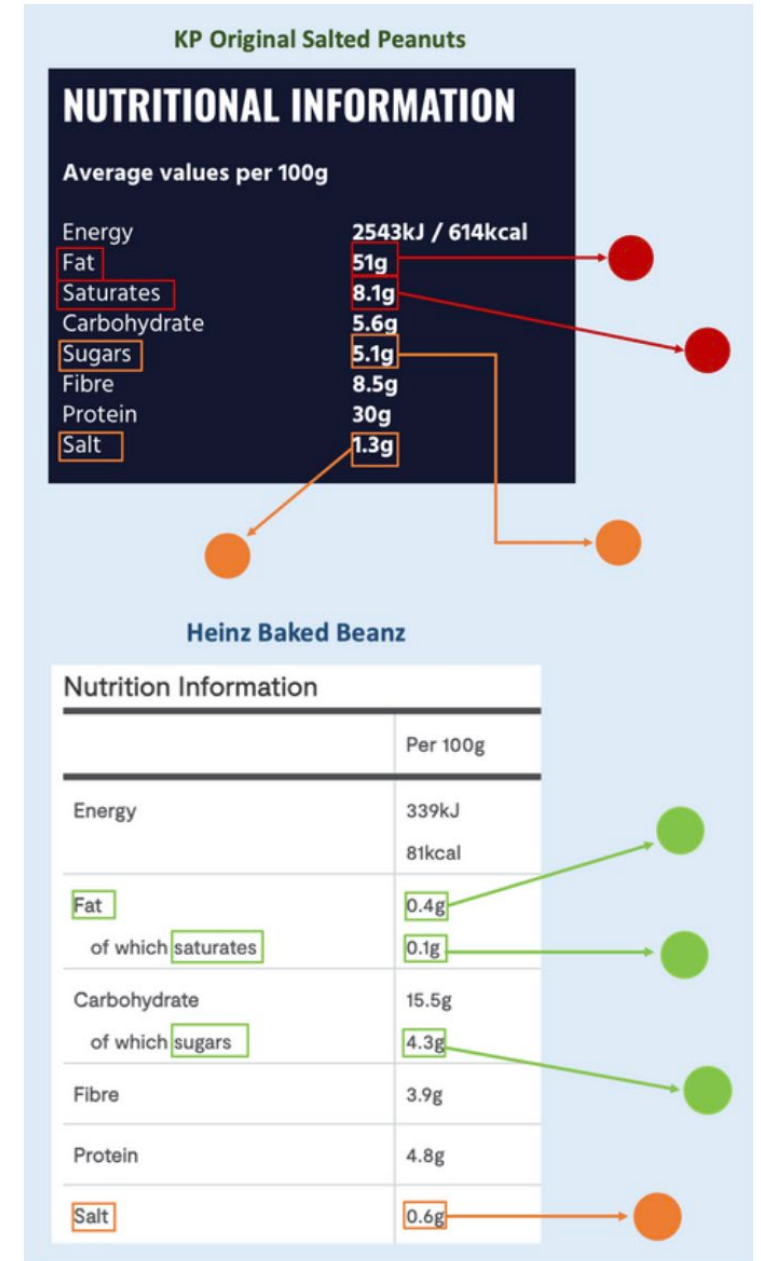


Round fruit and vegetables like tomatoes can sometimes be difficult to chop. Use the bridge position to stabilise the ingredient by placing your thumb on one side of the ingredient and two fingers on the other side, as pictured above. Then cut the ingredient in half.

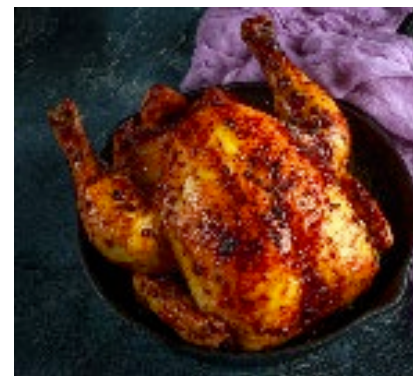
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Examples using the Irish Heart Foundation Food Shopping Card



Recipes included



Feasibility Study

*10 interviews were conducted
in 7 homeless services*



Services included:

*2 Men's
hostels*

*1 Women's
hostel*

*1 Day
Centre*

*1 Children's
Hostel*

*2 Mixed
Gender
Hostels*

*Thank you for
participating*

*Please feel free to ask
questions*

