

# NUTRITION IMPACT REPORT - AWC

## SEPTEMBER 2022 - SEPTEMBER 2024



Healthy  
Living



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Keighley Healthy Living



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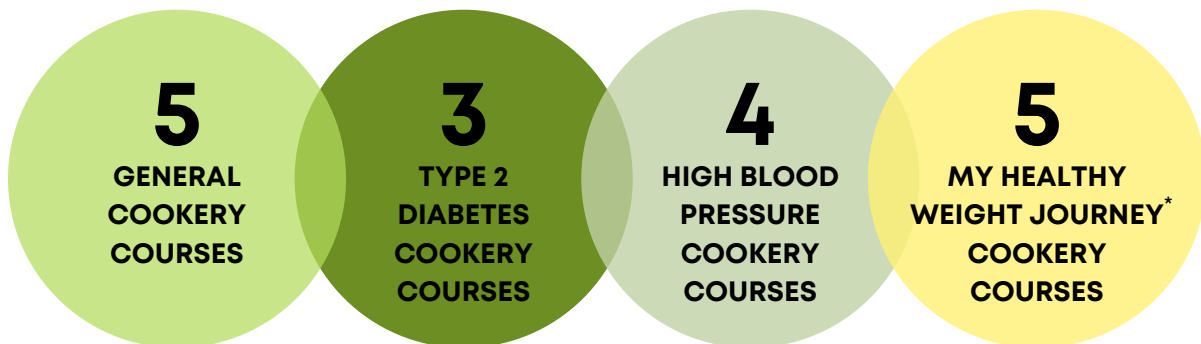
## SUMMARY

Over the span of two years, 26 courses have been run to support the nutritional health of Keighley's communities and to address health inequalities. The courses were tailored for the management and prevention of 4 key areas:

- general health and wellbeing
- type 2 diabetes
- high blood pressure/hypertension
- weight management

Sessions ranged from hands-on cookery lessons to information workshops. All were run by Keighley Healthy Living's Registered Associate Nutritionist. All courses were run in the community, providing holistic support to those living in the Airedale area.

In total, 17 cookery courses were run (each lasting six weeks):

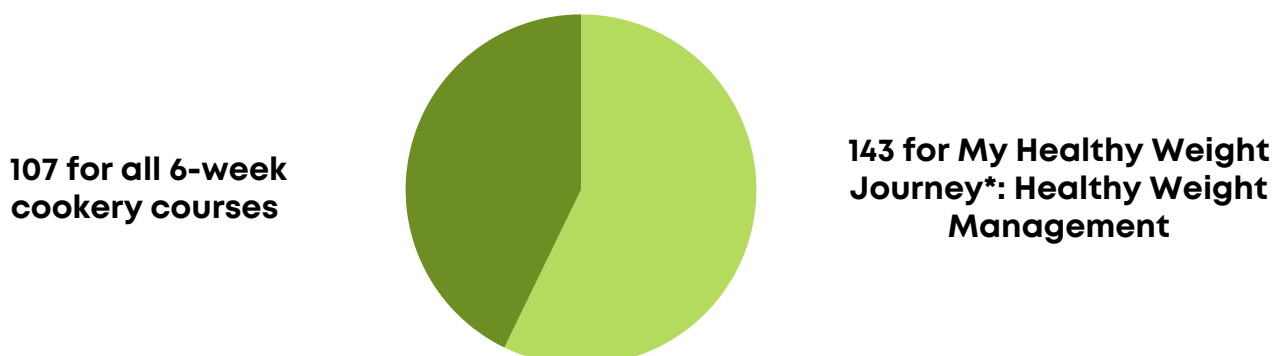


In addition, 9 My Healthy Weight Journey\*: Healthy Weight Management courses were run, each lasting 8 weeks. For descriptions of these courses, see p2.

Participants from the outlined courses ranged from 18 to 87 years old. Most were either new or existing service users attending Keighley Healthy Living, with others attending community outreach groups in Keighley, including

- Roshni Ghar (two courses)
- Eden Community Association (1 course)
- Highfield Association (1 course)
- Plus 1 course with the Keighley Parish.

250 attendance slots were filled across all courses:



\*Previously known as Weight Loss Club

# OVERVIEW COOKERY COURSES

4 key areas were identified for the support of health and the prevention of disease and comorbidities. A combination of informative workshops and practical cookery sessions have been crucial for participants to focus on weight management, management and prevention of high blood pressure, prevention of prediabetes and Type-2 diabetes, as well as general cookery and nutritional skills to support a healthy lifestyle.

These courses ran as follows:

## General Cookery for Health and Wellbeing

A major barrier to good health and wellbeing is the ability to cook healthy, balanced meals. A proportion of people in the Keighley's communities have limited skills and knowledge relating to making a basic healthy meal at home, and may struggle with basic cookery skills such as chopping, frying, boiling, baking, etc., leading to a greater reliance on ready meals and fast food. To support the prevention of ill-health in later life, general skills cookery classes were included in our nutrition portfolio, each course spanning 6-weeks and comprising of 2 hour sessions.

Participants were introduced to basic ingredients found in most homes and were taught how to transform cupboard staples into balanced meals with high nutritional content. The recipes and skills taught were those which could be generalised to a great number of meals, such as learning how to make a basic sauce, recognising when meat is cooked, and how to safely cut a range of vegetables.

Courses were peer-led, whereby participants collectively chose the recipes to be cooked the following week, focusing on what they would realistically make at home. Cooking and learning with other members of the community allowed discussions around food to flow, and participants learnt other skills around how to bulk cook, how to safely freeze/defrost food and basic food hygiene.

With the cost of living still having a great impact on people's lives, there was also an emphasis on cooking affordably, using ingredients which can be bought economically; discussing the affordability and nutritional impact of using different cuts of meat, choosing a vegetarian diet, or using frozen instead of fresh foods.





## Type 2 Diabetes Prevention

A series of 6-week cookery courses have been completed specifically with those managing prediabetes and looking to prevent type 2 diabetes. Our nutritionist worked with Diabetes UK throughout the 2-year funding, which included having a volunteer from Diabetes UK attend cookery sessions to discuss the importance of diabetes prevention and how to follow a healthy lifestyle.

Participants attended 2 hour sessions where individual work stations were set up with independent ingredients and equipment to learn to cook a healthy, balanced meal which would be appropriate for diabetes management. Recipes were sourced from Diabetes UK and participants were encouraged to choose what they would like to cook each week to increase the likelihood they would continue what they had learnt at home.



## Hypertension

It is estimated that around 32% of adults in England have high blood pressure (hypertension), a condition which often goes unnoticed due to symptoms being rarely experienced\*.

There are a multitude of risk factors for developing hypertension (including diet), however not everyone has the skills or the knowledge to follow a diet beneficial for maintaining healthy blood pressure. As a result of this, a 6-week cookery course was developed to support the prevention and the management of people living with high blood pressure. The course was underpinned with information and resources from the NHS, British Heart Foundation, NIH and Public Health England to provide participants with the skills and knowledge to prepare and cook meals which were low in salt, saturated fat and high in fibre and good quality protein. The informal setting of cooking together with individual work stations, allowed participants to openly discuss their dietary habits and how to eat to best benefit health.

These courses complemented our Blood Pressure Connect programme, where participants were able to meet with an advisor to have their blood pressure monitored, and be provided with extensive knowledge around other risks for high blood pressure, including caffeine and alcohol intake, stress, sleep, and exercise.



\* Sources referenced on last page

## My Healthy Weight Journey: Healthy Cookery

This course was developed and introduced from the feedback of participants who identified the need for hands-on learning to implement the knowledge learnt from the My Healthy Weight Journey: Weight Management course. Service users expressed how they understood what constituted a healthy diet but needed the practical skills to apply what they had learnt, as well as wanting to learn new recipes to start creating their healthy eating plans. With the initial funding, the running of cookery sessions to support weight management were not included, however, due to high demand and an understanding that being overweight or living with obesity may lead to the comorbidities which were initially included in the funding, it was agreed that some work was needed to support prevention.

As an extension of My Healthy Weight Journey: Weight Management, 6-week cookery courses were set up to provide practical learning and live examples on how to cook healthy, balanced meals to support weight loss and weight maintenance. Each week, participants were taught how to make different meals which would meet dietary goals, such as low fat, low sugar, high protein, and/or high fibre. Participants were encouraged to suggest meals and cuisines to ensure recipes and skills learnt were relevant and would be continued in their daily lives. Participants were provided with individual sets of equipment and ingredients so they could independently cook their own meals, with the supportive environment of a facilitator, volunteers and their peers. Meals could include, but weren't restricted to: chicken noodle soup, jambalaya, pea pesto, vegetarian lasagne and stir fry. Participants were then welcomed to sit in KHL's Welcome Space to enjoy their meals together, or take them home for dinner and share with their families.





## My Healthy Weight Journey: Healthy Weight Management

This 8-week course, consisting of 2-hour sessions, was designed around a compassionate approach to weight loss and weight management. Each week, participants learnt about a new topic through workshops, demonstrations, activities, tastings and discussions. The topics ranged from food labelling and portion sizes, to emotional eating, and how to eat-out healthily. The idea of the course was to empower participants with the knowledge and skills to take-on and maintain a healthy and balanced diet at home to support a healthier lifestyle, enabling weight loss and/or weight maintenance.

Some of those who attended were not aiming for weight loss but were keen to just feel healthier and better within themselves. Many of the participants were living with long-term pain, as well as various mental and physical health conditions, such as depression, anxiety, arthritis, and type 2 diabetes. The course supported participants in understanding basic nutrition and how to implement it within their day-to-day lives, as well as moving away from the thoughts of 'good' or 'bad', or 'yes' and 'no' foods.

The course sessions were based on population level advice (see below); however, participants also had opportunities to access more personalised and tailored advice and goals. Each session came with the option of a private 'weigh-in' to track progress and to observe the impact of different dietary changes. Participants could also choose to complete diet diaries, from one to seven per week, to get a detailed insight of exactly what they were eating and create specific goals to better support their weight loss/management journey.

A key message from the course was that weight management is not all about weight or numbers, but how the participants were feeling within themselves. Because of this initiative, participants were encouraged to write down their motivations for attending the course on week one. A range of answers were given, including the desire to feel more confident, manage own health conditions, or be able to be more active. This allowed a greater emphasis on working for a healthier lifestyle and their personal goals, and less so on looking for a specific number on the scales.

Population level advice taken from The Eatwell Guide\* structured the content of Healthy Weight Management sessions, which encouraged participants to:

- Eat a balanced diet, with at least 5 portions of fruit and vegetables every day
- Base meals on higher fibre starchy foods like potatoes, bread, rice or pasta
- Eat some beans, pulses, fish, eggs, meat and other protein
- Choose unsaturated oils and spreads, and eat them in small amounts



\* Sources referenced on last page

## RESPONDING TO COMMUNITY NEED

The courses ran differed slightly from what we initially set out to do as we responded to community feedback and demand. A new course 'My Healthy Weight Management Cookery' was established to work in-conjunction to the informative weight management course to give clients practical experience in the kitchen, learning new recipes and key skills on physically cooking healthy, balanced meals. This came from multiple client's feedback from evaluation forms at both the middle and end of courses. This course was input in-place of the seated/chronic-pain cookery course as those clients who attended, who were accessing weight loss, a significant number were experiencing chronic-pain, complex health-conditions, and required seating when cooking due to being unable to stand for long.

Initially, all courses were to run for 6 weeks. The weight management course was extended to run for 8-weeks as, from client feedback, written and verbal, 6-weeks wasn't enough to cover all the relevant/useful topics, nor enough time for clients to start making real, maintained changes to their habits/lifestyles.

There was also an introduction of a General Cookery Skills course. When advertising for diabetes and hypertension cookery, we found that there was not much interest/sign-up from the community and courses were not filled up completely. After gaining feedback from the community, and considering Keighley rates of obesity/hypertension/type-2 diabetes, we input a course focusing heavily on the prevention of disease, reflecting the general consensus of the community that prevention is better than cure. The course successfully taught clients how to safely cook easy, quick, balanced meals which would be affordable, and helped move away from a reliance on takeaways, fast-food, and ready-meals.

# OUR IMPACT

Participants were asked to complete evaluation forms at the end of each course to provide feedback on what went well and what could be improved. The following statistics represent clients who completed feedback forms between September 2023 - September 2024.

The KHL General Evaluation Form aims to collate data looking at numbers of people who have been positively impacted by the courses/sessions, and also provides an opportunity for clients to give some written feedback on their personal experiences.

## Do you feel attending the session run by KHL has enabled you to:

Improve the management  
of you own health and  
wellbeing?



Make a positive change  
to your lifestyle?



Make everyday tasks  
easier?



## Do you feel attending the sessions run by KHL has increased:

Your confidence?



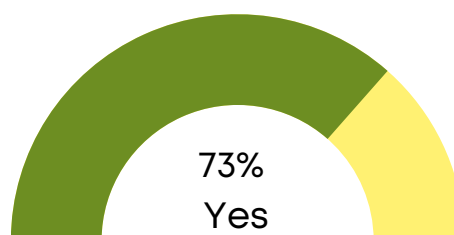
Your skills?



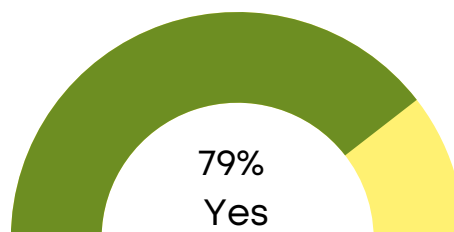
Your social connections?



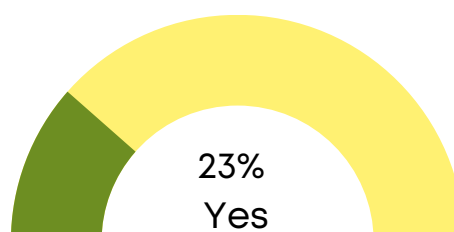
Since attending the session run  
by KHL, do you feel more  
connected to your local  
community?



Has your mental health  
improved?



Has your physical health  
improved?





# FEEDBACK

## **General Cookery:**

"I have enjoyed the cooking. I have learnt to cook meals and use vegetables I haven't used before or cooked. It has opened up a wider range for meals. The company of working with like-minded people has boosted my self-confidence"

## **Diabetes Cookery:**

"The healthy cook and eat sessions went really well. The majority of the women who attended these sessions were of a Pakistani ethnicity and suffer from diabetes. These sessions allowed these women to gain more knowledge on how to control their diabetes through healthy eating, gain nutritious information as well as increase their socialisation skills."

"These sessions also allowed women to meet new people from the community, make new friends and develop a sense of social connectedness. These group sessions enabled these women to share their thoughts and ideas – increasing their confidence and self-esteem. They are learning so much more about nutritional value which aides them in managing their diabetes and feeling a whole lot better"

## **High Blood Pressure Cookery:**

"It's been very good as it has made me think about the fats and salts in foods. It's helped me to cut down on drinks (alcohol) and increase other healthier foods. I've enjoyed it I made new friends and also enjoy foods in a healthier manner."

"The course has invigorated me to try new recipes, reduce my meat-intake, expanded my understanding of food and made me much more interested in my health and wellbeing – not just for me but my family as well! ... I have probably reduced my red meat consumption by 50% - 60% and as I cook for the family it has reduced it for all of us. The group worked well together, it was fun as well as interesting and I would like to say a big Thankyou to Rebecca for all her inspirational meals and ideas and talks about cooking in general."

## FEEDBACK CONTINUED

### **My Healthy Weight Journey: Healthy Cookery:**

"I feel more confident with myself. I can cook healthier meals. I've lost a little weight and I can do more exercise and move better."

"My confidence has grown a lot with cooking and cooking healthy meals, I have cooked a lot of things I would not have attempted alone. I have benefitted a lot from this course and have transferred my skills to my home."

"I really enjoyed this course it helped me build my confidence mentally and with eating healthier I have learned so much and I feel really comfortable in this group which is important as I have anxiety."

### **My Healthy Weight Journey: Healthy Weight Management:**

"I really enjoyed this course it helped me build my confidence mentally and with eating healthier I have learned so much and I feel really comfortable in this group which is important as I have anxiety."

"Good pace of sessions, feel more in control of food portions and the content of my diet. Number of people attended reduced and it felt a shame when there was such a good opportunity with no pressure to eat healthy, lose weight and make positive life style changes."

"Attending the KHL has improved mental and physical health. I learnt a lot about my health how to manage my weight and how can I live a healthy life."

"There are lots of interesting facts about the different food groups and portion sizes. It's much better than WW or SW as it involves science and nutrients, very informative."

"I find my healthy weight journey very useful, I struggle with my weight and mental health and coming to these classes really helps me build my confidence and helps me have a more positive relationship with food."

## CASE STUDY #1

"I already attended some exercise classes at KHL and signed up to the My Healthy Weight Journey course as I was aware that I needed to eat healthier and also my weight was creeping up. I wasn't sure where to start and what healthy eating was all about. I live on my own and did eat a lot of processed food.

The classes helped me to think about what I was eating and my eating habits. It introduced me to making healthy changes, food substitutions, healthy portion sizes, understanding and checking food labels when shopping and starting to eat fruit and vegetables daily and drinking more water.

I have made this part of my regular routines now and at the end of the course I had lost a stone in weight and felt so much healthier and 'lighter.'

I signed up to the cookery classes as I hardly ever cooked from scratch and wasn't sure how to use the healthy ingredients we had been learning about in class. I enjoyed the cookery classes and the fact that you were doing it in a group. Each week my confidence increased and I've cooked for friends a couple of times already. I also cook and then freeze portions which is good for when I'm in a rush and I know it's all healthy ingredients. I've also tried other recipes too.

I have also spoken with friends about healthy substitutes and food labelling and they were not aware of some of the things I told them about and subsequently have made some changes themselves.

Both classes have made a big impact on my lifestyle and I would encourage anyone thinking about joining to be brave and just do it! 😊 - Thanks Becky for your lovely style of teaching!"





## CASE STUDY #2

“My friend gave me a couple of flyers for Keighley Healthy Living as I had retired and It would give me new interests I went along to KHL’s Healthy weight Group on a Monday morning not knowing what to expect. I have never done dieting clubs or classes before but I needed to do something different as I had gained weight again. It was run by a young lady called Becky. The group were very friendly and welcoming. It wasn't a class that told you, you must eat this and when so that you would lose weight.

At the beginning of the course you got the course handbook. Week by week we would work through and discuss the topic for that week. It helped me as it explained things like comfort eating, sugar, carbs and fats and protein, how to read labels on packaging, which I found very interesting and it showed exactly what was in the food. We discussed healthy options for making meals for one or for a family. We would discuss the emotional side of why we comfort eat and how to change so you feel better about yourself.

You were encouraged to work out what was best for you. There was no pressure and people could make meals to suit their lifestyle / food allergies etc. Some would tell you what they had made at home and we shared our experiences.

There were visual aids on the table and to guess how much sugar in certain drinks or salt in certain food and you had to place them in order. It was interactive and everybody joined in It taught me how to look at what I was eating differently and how to implement this into my daily routine swapping high fat for low fat, which I have and I started to lose weight without starving myself. How to budget better when buying things and cooking meals. I really enjoyed going to class meeting like-minded people of all ages.

I still follow the healthy eating, although I also treat myself when I go out with friends for a meal. It's all about balance. I'm really glad I went to this class, it has taught me so much about food and healthy living and I didn't have to adjust drastically to do it. I also lost weight which was my goal but to feel better through healthier living was even a better goal to achieve. I would recommend this class to anybody - men and women.”

## CASE STUDY #3

"I am a single male, aged 62 and have a BMI of 35. I know that my diet is not great and so enrolled on this course to try and improve my ability in the kitchen and ultimately to eat healthier.

I was anxious initially, not knowing how my ability would compare with other people who were attending the course. Becky soon put me at ease, and I really enjoyed cookery that was made simple yet took me out of my comfort zone. Becky was able to answer any questions that arose and show me better ways to perform certain tasks. I am beginning to feel more confident in following a recipe and hopefully will begin to try out the new recipes that I have learned in my own environment."

## THE HOLISTIC OFFER FROM KHL

Keighley Healthy Living (KHL) offers a wide range of groups and sessions to support the community in their health and wellbeing and address health inequalities. All groups offered are free, or require only a small donation, allowing easy access for all, regardless of income.

KHL aims to offer a holistic approach to health, looking at supporting and improving physical, mental, and social health throughout all parts of life. Besides the nutritional part of the charity, other groups such as various exercise classes, 1:1 health coaching, and social groups such as conversation café and gardening are offered to all. This approach supports clients having access to a range of support, placing them in a better position to manage their conditions more so than if they only had nutrition as a single option. Providing clients with additional support with exercise classes and health coaching offers options to tackle multiple elements of the wider determinants of health, leading to more sustained lifestyle change and an improvement in health and quality of life.

From the 'My Healthy Weight Journey' groups, and all cookery sessions, further groups and opportunities of engagement are discussed and many participants go on to be signposted in to other groups. One such example includes two ladies who attended a morning MHWJ group and, separately, discussed with their facilitator a desire to attend a seated exercise group later that same day. The ladies were supported in coming together and attending that first session together, providing each-other with moral support and encouragement, which led to their regular attendance together. Other participants went on to join various cookery classes and re-attended the MHWJ courses to consolidate learning and help concrete habits. A number of participants, who showed string enthusiasm for the MHWJ group but needed additional, more personalised guidance, were signposted to KHL's health coach to receive 12 weeks of support.

There is a whole range of support available at KHL and the staff are able to move participants from group to group, signposting and supporting participants on an individual, personal level.

## VALUE IN COMMUNITY INTERVENTION

Some participants engaged in the courses where they potentially wouldn't usually as the sessions were hosted in trusted locations with adaptations to ensure the sessions were accessible. One weight management course was hosted at the Highfield Association with their ladies group, which was a familiar and comfortable setting for their participants. We worked in partnership to provide an accessible and relevant programme to people at a grassroots level, meeting clients in familiar locations and reaching out to groups who had specific needs. There was an importance in ensuring sessions were convenient to attend to support continued attendance which leads to greater and more sustained lifestyle changes, through removing barriers to participation. The ladies were provided with language support from the Highfield Association so was also supported by a familiar face. As the majority of the ladies spoke Urdu and less English, resources and activities were adapted to be less reliant on language and more hands-on without losing the key messages.

This project has helped demonstrate how community-based approaches can be more inclusive for those who wouldn't normally attend, these are often those excluded due to health inequalities and at increased risk of chronic health conditions. By removing these barriers we are encouraging sustained lifestyle changes.

## SUPPORT FROM PARTNERS & HCPS

Social prescribers were sent out course updates and information each-time new course details were established, as a result, a large number of clients were referred in to these courses from social prescribers and health coaches.

We also worked alongside other health professionals, integrating their resources and signposting our participants forward to ensure a continuance of care. This included signposting on to the diabetes team at the Airedale Hospital for the Diabetes Made Easy course, as well as working with Diabetes UK, incorporating their abundance of resources as well as having a guest speaker attend some cookery courses to answer any participant's questions.

Working with other health professionals ensured high-quality, and professionally delivered courses centred on diet were provided.



## KEY LEARNINGS & NEXT STEPS

Moving forwards, there is a need to continue the work, to maintain contact with regular clients and continue providing cookery lessons to those in need. Attendance to both the cookery groups and the weight management course has grown over the past two years, with the cookery groups being booked up rapidly and an extensive waiting list, on top of the average class size from weight management doubling from 8 to 16 people in just one year. Feedback from participants has emphasised how re-attendance to the weight management courses has greatly benefited them by helping establish habits and routines, concrete learning and understanding around nutritional topics, and provide a supportive and encouraging environment in which they can lose weight/maintain a healthy lifestyle with the support of likeminded peers. Other participants have welcomed the opportunity to come to several cookery courses, as often feedback reflected that 6 weeks isn't quite enough and a few extra weeks' helps to solidify knowledge, skills, and confidence.

In addition to the continuation of the current work, there needs to be further work and development around understanding cultural needs of weight management and overcoming cultural and language barriers. Currently, a visual and demonstrative version of the MHWJ course is in development, to move away from the reliance of spoken and written language, to allow accessibility to key messages to everyone regardless of language and literacy ability. The conversion of the support booklets in to visual presentations is a trial and error process and requires a lot of refinements to ensure key messages are clear and their importance not lost. Additionally, more hands-on practical learning activities and demonstrations are to be developed, to ensure every one of all learning types is considered. Where some learn from watching/listening, others learn best from doing and having a hands-on approach. This was incorporated in the original course, with visuals of what comprises 100kcal or how much sugar is in certain soft drinks, but this approach can be built on and utilised as needed, as each group is unique so may need slightly different approaches.

In terms of language support, translation of documents and in-person interpretation is something which needs to be budgeted for to ensure equality and inclusivity.

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