

# IMPLEMENTATION OF PRACTICAL WORKSHOPS TO IMPROVE DIETARY PRACTICES FOR PEOPLE OVER 55 YEARS IN FRANCE

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## Context :

Preserving health and independence is crucial with an aging population. Societal challenges include food transition, food sustainability and accessibility, human welfare, and education. Additionally, older people, including those living alone, face a higher risk of undernutrition, and may have specific nutritional needs.

## Objective :

To enhance awareness and knowledge of healthy, sustainable, and accessible diets among individuals aged 55+ among friendly workshops and ludopedagogic, pleasure of eating oriented tools.

## Method :



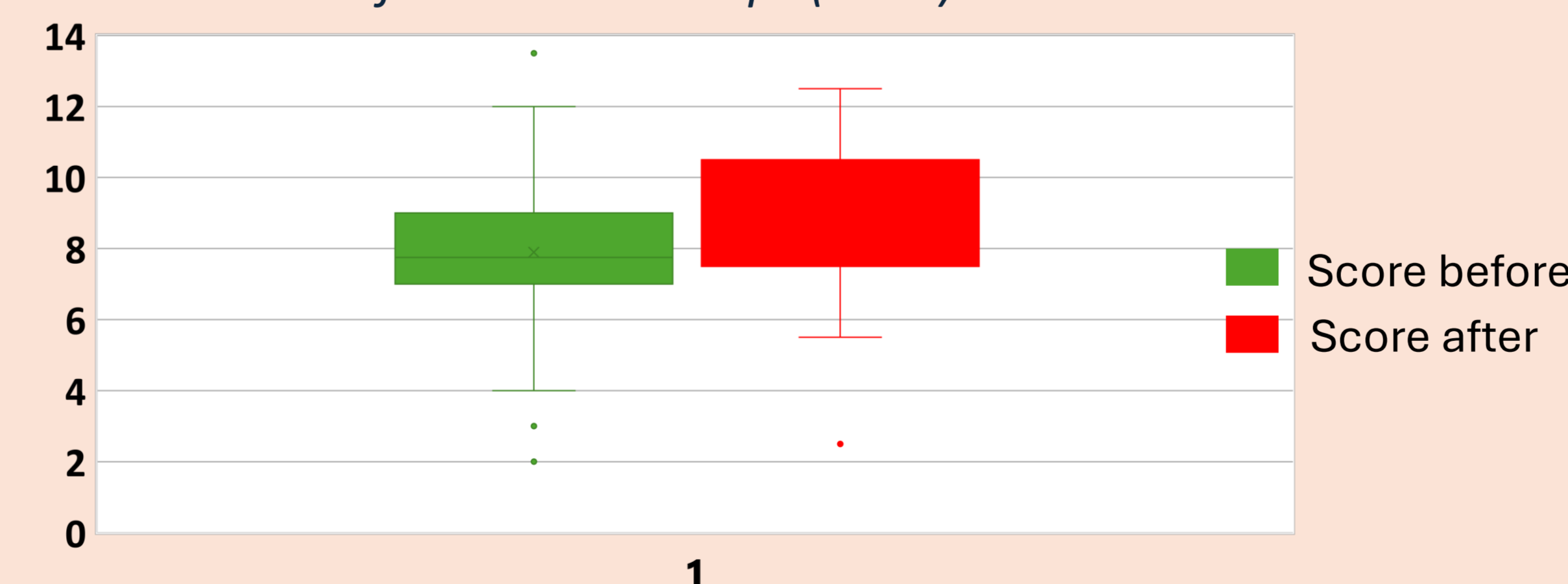
## Results :

Percentage of correct answer for each question, before and after the workshops (n=66)

Questions	% of correct answer		p-value at 5% level (NS= no significant ; S=significant)	
	BEFORE	AFTER		
Q1. How many times a day are you recommended to eat?	82%	92%	0,051	NS
Q2. In France, which vegetables are harvested in the spring?	25%	29%	0,519	NS
Q3. What is the characteristic of food from organic farming?	86%	91%	0,443	NS
Q4. Why is it good for health to eat fruits and vegetables regularly?	75%	81%	0,208	NS
Q5. After the age of 75, it is recommended to consume dairy products?	41%	52%	0,226	NS
Q6. For health and the environment, it is advisable to drink	35%	42%	0,321	NS
Q7. Which foods should be favored to preserve muscle mass?	63%	60%	0,541	NS
Q8. Which foods should be prioritized to preserve memory?	68%	69%	0,91	NS
Q9. Which oil is the least fatty?	33%	52%	0,027	S
Q10. What definition of sustainable eating could you provide?	83%	94%	0,051	NS
Q11. What are legumes (chickpeas, red beans...)?	85%	83%	0,766	NS
Q12. What is the usefulness of the Nutri-Score seen on certain foods?	64%	76%	0,088	NS
Q13. Eating oil or butter in moderate amounts regularly:	35%	34%	0,885	NS
Q14. Which of these statements about expiration dates are correct?	14%	32%	0,0004	S

- 60% or more of subjects ticked the correct answer(s)
- Between 59 and 30% of subjects ticked the correct answer(s)
- Less than 30% of subjects ticked the correct answer(s)

Knowledge score obtained by subjects before and after the workshops (n=66)



→ **Improved understanding of:**

- fat content in oils (p-value 0.027)
- food expiration dates (p-value 0.0004)

→ **A significant difference between the average knowledge scores obtained before (7.89/14) and after (8.86/14) (Student's paired T-test: p=0.003)**

## Conclusion & Perspectives :

- ✓ Participants had significant knowledge gaps in food expiration terms and seasonal product availability, with moderate understanding of dairy recommendations and food benefits. The **overall comprehension was notably improved after the workshops.**
- ✓ Participants are satisfied with the program and say they are paying more attention now to their food choices, and frequently use the ALISA booklet for recipes and seasonal calendars.
- ✓ For the future, we aim to strengthen the intergenerational dimension with a booklet of adapted recipes and plane to collaborate with **12 new cities in the coming months.**

