

NOURISH: Promoting Culturally-tailored Nutrition Education with Recipes to Manage Diabetes and Cardiovascular Disease

Key Takeaways

The survey insights were instrumental in shaping NOURISH's meaningful content, resulting in impactful deliverables:

- **Recipe Development:** Created 30+ culturally tailored and chef-tested recipes that adhere to the ADA and AHA guidelines, focusing on the most sought-after meal types (breakfast, lunch/dinner, snacks) (Figure 2).
- **Addressing Healthy Eating Challenges:** Developed recipes and resources to tackle time constraints, cost, and food preferences specific to special cultural events, leading to increased engagement and positive feedback at in-person events (Figure 3).
- **Community Partnership and Event Recognition:** Partnered with Stanford Residential Dining to launch six recipes during Asian American Heritage Month, earning Honorable Mention for Creativity and Graphics at the 2023 MarCom Awards (Figure 4).
- **Educational Content Focus:** Created webinars and resources on managing/preventing diabetes and heart disease, and understanding cholesterol and dietary fat impacts to support participants' needs.
- **Demographic Relevance:** Tailored content to be culturally relevant to the majority North American, 20–40-year-old demographic.

Conclusion

- NOURISH by Stanford Medicine highlights the effectiveness of culturally tailored recipe development in promoting balanced eating habits among Asian communities.
- The collaboration between healthcare professionals, chefs, and healthcare interns from diverse backgrounds results in the creation of tasty and nutritious recipes that are culturally representative.
- Continued efforts in developing and distributing culturally tailored recipes and nutrition education can help address dietary-related health disparities in Asian communities.

Scan QR Code for Support and References:



Authors

Minal Moharir MD, Stephanie Ibe BS, Sania Srivastava, Grace Koo BS, Linda Koh PhD MS RN PHN, Richard Wittman MD MPH, Nitya Rajeshuni MD MS, Aria Anvar MD MBA, Benjamin Schanker MD MPH

Contact: mmoharir@stanford.edu

Affiliations

Stanford Department of Primary Care and Population Health; Stanford Environmental Health & Safety, Occupational Health Center; Stanford Prevention Research Center, Department of Medicine, School of Medicine, Stanford University, Stanford, CA.

Purpose

- Showcase the innovative approach of NOURISH by Stanford Medicine in recipe development and content creation of nutritional resources for under-resourced communities.
- Highlight the impact of culturally tailored nutrition education with modifications of familiar recipes to promote balanced dietary habits among Asian populations.
- Share quantitative insights and outcomes from NOURISH's nutrition education and recipe development initiatives.

Methodology

1. "How NOURISH is Giving Asians the Tools to Eat Well and Live Well" Virtual Community Health Talk Preparation and Target Audience
 - a. Information about NOURISH and the session description were provided during online registration. Insights about general population demographics, numbers, interests, and needs were gathered through collaboration with event organizers.
 - b. The talk was open to everyone via Zoom and advertised for 3 weeks by Facebook ads and the community event organizer. The session was geared towards Asians, Asian Americans, and those interested in learning about Asian cuisine and nutrition through the virtual session.
2. Survey Development and Pilot Testing
 - a. Survey Creation: Developed an 8-question digital survey combining multiple-choice and open-ended formats to capture comprehensive participant demographics, cuisine and food preferences, and challenges for balanced eating.
 - b. Pilot Testing: Distributed the digital survey to 30 pilot participants (August 2022) of both Asian and non-Asian descent for initial feedback and made necessary revisions. *Responses from pilot participants were not included in the final data set.
 - c. No inclusion and exclusion criteria were set for the final survey.
3. Hosted the community health talk (September 29th, 2022) and administered the finalized survey via Typeform to all attendees who were present at the end of the session. Data were collected from attendees who voluntarily responded to the virtual survey.
4. Performed quantitative analysis by calculating percentages of responses to identify significant responses and key insights from open-ended responses, highlighting common themes and patterns.
5. Develop resources and recipes based on identified needs and insights (see Figure 1).

Results

- n=273 responses from community health talk attendees
- Response Rate: 78%

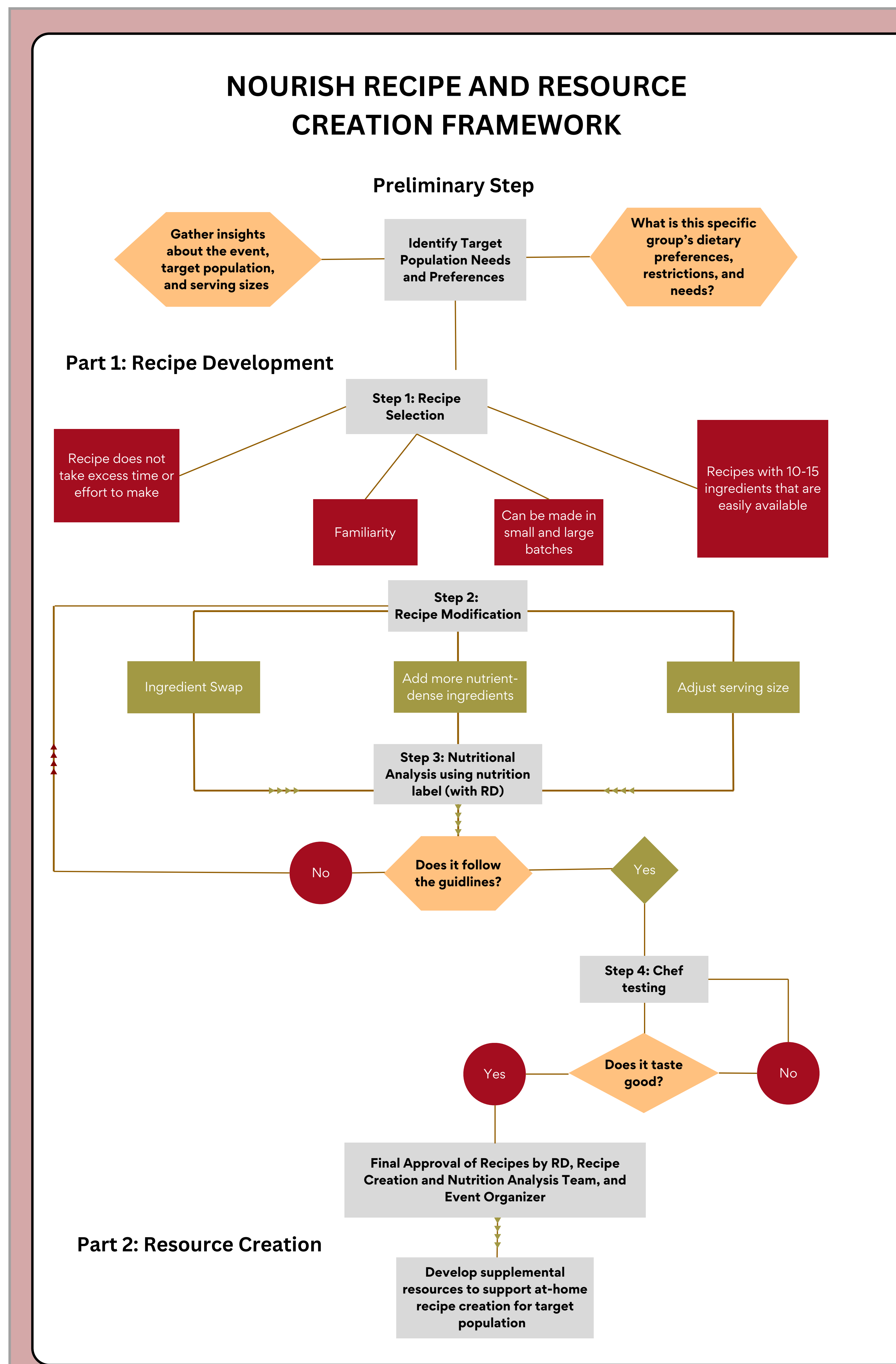
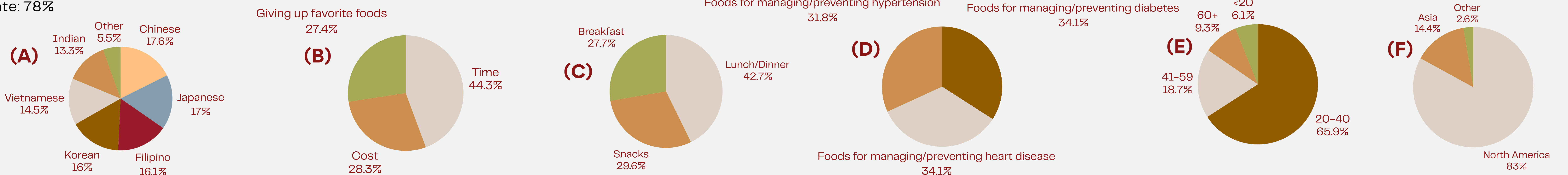


Figure 1: NOURISH's Recipe and Resource Creation Framework

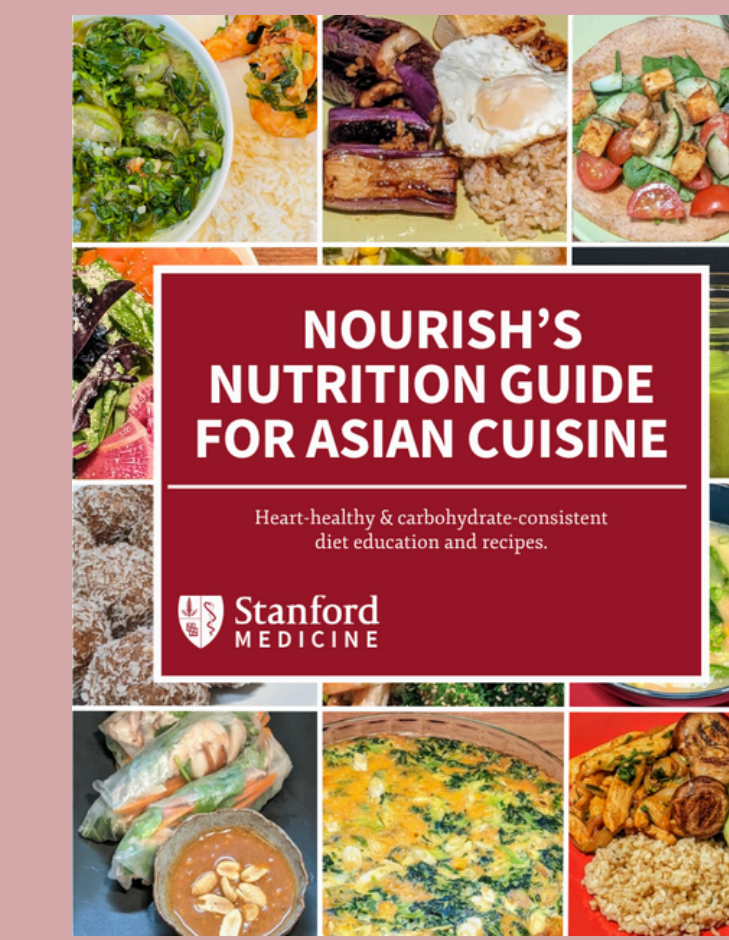


Figure 2: NOURISH's Nutrition Guide for Asian Cuisine

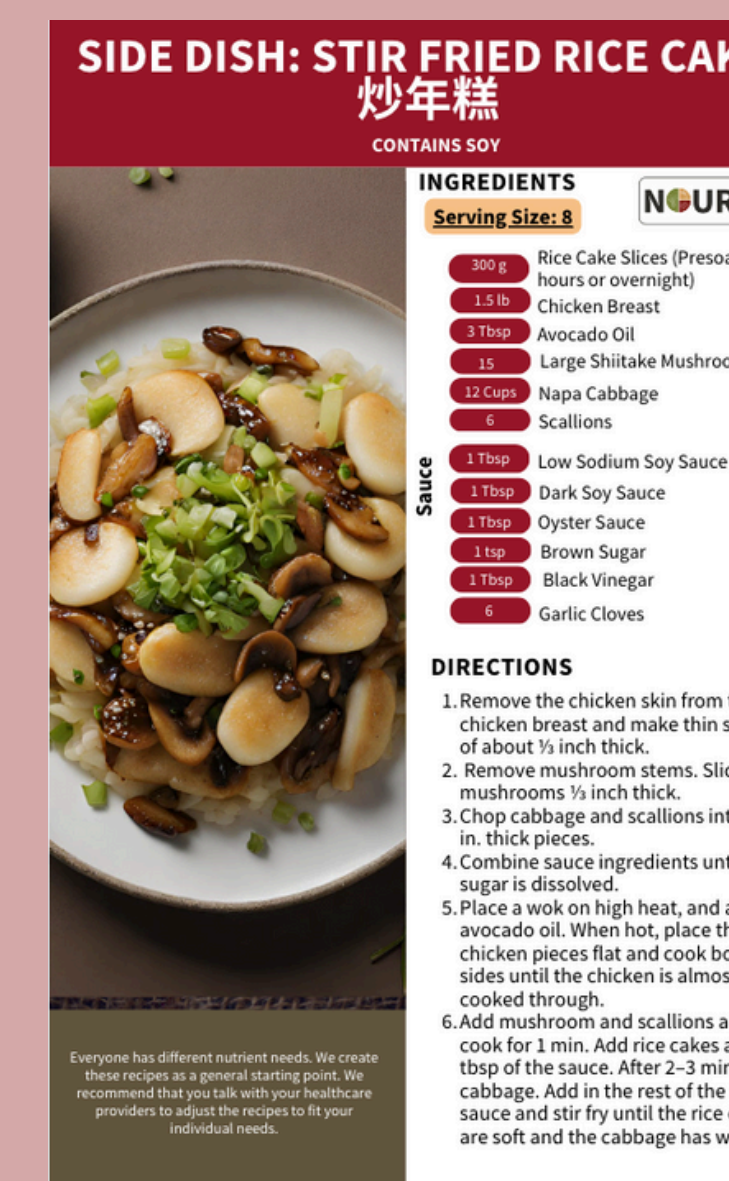


Figure 3: Cultural Booklet for Oakland Lunar New Year Festival, January 27-28, 2024 in Oakland, California.



Figure 4: NOURISH x Stanford Residential Dining & Enterprises Inaugural AAPI Heritage Month Event, May 2023 in Stanford University Dining Halls.