

# Reviewing InspireHealth's Diet Specific Workshops for Cancer Patients

InspireHealth is a **non-profit** organization who's mission is to inspire **patients with cancer** to improve their **quality of life** by providing resources such as 4 **cooking workshops** per month.



InspireHealth hopes to **tailor** current cooking classes to be more relevant to **all patients** at InspireHealth.

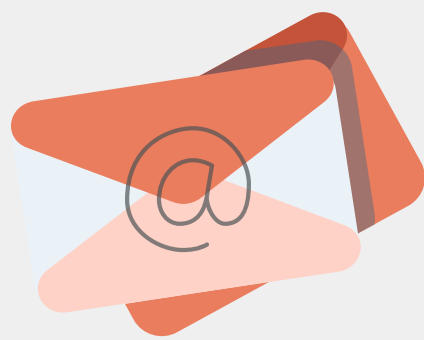
**Food literacy** can be improved by teaching appropriate foods for patients' dietary needs.



To determine patient preferences a **survey** was given out to **45 patients** in which **35 responded**.



22 by phone



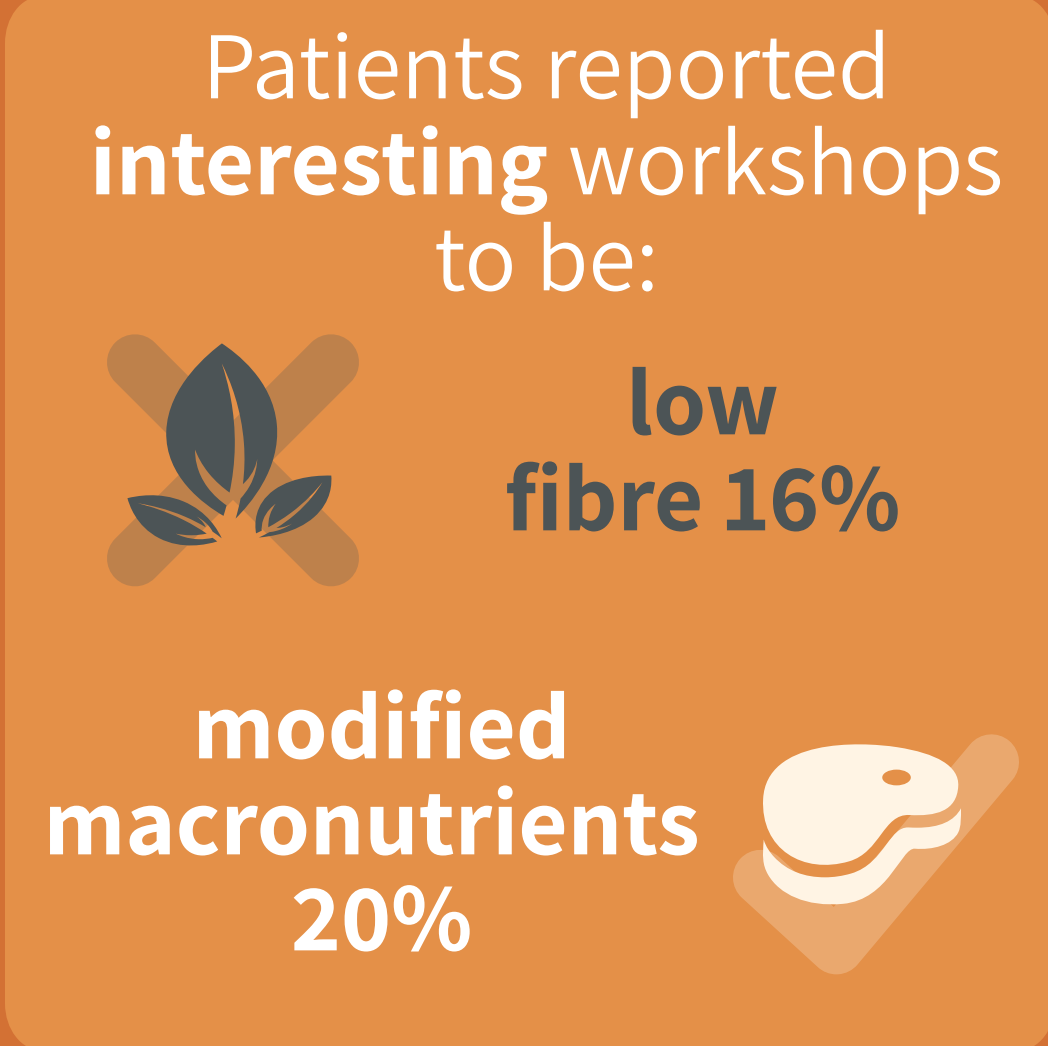
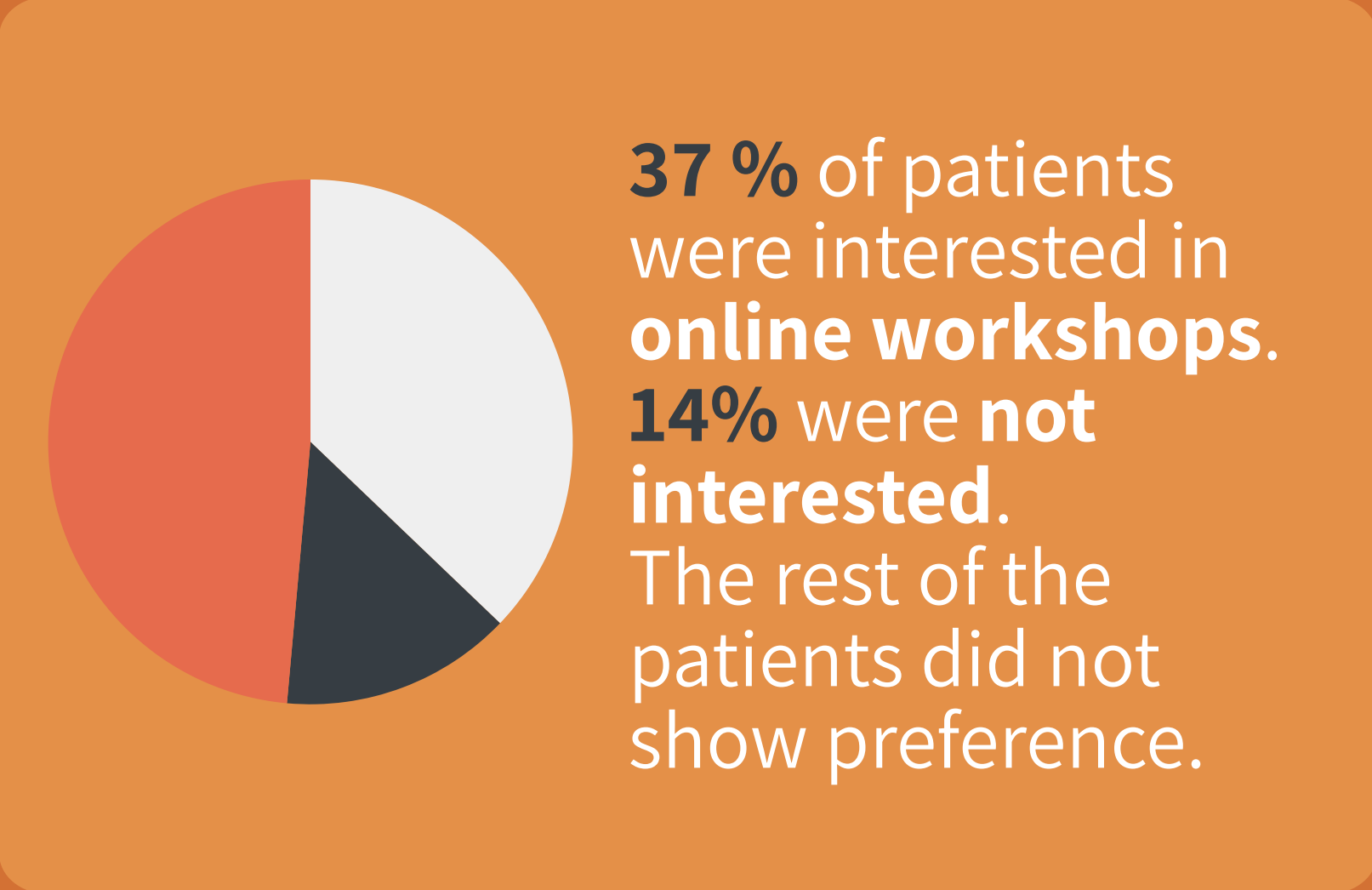
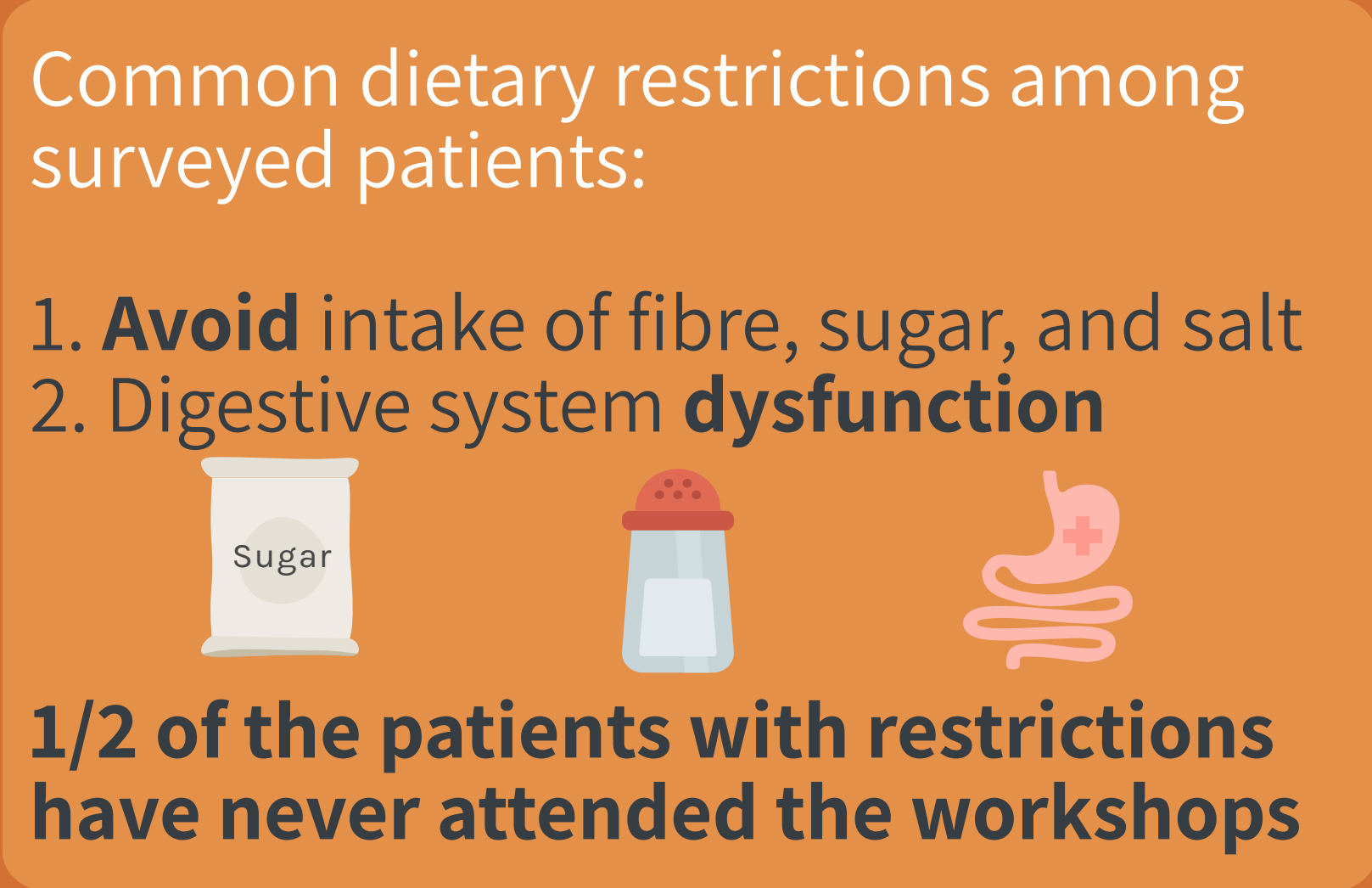
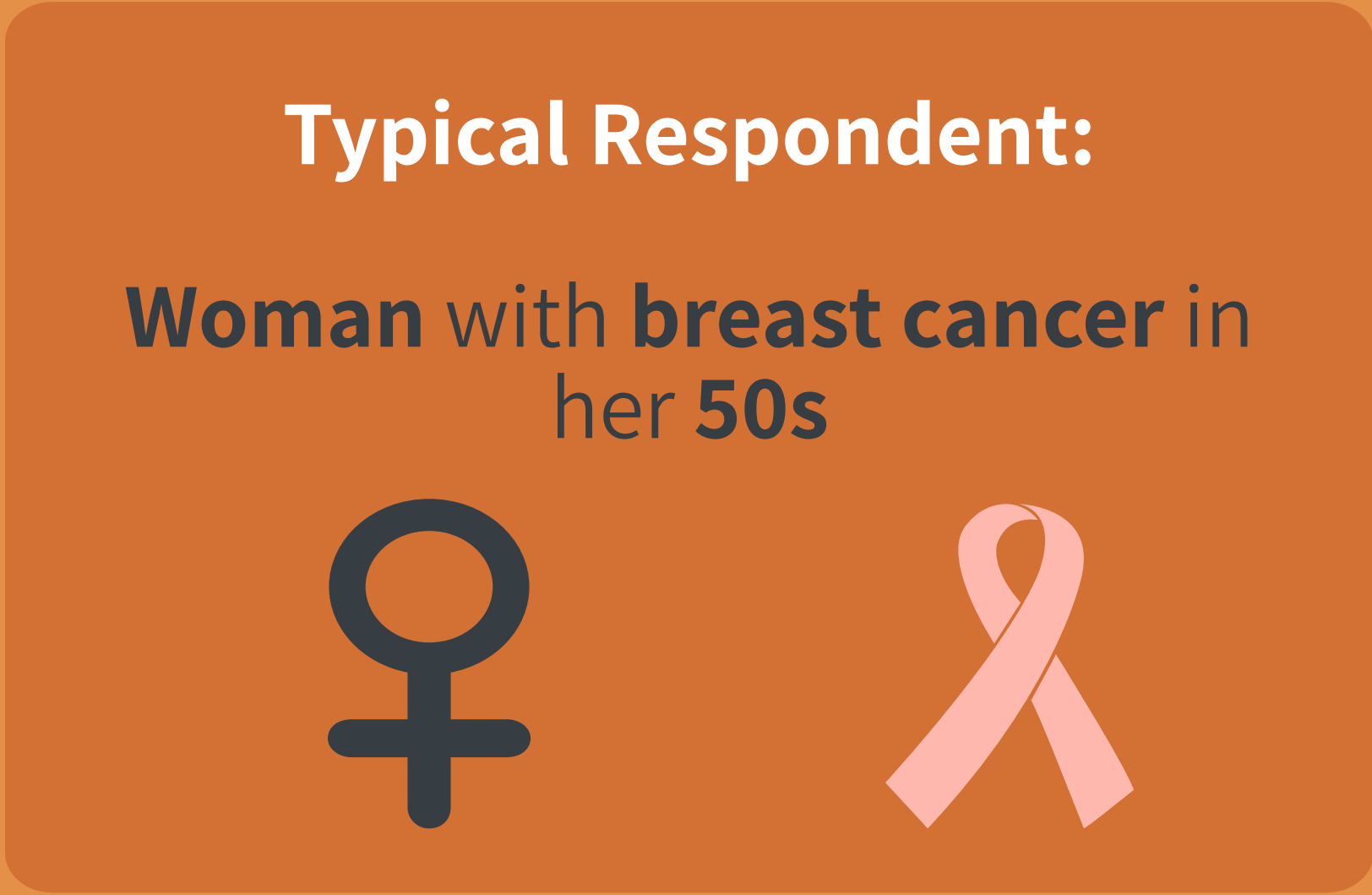
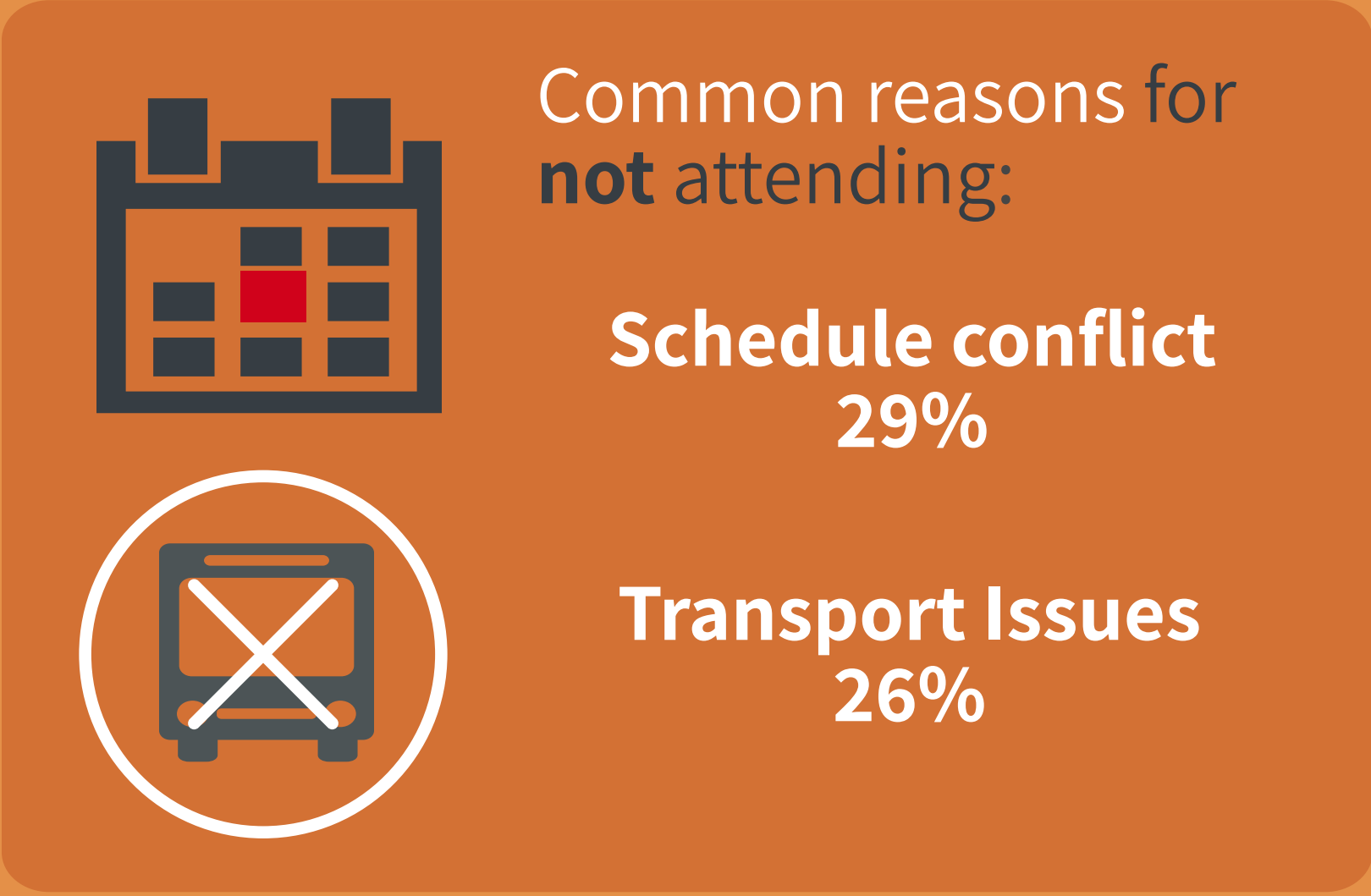
13 by E-mail

## OBJECTIVE

Our ultimate goal was to identify a sub group of patients who would benefit from specialized cooking workshops.



## RESULTS



Using the results from our sample, InspireHealth will have a better understanding of ways to increase attendance levels by designing workshops focused on modified macronutrients or low fibre diets with possibility of pursuing online workshops to reduce accessibility issues.