Reviewing InspireHealth's Diet Specific Workshops for Cancer Patients

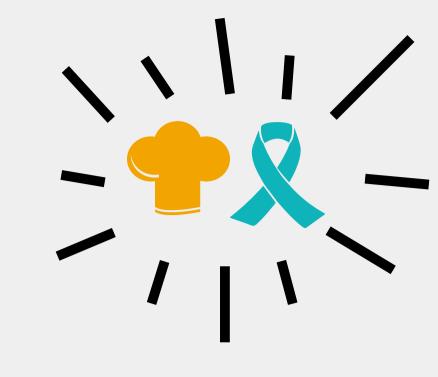
InspireHealth is a non-profit organization who's mission is to inspire patients with cancer to improve their quality of life by providing resources such as 4 cooking workshops per month.



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



InspireHealth



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

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



OBJECTIVE

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

Common reasons for



RESULTS



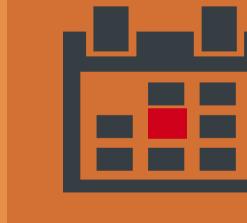


 $\nabla 49\%$ **17 patients have** never attended the workshops



7 patients attended more than 3 times

Sugar



not attending: Schedule conflict



Transport Issues 26%

29%

Typical Respondent:

Woman with breast cancer in her **50s**



Common dietary restrictions among surveyed patients:

1. **Avoid** intake of fibre, sugar, and salt 2. Digestive system dysfunction

1/2 of the patients with restrictions have never attended the workshops

37% of patients were interested in online workshops. 14% were not interested. The rest of the patients did not show preference.

Patients reported interesting workshops to be:



low fibre 16%

modified macronutrients 20%

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.

Reference: https://www.inspirehealth.ca/about-us/purpose-mission/ https://brand.ubc.ca/guidelines/downloads/logos-signatures-and-visual-identity-assets/

