

Co-design workshops to develop an intervention with young adults to support healthier eating and safer drinking

Cassey Muir & Alice Graye

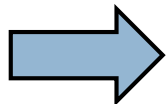
Steph Scott, Martine Stead, Niamh Fitzgerald, Fiona Beyer, Eileen Kaner, Wendy Wrieden, Viviana Albania, Jen Bradley, Christine Power, Ashley Adamson



Overview

A mixed methods programme of work:

- ❑ WP1: A systematic review of interventions designed to reduce health risks due to unhealthy eating behaviour and risky or excessive drinking amongst young adults
- ❑ WP2: Secondary quantitative data analysis of national datasets, exploring the relationship between levels of alcohol intake and BMI in young adults
- ❑ WP3: In-depth qualitative interviews with young adults
- ❑ **WP4: Co-design workshops with stakeholders to develop a complex intervention focused on healthy eating and risky alcohol use in young adults.**



Aims

To co-design, develop and refine a complex intervention supporting healthier eating and safer alcohol use in young adults (18-25)

- ❑ **Workshop 1:** To determine the face validity of the findings from WP1-3 and to begin brainstorming initial intervention ideas with young adults ✓
- ➔ ❑ **Workshop 2:** To validate the intervention principles and develop core concepts with policy and practice partners
- ❑ **Workshop 3:** To design and refine the intervention prototype with young adults at risk of obesity and/or risky drinking

Methods and Analysis

- ❑ Co-design workshop with 22 young adults aged 18-25 in North East England and 7 facilitators.
- ❑ Recruited from previous participation in qualitative interviews (WP3), community organisations that support young adults, young apprentice schemes, university and further education colleges, and residential care for the recently homeless.
- ❑ Transcripts, materials and field notes are being analysed thematically using Template Analysis.

Demographics		N (22)	%
Age	18	4	18
	19	1	5
	20	1	5
	21	1	5
	22	5	23
	23	3	14
	24	3	14
	25	4	18
Gender	Female	10	45
	Male	12	55
Ethnicity	White British	20	91
	Other	2	9
IMD decile	1	1	5
	2	4	18
	3	2	9
	4 low SES (37%)	1	5
	5	0	0
	6	2	9
	7	4	18
	8	3	14
	9	2	9
	10	3	14
Employment / Education	Employed	8	36
	In Education	10	45
	Trainee	3	14
	NEET	1	5
Interviewed	Yes	7	32
	No	15	68

The Six Personas

Graduate Job in Sales

Unemployed

Card

First Year English Student



Sophie

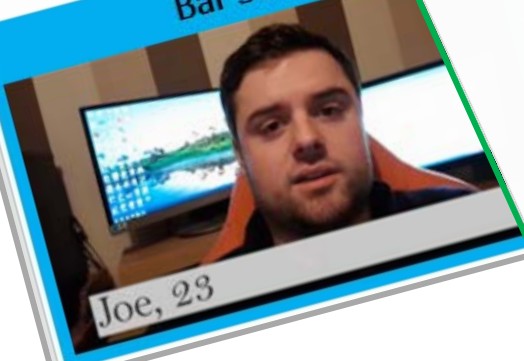
Meera's Motivation Card

Meera

Chris' Motivation Card

Chris knows that he is regularly drinking over the limits but he believes his behaviour probably won't continue like this after he graduates so is unsure what would help him now. Can you come up with ways that might help Chris change his behaviour?

Bar Staff



Joe, 23

Sophie

Wild Card

Card

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Intervention Principles

RESOURCES OR SERVICES TO SUPPORT HEALTHIER EATING AND SAFER DRINKING IN YOUNG ADULTS NEED TO...

- ✓ **BE ACCESSIBLE**
- ✓ **BE TARGETED TOWARDS THE RIGHT YOUNG ADULTS**
- ✓ **BE PERSONALISED**
- ✓ **BE LINKED FOR BOTH UNHEALTHY EATING AND ALCOHOL USE**
- ✓ **BE SOCIAL**
- ✓ **BE MINDFUL OF YOUNG ADULTS LIFESTYLES, RELATIONSHIPS, TIME, SKILLS, RESOURCES AND EMOTIONS**

BE ACCESSIBLE

BE TARGETED TOWARDS THE RIGHT YOUNG ADULTS

“Having [recipes] on your phone and on social media you can just access that whenever you need it, rather than having to do it at a time when you’re not thinking about it.”

Female, 22, In Education, Group 5

“I feel Ed’s particularly difficult because he doesn’t have a job where you could access him or university... but a way of accessing him, he’s obviously quite used to the online world, so maybe it could be an online thing. Maybe a YouTube series. Someone who’s really good at gaming”

Female, 22, In Employment, Group 2

BE PERSONALISED

BE LINKED FOR BOTH HEALTHY EATING AND SAFE ALCOHOL USE

“We’ll probably have a meal and a few drinks, and then have a few more drinks after, then go home a bit earlier, rather than staying out and falling over.”

Male, 25, In Employment, Group 3

“On hangovers, I probably eat less healthily than you would expect. That’s the same for most people, like you wake up and just crave Domino’s or like, a full English when you get up. It’s not just when you’re drinking at the time but after a bit maybe.”

Male, 24, In Education, Group 5

“It is so hard to make a universal intervention for all these people who are from so many different backgrounds... There’s not one reason why we all drink, everyone does it for different reasons, there is probably a way of tailoring it.”

Female, 22, In Education, Group 5

BE SOCIAL

“You can talk about it, talk to friends about it...Try making more friends, but with people that are a better influence, and don’t do drinks”

Male, 20, NEET, Group 1

“I think just having your friends help you. If you tell them, “I want to stop doing this.” then I think they will help you stop”

Male, 18, In Education, Group 6

“Unless you appeal to every member of the friendship group, like if one person tries to stop on their own, and all your mates always socialise by going to the pub, then you have to pick either, “I don’t see my friends.” Or, “I go to the pub.” It is just quite difficult as an individual to change your drinking habits, I think.”

Male, 24, In Education, Group 5

BE MINDFUL OF YOUNG ADULTS LIFESTYLE, RELATIONSHIPS, TIME, SKILLS, RESOURCES AND EMOTIONS

“An app can have 10-minute meals and 15 minute meals and half an hour meals. Depending on how much time you’ve got you can refer back to it... and then recipes for people on a budget”

Female, 18, In Education, Group 4

“You tend to eat from boredom a lot of the time and for something to do, as well as drink”

Female, 22, In Employment, Group 2

“If someone could theoretically go back and work out how much I’d spent on booze in the past year, I’m sure I would be pretty devastated.”

Male, 24, In Education, Group 5

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Aims

- ❑ To explore the links between unhealthy eating behaviour and risky alcohol use in the lives of students aged 18-25.
- ❑ Obtain feedback on existing intervention tools which can inform the development of future interventions with the goal of reducing health risk due to excess weight gain and risky drinking

Methods and Analysis



Interviews and field notes were

Initial Findings

1. Socialising is key

“The only reason you are really drinking it is to get drunk or to socialise.”

-Female, 20

“Because some people... like, if your friends are getting takeaways all the time and drinking loads, then you’ll probably going to get takeaways all the time and drink loads, but if your friends are cooking then you might be more like, “Oh, I should cook, as well.”

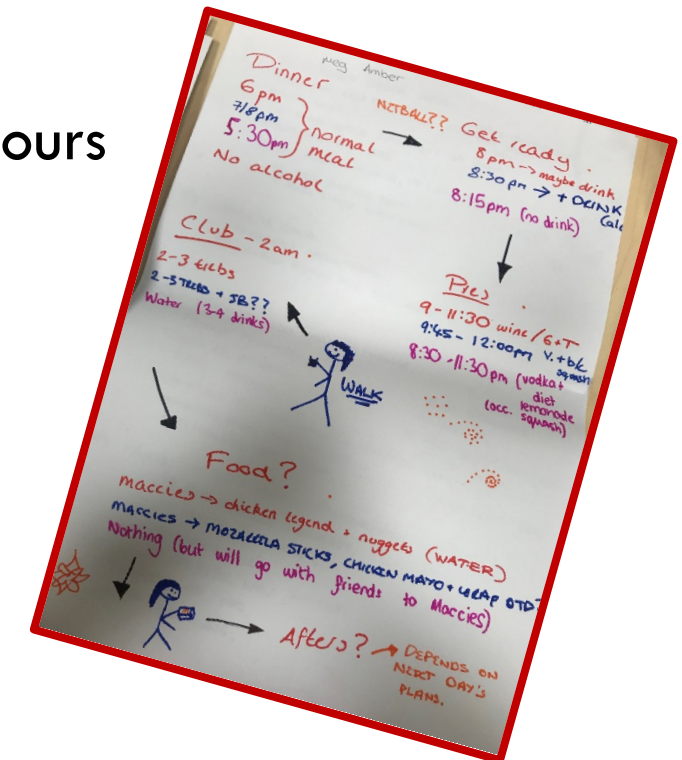
-Male, 21

Initial Findings

1. Socialising is key

2. 'Night Out'

- ❑ Workshop -> similar habits across group e.g. pre-drinks, takeaway and effects on eating habits the next day
- ❑ Not concerned about health consequences of behaviours
- ❑ Non-drinkers -> weekly themed dinner with friends



'Night Out'

"I'm always disappointed if after a night out I don't get a takeaway because someone has to go home or something. So then I'll just have to have toast, not quite the same."

– Male, 22

"It depends on how hungover I am, if I'm at a functioning level then yeah but if I'm not then yeah 100% I'll eat anything." - Female, 19

"I would always pre-drink before going out."
– Female, 24

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3. Healthy changes

- ❑ Small changes – feasible and wouldn't affect the experience
 - ❑ e.g. avoid buying rounds, drink more water, take less money to limit spending
- ❑ Food habits more likely to be changed e.g. food at home / no takeaway
- ❑ Alternative options to a 'night out'

Healthy Changes

“Unless you went home and had food because that’s probably going to be healthier. You wouldn’t eat something healthy when you went home but maybe it would be less unhealthy.”

– Female, 23

“I think its all about changing small things..... I don’t want a whole different experience”

– Female, 18

Initial Findings

- ❑ Tools to support change
 - ❑ Greater awareness of health impacts
 - ❑ Social group effort
 - ❑ Apps
 - ❑ Aspects liked e.g. barcode scanning, visual representation of sugar
 - ❑ Occasionally participants made changes as a result of app
 - ❑ e.g. avoidance of sugary snacks
 - ❑ Generally made participants more aware of their eating or drinking habits
 - ❑ Positive feedback on future app that combines diet and alcohol consumption
 - ❑ Barriers to use – time consuming, recall after night out
 - ❑ Link apps to friends – motivating

Welcome to...

FORWARD's Food and Alcohol Bigg Market







FORwaRD's Food and Alcohol Bigg Market

Please visit two venues: Including one bar and one takeaway shop.

There are four venues in total- you will have the opportunity to socialise in **2 venues**. You have **25 minutes** at each venue. You will be guided to your next venue. Please discuss the topics at the venue and try to answer the main questions on your sheet as a group. There are prompts, activities and a facilitator to help you along. Enjoy- we want as much input and discussion as possible!

Add your group's most important ideas or thoughts to your pint glass and fish and chips after each topic...

11:40- Please visit two venues with your group.	Fryday's Fish & Chips 	Topic 1: Young Adult's Eating and Drinking Patterns <i>Led by Cassey Muir and Grace Gardner</i>
		Q1.1: What are your views on young adult's eating and drinking patterns and how these link together? Q1.2: What do you think are the barriers for healthier eating amongst young adults? Q1.3: What do you think are the barriers for safer drinking amongst young adults? Q1.4: What do you think are the facilitators for healthier eating amongst young adults? Q1.5: What do you think are the facilitators for safer drinking amongst young adults?
	Booze and Bites Bar 	Topic 2: Current Support for Young Adults <i>Led by Steph Scott and Hayley Alderson</i>
		Q2.1: Do you know of any organisation or service currently available to support young adults and what support they are offering? Q2.2: If you are part of an organisation or service would you have capacity to deliver a service to young adults supporting healthy behaviours around both food choice and alcohol use? Q2.3: What resources or services would be of most help to you, for your work with young adults? Q2.4: What questions could our research seek to answer to most help you in your work with young adults?
12:05	The Regret Inn 	Topic 3: Developing an Intervention <i>Led by Alice Graye and Niamh Fitzgerald</i>
		Q3.1: How do you think we could support healthier eating and safer drinking in young adults? Q3.2: If we designed an intervention to support healthier eating and safer drinking, how should it be delivered? Q3.3: What do you think would be most appealing or off-putting for young adults with regards to the intervention your group discusses today? * Q3.4: What do you think could be the benefits of having 'calorie reduction' as an intended intervention outcome? Q3.5: What do you think could be the risks of having 'calorie reduction' as an intended intervention outcome? Q3.6: What alternate or other outcomes would you suggest?
	Chubby's Takeaway 	Topic 4: Recruiting Young Adults At Risk <i>Led by Eileen Kaner and Fiona Beyer</i>
		Q4.1: Out of the different at risk groups mentioned, who do you think our target population should be? Q4.2: How do we access young adults at risk to take part in future co-design workshops? Q4.3: Where would be the best setting to deliver an intervention supporting healthier eating and safer drinking, so that we reach our target population?
12:30	Please return to your table	
12:35	Room Discussion	Topic 5: What is in your Pint Glass and Takeaway Box?
		After your visit to our Bigg Market please feedback your group's most important ideas or thoughts.
12:50	Closing remarks from Professor Eileen Kaner	

Thank you

