

Developing Content for the Food Environment Assessment Survey Tool (FEAST):

A Systematic Mixed Methods Study with People with Disabilities

Rebecca E. Lee, Alicia O'Neal, Chelsea Cameron, Rosemary B. Hughes, Daniel P. O'Connor, Punam Ohri-Vachaspati, Michael Todd and Margaret A. Nosek



Purpose

The goal of this participatory research study was to define and describe barriers to healthy eating among people with mobility impairments using a rigorous, structured mixed methodology. Identifying barriers to healthy eating within a dynamic systems framework such as the **Ecologic Model of Obesity** can help inform a comprehensive instrument to measure barriers to healthy dietary habits in people with mobility impairments. This can provide foci for future individual, environmental and policy interventions to improve healthy eating.



Some facts

1/8

1 out of 8 adults in the U.S. have a physical disability that impairs mobility.

People with mobility impairments often...

- Have inadequate nutrient intake
- Consume fewer fruits and vegetables
- Exceed daily recommendations for saturated fats

...which contributes to increased risk for **chronic conditions, mortality, and morbidity.**

The Study

Identify

Barriers to healthy eating for people with mobility impairments.

The Food Environment Assessment Survey Tool

(FEAST) project website provided information about the study, answered frequently asked questions, encouraged communication with a "contact us" form, and allowed participants to self-screen their eligibility to participate in the study.

Participants were...

men and women with **mobility impairing disabilities** from **urban and rural communities across the US.**

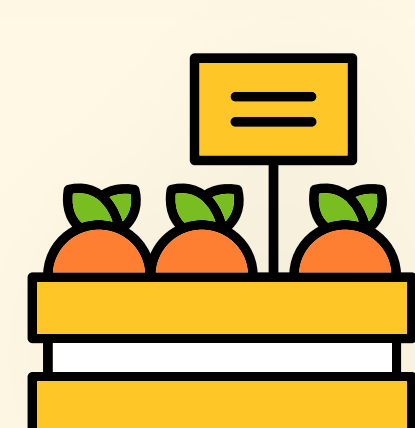
Each participated...

in **one of seven focus groups via Zoom.**

Participants discussed...

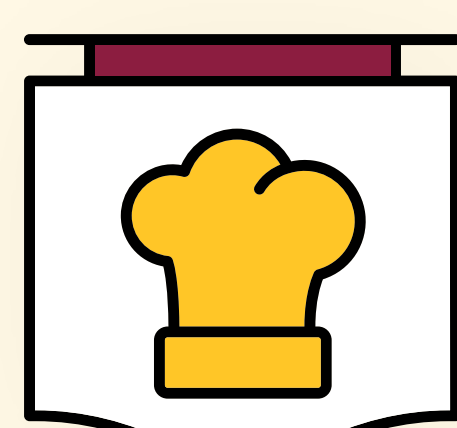
grocery shopping, food delivery services, meal planning, food storage and dining at restaurants, focusing on social and environmental barriers.

Results



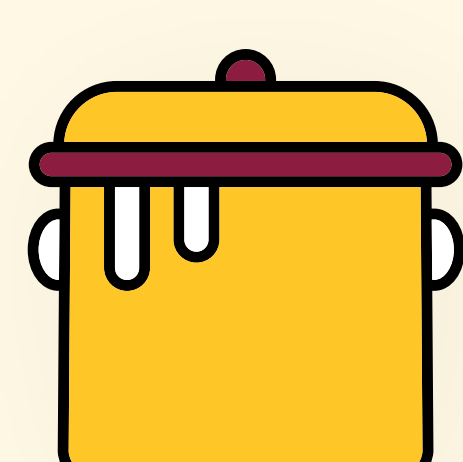
Shopping

- Transportation challenges
- Weather
- Physical barriers inside store
- Limitations to carry items
- Challenges at checkout



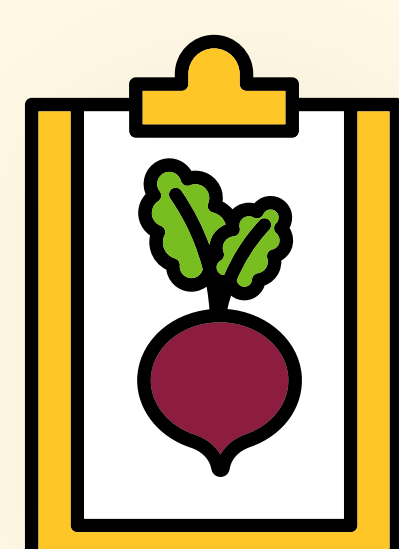
Restaurants/Delivery service

- Navigation around tables and chairs
- Lack of accessible restrooms
- Seating arrangements not adequate
- Carrying items from food delivery service



At Home

- Insufficient accessible storage space
- Packaged foods are awkward and heavy
- Kitchen not designed for easy preparation



Planning meals

- Difficult reaching/seeing food inventory
- Limited inventory due to shopping challenges
- Tiring and overwhelming

Moving forward

Common themes emerged that described barriers to healthy eating including:

- **Navigating environments** in stores, restaurants and home.
- **Home environments** often do not afford suitable cooking and storage space.
- **Inadequate** support with transportation networks.
- Need for **assistance** in multiple environments

Multiple efforts are needed, such as...

- Implementation of existing accessibility policies
- Universal design principles for kitchens
- Improved shopping experiences
- Healthy meal prep and planning support
- Civic infrastructure for transportation

... **to improve** the lack of access that participants reported when trying to navigate their own homes, grocery stores, and restaurants.

Publication available at:
<https://pubmed.ncbi.nlm.nih.gov/33114296/>

ASU Center for Health Promotion and Disease Prevention

Arizona State University

chdp.asu.edu

asuchpdp

asuchpdpresearch