



June 2013

About this e-bulletin

Welcome to the 26th edition of the Food Futures e-bulletin - a regular update featuring brief articles on local and national news, events, funding opportunities and developments that relate to food. We hope you find it informative and useful and would welcome any comments or suggestions you may have for the next edition.

**Please send all copy to Christine Raiswell on
c.raiswell@manchester.gov.uk**

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Local News, Events and Training:

5000 People to Receive Free Lunch in Manchester City Centre to Fight Food Waste!

Title of event: Manchester Feeding the 5,000

Date and Time: 12noon - 4pm on Saturday 15th June 2013

Location: Piccadilly Gardens, Manchester

This Saturday, 5,000 members of the public will enjoy a hot, nutritious meal made entirely from ingredients that would otherwise have been wasted, such as fresh but cosmetically imperfect vegetables and fruits. Feeding the 5,000 is an international campaign which focuses on informing the public about food waste issues, how to reduce food waste, and demand that businesses do the same. The event has been organised by Manchester Friends of the Earth, FareShare North West, Cracking Good Food and the Feeding the 5,000 team.

Contact details for more information visit: <http://www.feeding5k.org> or email: manchester@feeding5k.org

Food Poverty Update – directory of emergency food provision

The Food Futures Team, with help from FareShare, has produced a map and directory of organisations providing emergency food and meals for those in need in Manchester. We will update this list regularly as things change. If your organisation would like to be added to the list please get in touch with Christine Raiswell c.raiswell@manchester.gov.uk or Lindsay Laidlaw l.laidlaw@manchester.gov.uk in the Food Futures Team or call 0161 234 3540

You can download the directory here <http://www.foodfutures.info>

Miles Platting Community Gardens – Now Open!

The Miles Platting Community Gardens, funded by the Big Lottery's Local Food Scheme, are officially open for use. Throughout 2013/14 a series of free food growing skills workshops, cookery classes, parent & child cookery classes and after-school growing clubs will be running in and around the two new gardens on Holland Street and Chippenham Road. Workshops are open to all. Groups across Manchester are also invited to make use the gardens.

For more information, details of workshops dates / times or to book a visit contact Vicki Greer at Adactus Housing Association on 0800 234 6826 (option 2) or email victoria.greer@adactushousing.co.uk.

Growing Manchester Evaluation Report Published

The University of Manchester has published its evaluation of the Food Futures Growing Manchester Programme. The report was launched at an event held at the friends Meeting House on 22nd May. You can download the report and presentation here: <http://www.foodfutures.info>

Lets Get the Greater Manchester Food Revolution Moving

Join us in supporting Manchester Veg People's CrowdFunding Campaign (8 June-20 July)

Manchester Veg People is a co-operative of local organic growers and restaurants working together to provide fresh, seasonal food of the highest possible quality. In our first year we sold fresh local produce with a value of £22,000 despite not having our own vehicle and premises. Imagine what we could do this year and in future years with your help!

In order to purchase our own van and cold store, MVP are launching a CrowdFunding campaign on Saturday 8th June. You can support us by donating anything from £5 to £500 in return for a selection of brilliant rewards.

Follow the campaign on Facebook at ManchesterVegPeople, on Twitter @MancVegPeople or on our website at [/vegpeople.org.uk](http://vegpeople.org.uk)

Update from Cracking Good Food

Cooking Programmes with Parents at Barlow Hall Primary School on Merseybank, Chorlton

We're working in collaboration with Southway Housing again, this time at Barlow Hall Primary School in Chorlton, on the Merseybank Estate. Starting on Thursday 13 June, we're rolling out 2 x 4-week cooking programmes with parents, focussing on a range of basic cooking skills, healthy tasty meals from scratch, reducing waste & energy consumption, meal planning, budgeting & shopping tips. The first course runs in June & July, with the second course in September & October, starting 19 September. For more details, please contact tracey@crackinggoodfood.org or Sharon Drinkwater at the school on s.drinkwater@barlowhallprimary.co.uk

More courses with GM Probation Trust

We've completed our Home Office-funded project rolling out 6-week cooking, nutrition, sustainability and healthy eating courses with high risk ex-offenders, in collaboration with The Manchester College, and we've managed to get some further funding to roll out 3 more courses, two in Chorlton and one in Stockport, through the European Social Fund. The first one has just completed and we're back in September running courses in Chorlton and Stockport concurrently, after which sadly there is no more funding available and the programme will have to come to an end. For more details, contact juliet@crackinggoodfood.org

Other Community Events

We've been invited to participate in this year's Manchester International Festival – we'll be running cooking workshops on 15 & 16 July at the Biospheric Project in Salford <http://www.mif.co.uk/event/the-biospheric-project>. For further information please contact adele@crackinggoodfood.org

Our wild food specialist, Jesper Launder, will be running a Herbal Medicine Walk as part of the Urban Naturalist series of events at Manchester Museum on Saturday 29 June from 2-4pm. For further details and to book onto this

event, please email museum@manchester.ac.uk or ring 0161 275 2648 and ask to speak to Vicky Grant.

Cookery Schools & Wild Food Forages

We've got plenty of events planned at our cookery schools in Chorlton and Altrincham over the next few months, as well as lots of wild food foraging events with our resident wild food specialist Jesper Launder. Please visit our website for further details <http://www.crackinggoodfood.org/cookery-school/> and <http://www.crackinggoodfood.org/wild-food-foraging/>

If you're hot on social media...please like our Cracking Good Food Facebook page <https://www.facebook.com/crackinggoodfood> for a regular feed (no pun intended) of our cooking activity. Or follow us on Twitter at @Crackingfood. All sessions are blogged so check them out on <http://crackingcooks.blogspot.co.uk/>. We now have a Factsheet for a potted version of what we do and we've launched a bi-monthly newsletter. If you'd like to be added to the mailing list please email tracey@crackinggoodfood.org

Help feed people in need

FareShare's 'Help Feed People in Need' Food Collection will take place in selected Tesco stores* nationwide on Friday 5th and Saturday 6th July.

We are looking for volunteers to greet customers in Tesco stores and to encourage their shoppers to donate an item of food to FareShare. Volunteers can select from three different shift preferences. The food will then be distributed by FareShare depots to over 900 charities and community projects across the country for people in need. The more volunteers we have in-store the more food we will collect.

You can sign up individually or as a group by going to:
<http://www.fareshare.org.uk/getinvolved/help-us-feed-people-in-need/>

If you have any questions about the Tesco Food Collection in Manchester contact Elizabeth Lauder volunteering@emergemanchester.co.uk

*Blackley. Burnage. Cheetham Hill. Didsbury. Droylsden. Gorton. Levenshulme, Manchester Market St. Northenden. Prestwich.

Growing with Schools

4 July 2013

The Greater Manchester Growing with Schools hub is offering a free twilight session on Thursday 4 July at Hulme Community Garden Centre from 3.30pm – 5pm. There will be information about this exciting new project, the services offered to schools and an opportunity to discuss whether the project can support your school. To hone gardening skills there will be some hands-on activities and to provide inspiration, an introduction to keeping chickens in

school. The hub is a partnership between Sow the City, MEEN and Hulme Community Garden Centre, and extends across Greater Manchester. To book your place please contact Raichael Lock on 0161 273 8881 or email coordinator@meen.org.uk

Opportunities to join the Land Army in June

Location, date and time:

Thursday 20th June - Glebelands City Growers, Sale from 9.00am to 5.30pm (Cycling from Hulme to Sale!)

Friday 21st and Friday 28th June - Moss Brook Growers, Glazebury from 9.30am to 5.30pm

Event Details:

There are three opportunities coming up to get out into the great outdoors, and join the Land Army this June. We will be travelling to both Moss Brook and Glebelands City Growers over the next few weeks to help out with weeding, hoeing, digging, planting and hopefully some harvesting! So, make the most of these long, warm days and join us for a satisfying days work, helping out Greater Manchester's organic growers, learning about growing food and meeting like-minded people! Pick up 9.00am from Hulme and back by 5.30pm for both trips to Moss Brook. We will be cycling to Glebelands, along the Bridgewater Canal, on 20th June as part of Bike Month Manchester - get in touch for more information. Lunch, hot drinks, snacks and gloves provided. You will need waterproofs. Please email chloe@kindling.org.uk if you would like to join us on any of these dates.

Bread Project proves life-changing for local people

Development Education Project (DEP) is a Manchester based Education Charity. We recently completed our first ten week Bread Project: a short baking course for local unemployed people to develop basic skills, confidence and self esteem. After a roaring success at the weekly sessions, the group are putting their baking enthusiasm to good use, creating a cookbook which we hope to sell in local shops and cafés. They also ran a stall at the DEP Global Artists Fair, part of Chorlton Arts Festival.

"This project has changed my life. I will never buy shop-bought bread again." - Marie

Having achieved so much with this first group of trainees, DEP want to raise funding and support to train a new group of people. Our 'baking graduates' are also on the lookout for training and employment opportunities to help them implement their skills and ambition. We would love to hear from anyone who

might be able to provide further related training, support, sponsorship or even baking equipment that would allow us to run the course again.

For information contact claire@dep.org.uk. The original course was funded by WEA/ESF. <http://www.dep.org.uk/>

Food, Weight and more Level 1

Thursday mornings
1st August – 5th September
10.30am – 12.30am
93 Church Lane, Harpurhey, M9 5BG

Come and learn about the basics of healthy eating through activities and demonstrations, with the option to get an accredited qualification at the end! (need to attend majority of sessions). Priority given to North Manchester residents, to book your place call Rose Boyd on 07971331539 or 0161 234 3722

Feeding Manchester 13

On July 13, the next Feeding Manchester event will take place at MERCi from 9-5.

The third sector, co-operatives and independent businesses, food activists and social entrepreneurs are leading the way to create a truly sustainable food system for our city and region. By utilising the vast wealth and range of experience and expertise of these pioneers, FeedingManchester #13 will be looking at how we can create a Sustainable Food City.

This day-long event of discussions, workshops and presentations will culminate in a practical report, offering guidance and inspiration, as well as a practical plan of action for Greater Manchester's Sustainable Food Sector.

To find out more and register please visit:
<http://www.feedingmanchester.org.uk/feedingmanchester13>

SOUL FOOD PROJECT – Cheetham Hill

The Soul Food Project is based at the Welcome Centre in Cheetham Hill. We have developed a vegetable garden in the heart of Cheetham Hill. We are always looking for new volunteers. The group meets every Friday afternoon at 2pm, but you can come to tend the garden at other times. The Welcome Centre provides a free lunch on Thursdays and Fridays. We also provide free food parcels every Friday afternoon (dependent on donations and supplies).

The Welcome Centre is based at Trinity Church (corner of Cheetham Hill Rd and Greenhill Rd) M8 9LG

For further information, please contact Mark Greenwood 0161 833 0377

Update from Growing Manchester Projects:

Chorlton Good Neighbours

Chorlton Good Neighbours Garden Club

Greenhouse Opening Ceremony

Thursday June 20th at 10:30 a.m

Wilbraham St Ninians Church, Egerton Road South, Chorlton, M21 0XJ

For the last year, members of Chorlton Good Neighbours Gardening Club have been working together to develop a piece of unused land within the grounds of Wilbraham St Ninians Church in Chorlton. They have transformed the space into a flower and vegetable garden, building raised growing beds and a purpose built, accessible greenhouse. They've achieved a lot in the last year and now Chorlton Good Neighbours Garden Club would like to invite you to visit the garden and celebrate the official opening of their brand new greenhouse! Why not come along on Thursday 20th June at 10.30am - there will be brief talk and a video about the development of the garden and an opportunity to meet and talk to the members, or just enjoy the garden over a bite to eat. Every one is welcome but please telephone in advance so they know to expect you.

The Chorlton Good Neighbours Gardening Club runs every Friday between 10.00am and 12.30pm. If you would like to take part or just attend one of the sessions, contact Helen Hibberd, Co ordinator on 0161 881 2925 or email helen@chorltongoodneighbours.org

Urban farm opens for Manchester International Festival

In July 2013, Salford's The Biospheric Project throws open its doors for Manchester International Festival and invites the wider world to become part of its groundbreaking urban farm experiment.

Glimpse the inner workings of this interconnected system, with indoor and outdoor growing experiments in their early stages, including forest and roof gardens, vermiculture, aquaponics, bee hives, chickens and mushroom systems.

Throughout MIF13, The Biospheric Project will have a free programme of daily events including talks, tours, film screenings and 'how to' workshops, as well as a weekend of activities for families.

To find out more go to: <http://www.mif.co.uk/event/the-biospheric-project>

- The Biospheric Project
- Fri 5 July – Sun 21 July
- Irwell House, East Philip Street, Salford, M3 7LE
- Various events including free tours, talks and workshops. Advance booking required.
- Book at www.mif.co.uk or on 0844 375 2013
- More information: info@mif.co.uk

Southway Housing Trust 'Grow Your Own' Programme

FREE Training & Events around South Manchester in summer 2013

Over the coming months Southway Housing Trust will be providing extensive opportunities to get our tenants and other local residents involved in food growing and gardening activities in and around neighbourhoods in Chorlton, Burnage, Didsbury, Ladybarn, Old Moat and Withington.

The Growing Communities programme will run from July to October and consist of local events, activities and training programmes. Each programme will involve four short weekly sessions based at local growing & gardening projects, community centres and primary schools (as below) and attendees will be able to learn about:

- Starting a vegetable garden from scratch
- Building raised beds
- Sustainable garden design
- Soil management and fertility,
- Seed sowing
- Bulbs, sowing and planting schedules
- Pest and disease control.
- Planting herbs, perennials, bushes and trees
-and more!

Growing & Gardening Projects

- The Riverbank Market Garden, Hardy Lane, Chorlton Park
- Withington District Garden Society, Kingslea Rd, Didsbury
- The Lost Plot & Southern Allotments, Arrowfield Rd, Chorlton Park

Community Centres

- Darley Ave Children's Centre, Darley Ave, Chorlton Park
- The Westcroft Community Centre, Westcroft Rd, Burnage
- Ladybarn Community Centre, Royle Street, Fallowfield

Primary Schools

- Barlow Hall Primary School, Darley Ave, Chorlton Park
- Old Moat Primary School, Old Moat Lane, Withington

For more info contact Southway's Neighbourhood Growing Officer Josh Steiner at j.steiner@southwayhousing.co.uk

Southway Housing Trust have a small team climbing Ben Nevis in October 2013 - Please check out our charity link to donate to Francis House:
<http://www.doitforcharity.com/Southway>

National News

Big Lottery funding supports further development for FFLP

We are absolutely delighted to announce we have been awarded a further two years of funding totalling £3.6 million by the Big Lottery Fund to support the continued development of the Food for Life Partnership.

- The continued commissioning of our schools programme by local authorities throughout England.
- The development of FFLP's successful whole settings approach into settings such as early years, hospitals, workplaces, universities and care homes.
- A pilot project with Age UK in Bath & North East Somerset which will look at how the skills of older people can be used to support cooking and growing education in schools to the benefit of both age groups.

The Food for Life Partnership will continue to be led by the Soil Association alongside existing partners Garden Organic, Focus on Food and the Health Education Trust. We are also delighted to be welcoming the Royal Society for Public Health as a new partner, adding strength to our health expertise.

For more information, please visit our website www.foodforlife.org.uk and [follow us on twitter @fflpartnership](https://twitter.com/fflpartnership)

Singing for Healthy Hearts: British Heart Foundation launch gospel choir to help people improve their heart health

The British Heart Foundation (BHF) is launching its first gospel choir in London in a bid to help people from African Caribbean communities reduce their risk of developing heart disease or having a stroke.

African Caribbean men and women are twice as likely to have a stroke as people of European origin. However, according to figures from the BHF, around one in four African Caribbean adults in the UK don't realise their ethnicity increases the risk of high blood pressure and diabetes - major risk factors for stroke and coronary heart disease (CHD).

The choir, which performed for the first time at the Jamaican Commission on May 29th, will use its performances to help communities understand that simple lifestyle changes that can reduce their risk of heart disease, such as

being more active and having a better diet. It will also fundraise to support the BHF's valuable research into fighting heart disease.

The choir has been set up in partnership with RAFFA – a charity with expertise in working with African Caribbean communities to tackle health issues.

The BHF also has a free booklet called *Health Living Healthy Heart* designed specifically for African Caribbean communities. It can be ordered or downloaded at the BHF's website - bhf.org.uk/africancaribbean

For more information: admin@raffa.org.uk

Research and publications

Edible insects: future prospects for food and feed security

"Edible insects: future prospective for food and feed security" was launched on May 13th during the International Conference on Forests for Food Security and Nutrition. This publication describes the contribution of insects to food security. It shows the many traditional and potential new uses of insects for direct human consumption and the opportunities for and constraints to farming them for food and feed. It examines the body of research on issues such as insect nutrition and food safety, the use of insects as animal feed, and the processing and preservation of insects and their products.

The rearing of insects can be carried out in rural, peri-urban and urban areas. Insect consumption is a part of the diets of over 2 billion people worldwide!

You are welcome to download the book here:

<http://www.fao.org/docrep/018/i3253e/i3253e00.htm>

Models and Best Practices for Building Sustainable Food Systems in Ontario and Beyond

A new report by Ontario researchers documents how farmers' markets, co-ops and other sustainable food systems strengthen the economic, environmental and social health of local communities.

You can download the report here

http://www.uoguelph.ca/omafra_partnership/ktt/en/agrifoodrurallink/resources/MBPFullReportFINAL.pdf

Food Printing Oxford – how to feed a City

Low Carbon Oxford is a pioneering city-wide programme of collaboration between private, public and non-profit organisations with the aim of ensuring Oxford's future as a sustainable and low carbon city. It has recently published a report that explores in detail what Oxford eats and where it comes from, how much land, water and energy is required in its production, and what greenhouse gas emissions are involved. The numbers are fascinating, but perhaps more importantly the project explores what might be done to reduce its food footprint. You can read the report here

<http://www.oxford.gov.uk/Library/Documents/Environmental%20Development/Food%20Printing%20Oxford%20Report%202013.pdf>

New publications from Food Matters

Building Local Food Systems: a Handbook

Following the release of our online Building Local Food Systems handbook, we now have printed copies available. Easier to browse through, the handbook covers all the current food issues, practical actions, as well as resources to help you get involved in making your food system more sustainable.

The Building Local Food Systems Handbook has been produced to inspire, encourage, and enthuse you to explore, discover and act. The idea of the Handbook is to unpick some the key global food issues: climate change, GMO, peak oil, meat consumption and present some of the very practical actions that are happening around the country to mitigate these problems at a very local level and how you can get involved – as an individual, as a community or perhaps as part of a wider national campaign.

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The Handbook has been thoroughly researched, written and designed by Food Matters with support from the Local Food Fund.

You can order the handbook directly on our website for £10 and preview a few pages at this address <http://foodmatters.org/projects/building-local-food-systems/>

A5, 80 pages, laminated and wirebound.

Fab! Toolkit: Action on Food and Wellbeing

The second publication is our fab! Action on food and wellbeing toolkit. This toolkit was originally written to accompany the Food Matters' fab! training, it is given to participants who have attended training as an aide-memoire and a reference guide for delivering the six week fab! programme.

It has now been updated and can be used as a stand-alone toolkit without the need to have undertaken the training although the fab training will benefit anyone working on food and mental health with vulnerable client groups . This toolkit details why integrating food and wellbeing into rehabilitation programmes is essential to long term success. The toolkit outlines what is needed to run a successful fab! programme with weekly session plans, course materials, handouts and facilitators' notes, and additional information and a CD of resources. This toolkit is intended to be used sequentially; however the weekly topics stand-alone and can be delivered as one off sessions if that is more appropriate for the groups you are working with.

The fab! toolkit now available to buy. It has been printed on strong durable paper and is presented in a ring binder for easy use.

You can order the Fab! Toolkit directly on our website for £40 and preview a few pages by following this link:<http://foodmatters.org/projects/fab/>
A4, 155 pages, printed on 160gsm paper and bound with four ring binder.

Scientific Papers Summary

And finally...a selection of recent scientific papers on food and nutrition related topics

Calcium and vitamin D intakes in children: a randomized controlled trial Abstract

Background: Calcium (Ca²⁺) and vitamin D (VitD) play an important role in child health. We evaluated the daily intake of Ca²⁺ and VitD in healthy children. Moreover, we demonstrate the efficacy of Ca²⁺ and VitD supplementation.

Methods: Daily Ca²⁺ and VitD intake was evaluated in consecutive healthy children through a validated questionnaire. Subjects with <70% of dietary reference intakes (DRIs) of Ca²⁺ and VitD were invited to participate in a prospective randomized trial with 2 groups of nutritional intervention: Group 1, dietary counselling aiming to optimize daily Ca²⁺ and VitD intake plus administration of a commercially available Ca²⁺ and VitD supplementation product; Group 2, dietary counselling alone. At the enrollment (T0) and after 4 months (T1) serum 25(OH) Vitamin D levels were assessed.

Results: We evaluated 150 healthy children (male 50%, mean age 10 years); at baseline a low VitD intake was observed in all subjects (median 0.79 µg/die, IQR 1.78; range 0.01-5.02); this condition was associated with Ca²⁺ intake <70% of the DRIs in 82 subjects (55%). At baseline serum 25(OH)D levels were low (<30 ng/ml) in all study subjects and after 4 months of nutritional intervention, a normalization of serum 25(OH)D levels (≥30 ng/ml) was observed in all children in Group 1 and in only one subject in Group 2

[Group 1: T1 33.8 ng/ml (IQR 2.5) vs Group 2: T1 24.5 ng/ml (IQR 5.2), p <0.001].

Conclusions: Adequate Ca²⁺ and VitD intakes are difficult to obtain through dietary counselling alone in pediatric subjects. Oral supplementation with Ca²⁺ and VitD is a reliable strategy to prevent this condition.

Cosenza et al. BMC Pediatrics 2013, 13:86

Diabetes in the workplace - diabetic's perceptions and experiences of managing their disease at work: a qualitative study

Abstract

Background: Diabetes represents one of the biggest public health challenges facing the UK. It is also associated with increasing costs to the economy due to working days lost as people with diabetes have a sickness absence rate 2–3 times greater than the general population. Workplaces have the potential to support or hinder self-management of diabetes but little research has been undertaken to examine the relationship between work and diabetes in the UK. This paper seeks to go some way to addressing this gap by exploring the perceptions and experiences of employees with diabetes.

Methods: Forty three people with diabetes were purposively recruited to ascertain ways in which they managed their disease in the workplace. Semi-structured, interviews were undertaken, tape recorded and transcribed. Analysis was conducted using a constant comparative approach.

Results: Although respondents had informed managers of their diabetic status they felt that their managers had little concept of the effects of the work environment on their ability to manage their disease. They did not expect support from their managers and were concerned about being stigmatised or treated inappropriately. Work requirements took priority. They had to adapt their disease management to fit their job and reported running their blood glucose levels at higher than optimal levels, thereby putting themselves at higher risk of long term complications.

Conclusions: Little research has examined the way in which employees with diabetes manage their disease in the workplace. This research shows there is a need to increase the awareness of managers of the short and long term economic benefit of supporting employees with diabetes to manage their disease effectively whilst at work. Employees may need individually assessed and tailored support on the job in order to manage their disease effectively.

Ruston et al. BMC Public Health 2013, 13:386

Acculturation and obesity among migrant populations in high income countries – a systematic review

Abstract

Background: There is evidence to suggest that immigrant populations from low or medium-income countries to high income countries show a significant change in obesogenic behaviors in the host society, and that these changes are associated with acculturation. However, the results of studies vary depending on how acculturation is measured. The objective of this study is to systematically review the evidence on the relationship between acculturation -

as measured with a standardized acculturation scale - and overweight/obesity among adult migrants from low/middle countries to high income countries.

Methods: A systematic review of relevant studies was undertaken using six EBSCOhost databases and following the Centre for Reviews and Dissemination's Guidance for Undertaking Reviews in Health Care. Results: The initial search identified 1135 potentially relevant publications, of which only nine studies met the selection criteria. All of the studies were from the US with migrant populations from eight different countries. Six studies employed bi-directional acculturation scales and three used uni-directional scales. Six studies indicated positive general associations between higher acculturation and body mass index (BMI), and three studies reported that higher acculturation was associated with lower BMI, as mainly among women.

Conclusion: Despite the small number of studies, a number of potential explanatory hypotheses were developed for these emerging patterns. The 'Healthy Migrant Effect' may diminish with greater acculturation as the host culture potentially promotes more unhealthy weight gain than heritage cultures. This appears particularly so for men and a rapid form of nutrition transition represents a likely contributor. The inconsistent results observed for women may be due to the interplay of cultural influences on body image, food choices and physical activity. That is, the Western ideal of a slim female body and higher values placed on physical activity and fitness may counteract the obesogenic food environment for female migrants.

Delavari et al. BMC Public Health 2013, 13:458

Significant others, situations and infant feeding behaviour change processes: a serial qualitative interview study

Abstract

Background: Exclusive breastfeeding until six months followed by the introduction of solids and continued breastfeeding is recommended by the World Health Organisation. The dominant approach to achieving this has been to educate and support women to start and continue breastfeeding rather than understanding behaviour change processes from a broader perspective.

Method: Serial qualitative interviews examined the influences of significant others on women's feeding behaviour. Thirty-six women and 37 nominated significant others participated in 220 interviews, conducted approximately four weekly from late pregnancy to six months after birth. Responses to summative structured questions at the end of each interview asking about significant influences on feeding decisions were compared and contrasted with formative semi-structured data within and between cases. Analysis focused on pivotal points where behaviour changed from exclusive breastfeeding to introducing formula, stopping breastfeeding or introducing solids. This enabled us to identify processes that decelerate or accelerate behaviour change and understand resolution processes afterwards.

Results: The dominant goal motivating behaviour change was family wellbeing, rather than exclusive breastfeeding. Rather than one type of significant other emerging as the key influence, there was a complex interplay between the self-baby dyad, significant others, situations and personal or vicarious feeding history. Following behaviour change women turned to those

most likely to confirm or resolve their decisions and maintain their confidence as mothers.

Conclusions: Applying ecological models of behaviour would enable health service organisation, practice, policy and research to focus on enhancing family efficacy and wellbeing, improving family-centred communication and increasing opportunities for health professionals to be a constructive influence around pivotal points when feeding behaviour changes. A paradigm shift is recommended away from the dominant approach of support and education of individual women towards a more holistic, family-centred narrative approach, whilst acknowledging that breastfeeding is a practical skill that women and babies have to learn.

McInnes et al. BMC Pregnancy and Childbirth 2013, 13:114
