

# Gateshead Healthy Communities Collaborative PDSA

Team..... Blaydon

Start date 20.11.06

## Plan

What's your idea?

The Breakfast challenge to taste the difference between a healthy cooked breakfast and the more traditional fried breakfast to persuade people to change their eating habits.

What exactly will you do?

Ask people to taste test between plate A and plate B, fried bacon, & mushrooms and white bread toast and butter vs. Grilled bacon, steamed mushrooms and Best of both bread with low fat margarine at the Blaydon Centre aiming the sessions towards the Summerhill service users.

Provide Brunch of Sausage, scrambled egg and toast with fruit juice for everyone approx 30-50 people. To confirm nearer the date

Who will be involved?

Linda Mckie, Kim Davison, Julie White, Debbie McCormick, In conjunction with Dave the cook and Vivien Mitchinson, the centre manager. Service users for taste test will come from Summerhill and fountain view. Bruch to be cooked for the Willows Older People's Mental Health Unit.

How much do you think it will cost? (Please itemise)

To be provided by the centre Bacon, sausage, eggs, Bread, mushrooms  
They will invoice HCC for this cost.

Linda to buy Best of both bread orange juice, apple juice, butter and spread

Where and when will it take place?

8<sup>th</sup> December Blaydon Centre in dining room taste test at 11 for younger service users then brunch for everyone at 11.30.

What do you think will happen?

Nice meal for everyone,

5-10 people to taste test and 3 people might not be able to taste the difference.

To use this session to talk to the group generally about healthy eating, specifically how to reduce fat in the diet.

What might go wrong and how will you try and prevent these problems?

People might not want to take the taste test. Julie to design poster to advertise the event. Gather taste tester together before cooking the food and encourage them to take part in a five a day quiz run by Julie, prizes of aprons and the what have you eaten in the last month Fruit and veg (if time) whilst Linda and Debbie cook the breakfast which has been prepared in advance. HCC team to meet at the Blaydon centre at 10.30. Risk assessment for cooking safety - discuss the event with Dave the cook on 6<sup>th</sup> Dec fire blankets etc

Taste tester might all say they prefer the taste of the fried breakfast-reinforce the dangers of saturated fat. Depending on group might choose to reinforce problems of being overweight.

What information will you need to collect to demonstrate the value of this piece of work? e.g. number of people attending, questionnaires etc

Questionnaire for 5 a day quiz collect in the results and see what they

got right Julie to mark and give prizes after the taste test and run through the answers.

Taste test questionnaire developed by Julie

No of people who took part

Debbie to listen out for comments made by people taking part and write them down.

## DO

When did you actual carry out the plan? (write date)

8<sup>th</sup> December  
2006

Did you change anything from the original plan?

There wasn't a grill in the kitchen so we cooked the bacon which was to be grilled in the oven.

What happened when you were carrying out your plan - anything unexpected?

There were 11 people in total who took the breakfast challenge which was an even better turn out than expected.

## STUDY

Results e.g how many came along, results of questionnaires etc

11 people came along to take the breakfast challenge, here are the results:

6 people preferred the fried bacon, 2 preferred the bacon baked in the oven, 3 people could not tell the difference between the bacon which had been fried and the bacon which had been baked in the oven.

7 people preferred the fried mushrooms to the steamed mushrooms, 4 people could not tell the difference between the fried mushrooms and

the steamed mushrooms.

3 people preferred the toast with butter, 5 people preferred the toast with low-fat spread, 3 people could not tell the difference between the toast with butter and the toast with low-fat spread.

What went well?

A very good turn out of people for the breakfast challenge. The brunch was well received by service users from both the Summerhill unit and the Willows unit and also some of the day centre staff. 43 people in total ate the brunch.

What went not so well?

Cooking facilities limited ie no grill in the main kitchen. The brunch was  $\frac{1}{2}$ hr late being served.

Did anything unexpected happen?

We were expected to serve pudding (supplied by the centre) after the brunch. It was the cooks' last day at the centre so he left the cooking and clearing up to us. At 1pm we 'threw in towel' and left the remaining dirty cups and saucers for the cook to do. Communication was a problem. We had spoken to the centre manager well in advance about what we intended doing at the centre and left a list of shopping items to be ordered but when Linda went to visit the cook 2 days before the planned session, he did not know anything about it.

What comments were made?

See separate list of comments

What could you have done differently to make things run more smoothly/better?

It would have been better to start cooking the brunch at the same time as we were cooking the breakfast challenge. We started cooking the brunch just after finishing the breakfast challenge but it took longer than expected and was served half an hour late.

If another group wanted to do this PDSA what advice would you give them?

It is a good PDSA to reinforce a healthier way of cooking ie to cut down the saturated fat in the diet.  
The PDSA could be done with a much smaller group, we had to include large numbers to accommodate people who attend the day centre.

What have you learnt from this PDSA?

There were quite a few people who couldn't taste the difference between the food in the breakfast challenge even though they had been cooked in a different way.

# ACT

Has this PDSA given you a further idea for a next PDSA?

The PDSA worked well and people were surprised that they couldn't taste the difference. It would be a good PDSA to try with different groups to promote a healthier diet.

Please photocopy or email to [Maggie.woodward@ghpct.nhs.uk](mailto:Maggie.woodward@ghpct.nhs.uk)