Do people with a learning disability know what healthy eating is?

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Background: What are we doing?
The ‘Question-Aires’ is a research group funded by the Welsh Government’s Learning Disabilities, Autism, and Neurodevelopmental Disorders Network (LDAN) and Involving People. We are people with a learning disability, volunteers, staff from Bangor University, Conwy Connect and Mencap Cymru. We do research that people with learning disability want to do on topics that are important to people with a learning disability. This study looks at the views that people with learning disability have about healthy eating.

Methods: How will we do our research?
The group have developed questions about healthy eating. These questions have been checked with people who were at a conference for people with learning disability. We have received ethical approval to do our research and have asked adults with learning disability living in North Wales to take part in the research.

We wanted to find out what people with a learning disability know about healthy eating. We developed a list of possible questions. Some of us went on an Easy Read course to learn about writing clear information.

We went to a Conference for people with learning disability. We asked for comments about our questions. We met after the Conference to decide which questions were the best for our study.

We have 6 questions about healthy eating. We all learnt how to do research interviews by asking each other the questions. Here are Debbie and Michelle asking the questions.

Everyone who wants to take part in our research has to give consent. People do not have to answer our questions. Everything that is said to us is important and is recorded. All the answers are confidential and will be kept private.

We had to get ethical approval before starting our research. We visited people with a learning disability to tell them about the research. We gave them an information pack about the research. This is Shayna doing the presentation.

We will then listen to what people have said. We want to learn what people with a learning disability think healthy eating is. We will share what we find out with people with a learning disability and carers.

Results: What do we want to find out?
The findings will show what people with learning disability know about healthy eating, if they eat healthily, and what needs to be done for them to eat healthy foods.

Conclusions: What next?
The findings will be shared with those taking part in the study, other people with a learning disability, and with people who are involved in providing care and writing guidelines about healthy eating.

For more information about the Question-Aires:
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