

February 2022 Survey – About health and the food we eat.



**HEREFORDSHIRE'S
LEARNING DISABILITY
PARTNERSHIP BOARD**
everything about us but not without us

1. Thinking about the food that you eat do you think you have a healthy balanced diet?

Yes	5
Sometimes	3
No	1
I would rather not say	0
Other	0

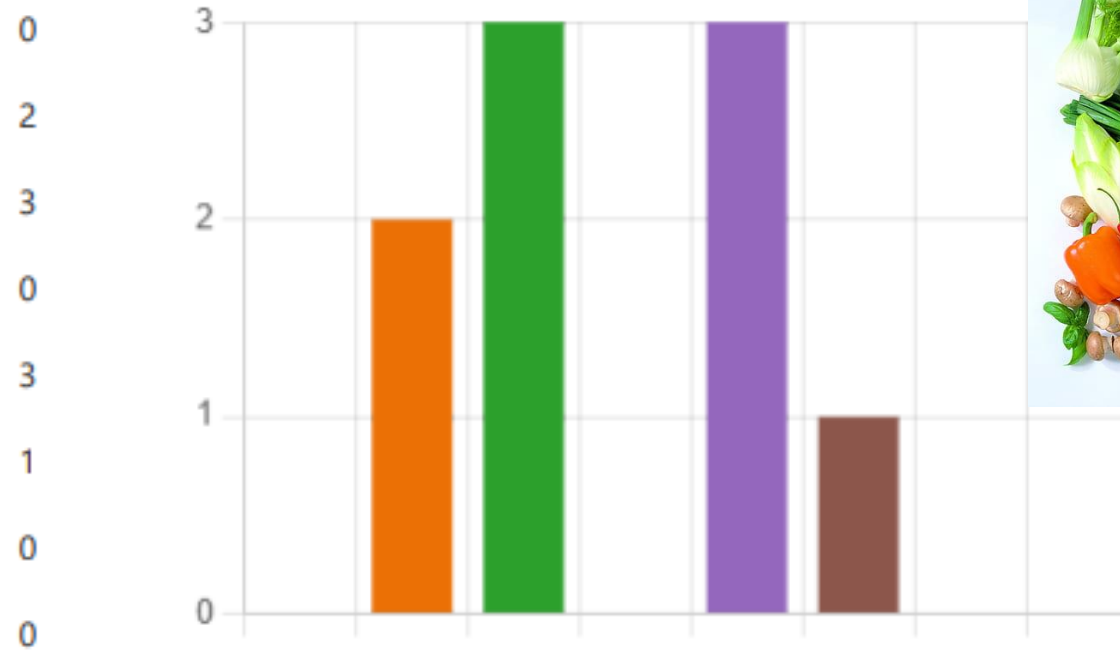


9 people answered this survey.

5 people thought they had a healthy balanced diet , 3 said sometimes and 1 said that they didn't.

How many portions of vegetables do you eat in a usual day?

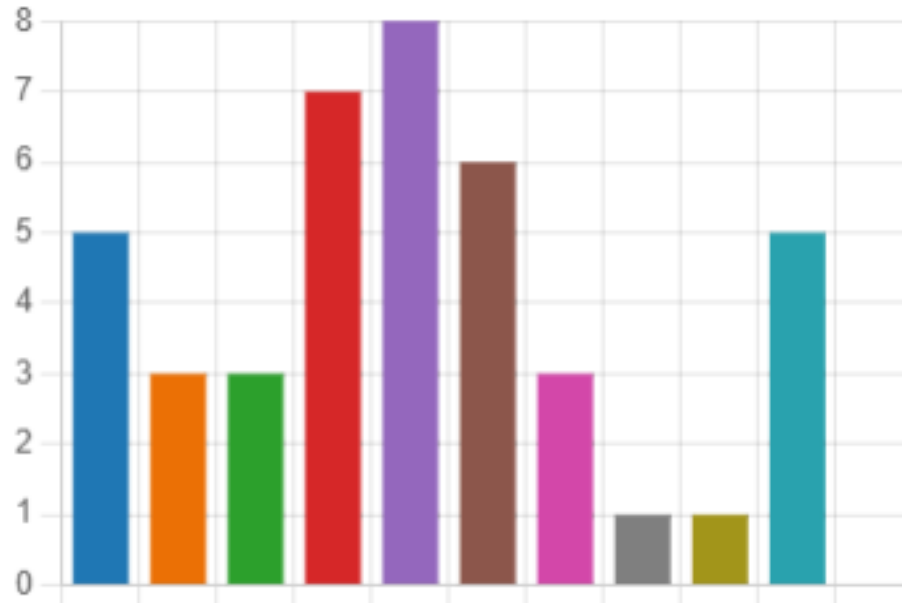
- I eat more that 5 portions
- I eat 5 portions
- I eat 4 portions
- I eat 3 portions
- I eat 2 portions
- I eat 1 portion
- I eat no portions
- Other



2 people said they eat 5 portions, 3 people said they ate 4 portions, 3 ate 2 portions, and 1 ate 1 portion.

3. **How many of these fibre rich foods do you eat in a typical week? Tick all that apply.**

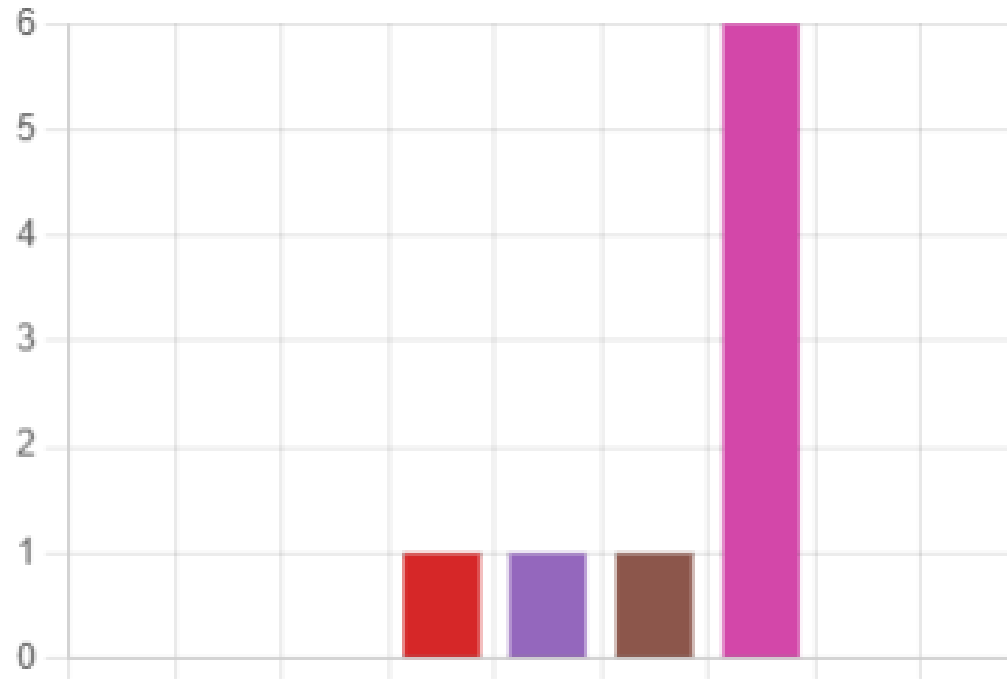
- Wholemeal bread 5
- Brown pasta 3
- Brown rice 3
- Fruit 7
- Vegetables 8
- Peas 6
- Beans 3
- Nuts 1
- Seeds 1
- Potatoes with skins on 5
- Other 0



People ate a good variety of fibre rich foods with most popular being vegetables, fruit and peas and least popular nuts and seeds.

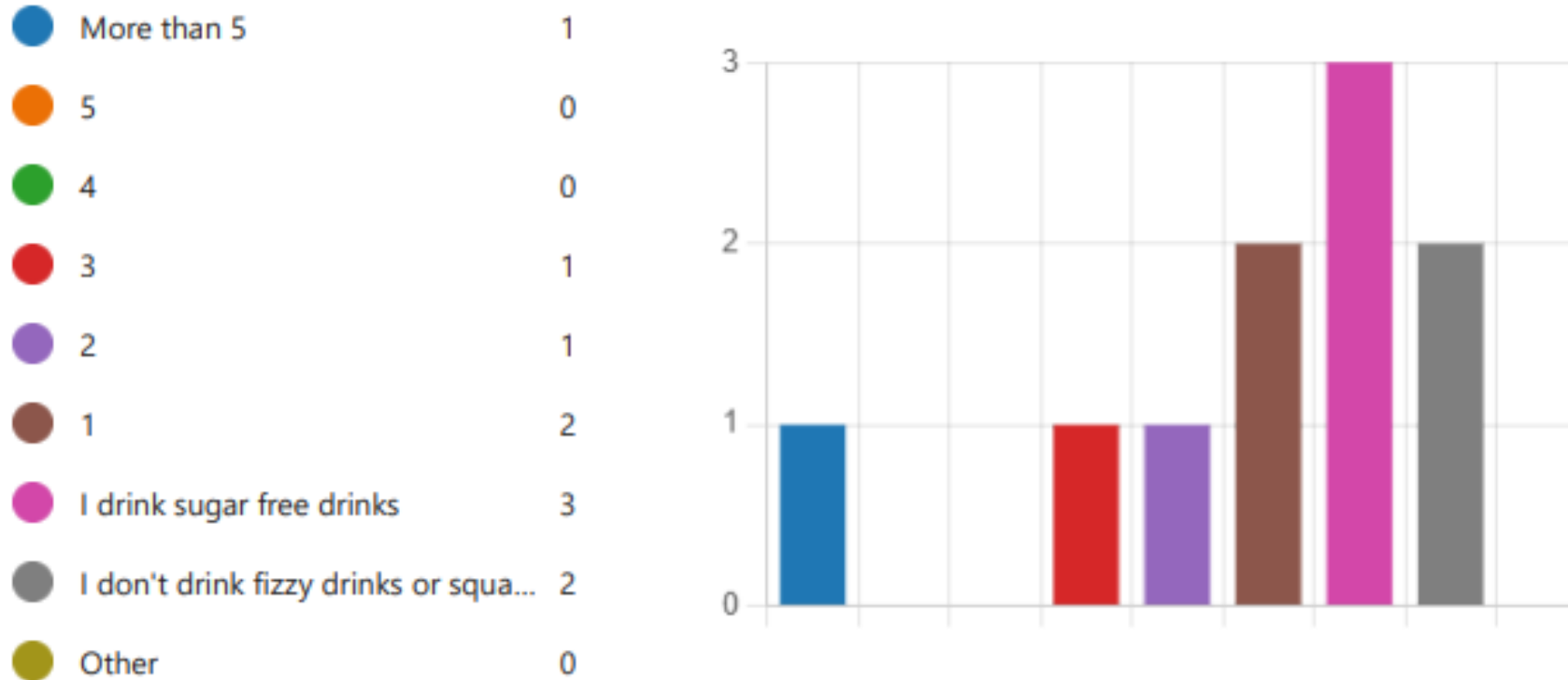
4. How much sugar do you take in a typical hot drink?

- More than 5 teaspoons 0
- 5 teaspoons 0
- 4 teaspoons 0
- 3 teaspoons 1
- 2 teaspoons 1
- One teaspoon 1
- No teaspoons 6
- I don't drink hot drinks 0
- Other 0



6 people took no sugar in their hot drinks, and 1 person took each of 1, 2 and 3 teaspoons.

5. **How many fizzy drinks or squash that have sugar in do you drink in a typical day?**

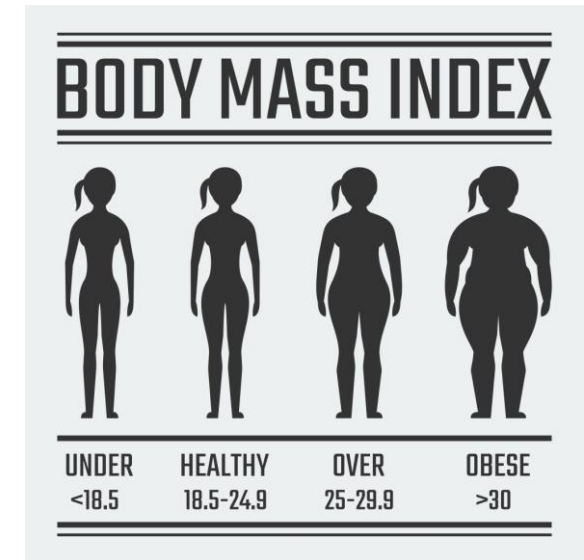


3 people drank sugar free fizzy drinks or squash, 2 didn't drink fizzy drinks or squash at all, 2 drank one drink, 1 drank 2 drinks, 1 drank 3 drinks and 1 drank more than 5.

This makes 10 people! 1 person who drinks sugar free drinks also chose that they drink 1 drink.

6. **Are you happy with your weight? (Do you think you are a healthy weight for you?)**

● Yes	4
● No	4
● Don't know	0
● Would rather not say	1
● Other	0

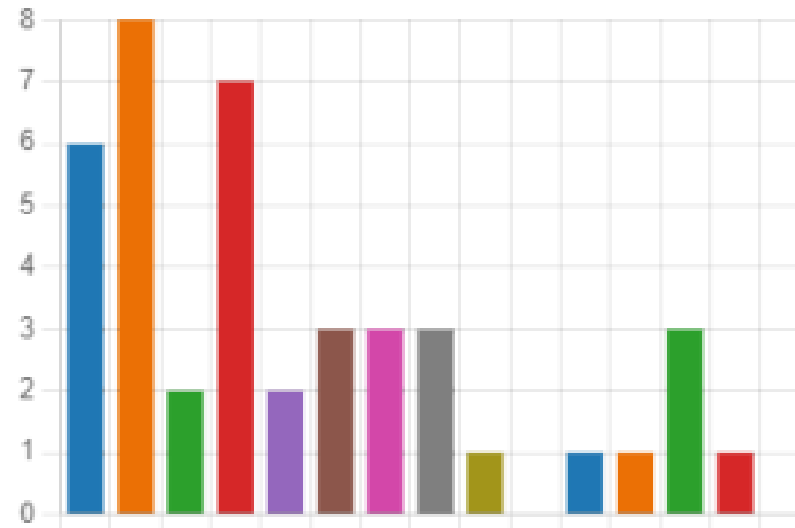


4 people were happy and 4 people were not happy with their weight. (One of these struggles to put on weight).



7. Thinking about your health and the food you eat what would improve it? Tick all that apply.

- Eat more vegetables 6
- Drink more water 8
- Eat more food with high fibre 2
- Eat smaller portion sizes 7
- Have a more varied diet 2
- Find out more about healthy eat... 3
- Eat fewer snacks 3
- Eat less sugar 3
- Drink fewer sugary drinks 1
- Eat less fatty foods 0
- Change what I eat to lose weigh... 1
- Change what I eat to gain weigh... 1
- Eat fewer processed or convenie... 3
- None of these - I have a very go... 1
- Other 0



People chose lots of ways to improve their diet.

Most popular were drinking more water, eating smaller portion sizes, eating more vegetables and eating fewer processed or convenience foods.



8. Thinking about your health and the food you eat what one thing (from above list or your own ideas) would you choose to do first to improve it in 2022? (E.G. I need to eat more vegetables and fewer snacks and sweets, I don't drink enough water, cut back my sugar, eat smaller portions).

4 People said drink more water

2 people said eat more vegetables

1 person chose eat fewer convenience foods,

1 chose lose weight

(1 chose 2 things)

1 chose eat fibre

1 chose improving my cooking skills.



9. **What help or support do you need to do that?** (For example Easy Read information about healthy foods, someone to remind me to make healthy choices, personal support to lose weight, help to cook healthy foods, more choice about what I eat, advice about how to eat less sugar, more encouragement over a longer time, how to read food labels).

3 said Easy read guides or leaflets.

6 said support e.g. support worker or carer. Support suggested was to remind them to eat healthily and how to do it and support to lose weight.

1 said quick vegan recipes that an ASD child will eat.

And 1 said none.



10. **Do you have any tips to share with other people with a learning disability to help them eat a healthy diet?** (e.g. I drink a glass of water between each hot drink, I use a good recipe book that has helped me to lose weight and it is....., I do not shop when I am hungry, I make a plan ahead, I mix vegetables in my mince sauce so I cant taste them, I reward myself with a treat once a week if I stick to my healthy eating plan).

Tips were:

- **Exercise and drink water**
- **Cut out the crap!**
- **Do more exercise and drink more water.**



- **Eat more vegetables and not too many snacks.**
- **Having a lot of variety.**

11. Is there anything else you would like to tell the Learning disability partnership board about the food you eat and the help you need to have a healthy diet?

- **How do I give up drinking too many fizzy drinks and drink more water.**
- **Some people know how to lose weight.**
- **I rely on my carers most of the time to help me eat varied and healthy diet.**

**Tell us what
you think!**

What does this tell us? + Possible response ideas

The people that filled the survey are aware of some ways to eat healthily and are aware if they need to change some habits or need to lose or gain weight and are willing to take a first step to improve their eating.

Ways the board could help:

- More Easy Read recipes and information.
- Target support workers and carers with helpful suggestions and information.
- Offer suggestions of where people can gain help e.g. Healthy Lifestyle service.
- Offer tailored help e.g. Broker a tailored Healthy Lifestyle course for people with a learning disability with their support workers/carers with Active Herefordshire.



Links to Easy Read healthy eating recipes and videos

- Coming soon!

Future survey developments and action.

- Questions on Jobs and employment were answered by Laura Ferguson and Adam Houchen, and Paul Choppen has put on the Learning Disability Partnership Board. A link to them has been sent out with the current survey.

<https://www.herefordshire.gov.uk/downloads/file/23741/about-jobs-survey-responses>



- This month's survey is about where you live and the skills you need and the way you wish to learn them - it should take 5-10 minutes! and it will be open until mid-June.

<https://tinyurl.com/wilatsin>

Healthy Eating

Talk Community is a directory for advice and services in Herefordshire. It has advise on eating more healthily:

Cooking at Home Recipes

[Cooking at home - Talk Community Directory](#)

Advice on eating more healthily

[Healthy eating - Talk Community Directory](#)

