

A UNIVERSITY OF WESTMINSTER STUDY

**UNIVERSITY OF
LEADING
THE WAY
WESTMINSTER**

This study has been approved by the University of Westminster ethics committee and is registered under application number VRE1415 - 1345

CONTACT FOR FURTHER INFORMATION

If you would like further information about this study, please contact:

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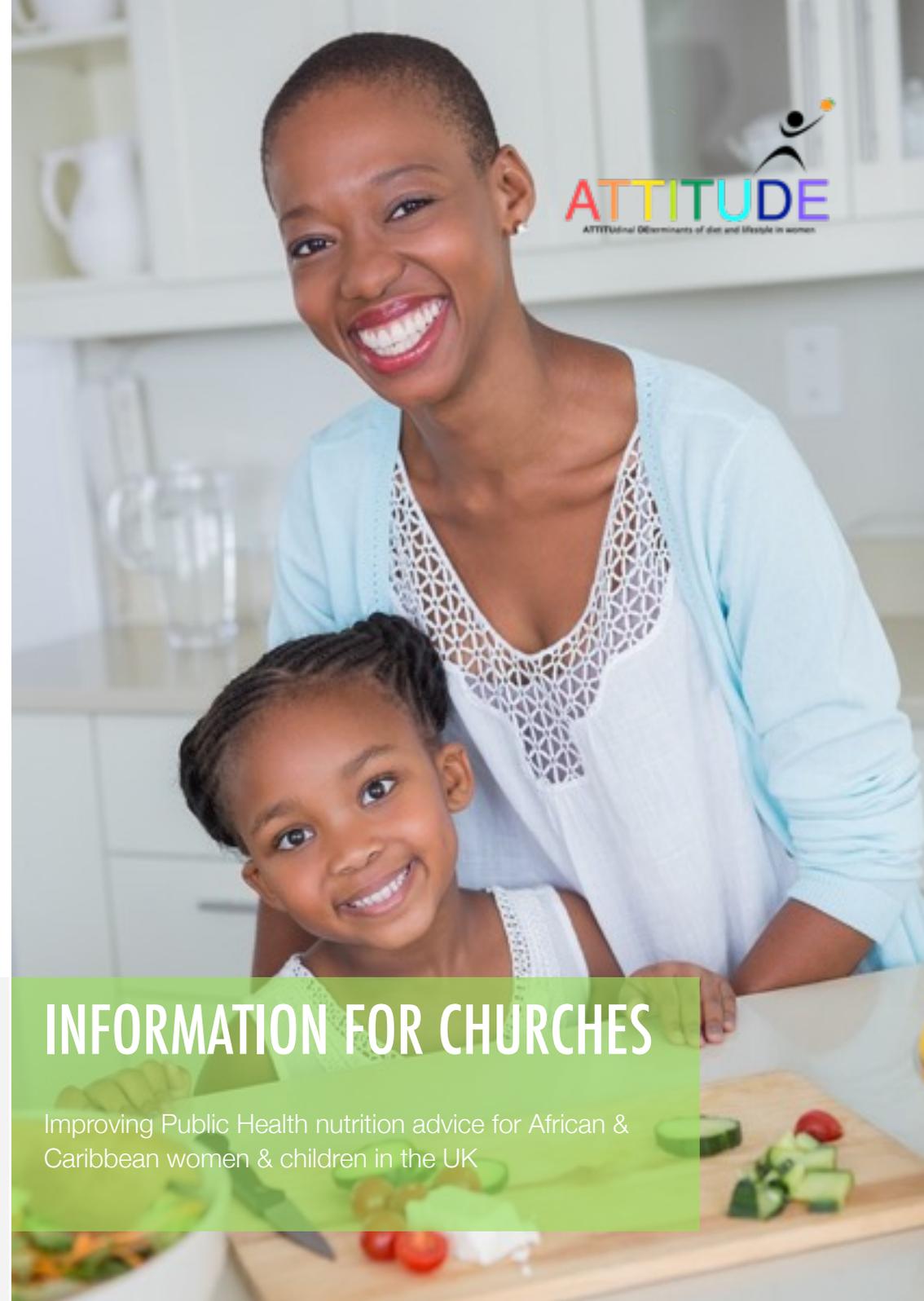
V2.0 Church information - March 9th 2016

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INFORMATION FOR CHURCHES

Improving Public Health nutrition advice for African & Caribbean women & children in the UK

THE ATTITUDE STUDY

WHY ARE WE DOING THIS STUDY?

African and Caribbean women living in the UK are particularly vulnerable to diseases such as diabetes, high blood pressure, obesity and complications in pregnancy.

We would like to better understand attitudinal determinants of (or feelings towards) diet quality and lifestyle and find out how to promote dietary and lifestyle in a way that is culturally sensitive and helpful. We will use these findings to inform Public Health professionals how to meet the needs of women from ethnic minorities to their improve health, pregnancy outcomes and their children's health.

WHAT WE WOULD LIKE TO DO.

We would like to recruit African and Caribbean women of 18-49 years (reproductive age) from this place of worship. We would like to provide a short health screen for the women and collect information on their diet, lifestyle and health status via a questionnaire and an interview to discuss the foods they normally eat (more details about the study procedures in the Participant Information Sheet).

In a second stage, we'd also like to speak to a small group of women to discuss things like what they feel about exercise, the food they eat, what things make it difficult to be healthy, how they feel about the food they eat in the home environment.

HOW CAN THE CHURCH HELP WITH THIS WORK?

Religious leaders can help to identify key people/staff to provide liaison with the research team.

They can make announcements at worship-services to promote participation.

Key people/staff can help and plan with the researchers when and where data collection can take place in the Church such as after: services, prayer meeting, bible study or other events.

Women will be invited to participate only after consent from the place of worship has been obtained.

THE ATTITUDE STUDY

HOW WILL PARTICIPANTS BENEFIT FROM TAKING PART?

Women will be given a brief health screen to test their cholesterol and glucose levels. We will also take certain body measurements. These results will be given to the participants if they wish to have them.

We can also give each participant a summary report of their dietary intake to give an indication of nutrient intake, if required.

Participants will be given a supermarket gift token as a small gesture of thanks for their involvement. [on completion of the questionnaire, health screen and dietary recall (three times)].

PLEASE CONTACT US IF YOU ARE ABLE TO JOIN OUR STUDY.

Your involvement is critical so we can better understand dietary and lifestyle choices among African and Caribbean women and to develop programmes that are tailored to the needs of diverse populations in the UK.

Thank you for reading this invitation

The Attitude Study Team



Dr Amanda Adegboye is a Senior Lecturer in International Public Health & Nutrition and has a background in women's health.

Dr Romy Begum is a Lecturer in Nutrition and Exercise Science and has a background in physical activity research.

Dr Ihab Twefik is an experienced International Public Health Researcher and has carried out a number of projects for UNICEF.

Dr Alizon Draper has worked for the Department for International Development (DfID), World Health Organization (WHO), American Institute for Cancer Research (AICR), and the UK Food Standards Agency (FSA).

Amanda Moore & Stefania Comegna are Doctoral Researchers