



**HAL**  
open science

# Cooking Workshop for Preventing Malnutrition in the Elderly: Participants' Social Roles, Expectations and Related Effects on Food Habits

Julie Mayer

► **To cite this version:**

Julie Mayer. Cooking Workshop for Preventing Malnutrition in the Elderly: Participants' Social Roles, Expectations and Related Effects on Food Habits. MDPI Proceedings, 2023, 91 (1), pp.23. 10.3390/proceedings2023091023 . hal-04286414

**HAL Id: hal-04286414**

**<https://univ-tlse2.hal.science/hal-04286414>**

Submitted on 15 Nov 2023

**HAL** is a multi-disciplinary open access archive for the deposit and dissemination of scientific research documents, whether they are published or not. The documents may come from teaching and research institutions in France or abroad, or from public or private research centers.

L'archive ouverte pluridisciplinaire **HAL**, est destinée au dépôt et à la diffusion de documents scientifiques de niveau recherche, publiés ou non, émanant des établissements d'enseignement et de recherche français ou étrangers, des laboratoires publics ou privés.



Distributed under a Creative Commons Attribution - NonCommercial - ShareAlike 4.0 International License

Abstract

# Cooking Workshop for Preventing Malnutrition in the Elderly: Participants' Social Roles, Expectations and Related Effects on Food Habits <sup>†</sup>

Julie Mayer 

CNRS UMR 5044 CERTOP, 31058 Toulouse, France; julie.mayer@univ-tlse2.fr

<sup>†</sup> Presented at the 14th European Nutrition Conference FENS 2023, Belgrade, Serbia, 14–17 November 2023.

**Abstract:** Background and objectives: French public fundings allow NGOs to organise actions (cooking workshops including a dietician and a cooking chef) among elderly people to prevent malnutrition and loss of autonomy. Although similar interventions have already been evaluated in terms of change in knowledge and food habits, little is known about how the social roles and expectations of the participants impact the effects of the actions implemented. Methods: Following their participation in cooking workshops, 42 semi-structured interviews with various participants, including elderly people aged 60 and older, were conducted in five French regions. For 24 participants, a second interview was conducted 2–3 months later. The interviews aimed to understand their representations and practices towards health, cooking and eating, social position, life events, expectations and the effects of their participation in the cooking workshops. Results: The social roles of the participants were overall strongly linked to the effects of participation. The feeding role and domestic work of the female participants lead them to look for new recipes when participating in such workshops and to use the recipes afterwards. For some participants who cook on a daily basis, expectations were also related to reinforcing dietetic knowledge, to check whether it was up-to-date and if they were sometimes looking for moral validation of their behaviour from the dietician. These participants, who had the ability to adapt their cooking practices according to the dietetic advice provided, were all from a higher social position. Others, men and women, who had recently experienced an illness and/or hospitalisation, expected to hear some advice they had previously received. The minority of participants, mostly men, declared not knowing how to cook and saw an interest in learning this skill at some determining point in their life cycle. Finally, the decision of participating in such workshops meets the need of being part of a group, to feel less lonely and a sense of well-being that resulted from this group experience. Discussion: By highlighting three dominant approaches of the participants (cooking/dietetic knowledge/being part of a collective activity), depending on their social roles at some point in their lifecourse, these results can help in refining the design and intensifying the effects of preventive actions in the elderly.

**Keywords:** community-dwelling older adults; culinary-nutritional intervention; elderly; home cooking; culinary workshop; dietary diversity; dietary habit; social role; malnutrition; prevention



**Citation:** Mayer, J. Cooking Workshop for Preventing Malnutrition in the Elderly: Participants' Social Roles, Expectations and Related Effects on Food Habits. *Proceedings* **2023**, *91*, 23. <https://doi.org/10.3390/proceedings2023091023>

Academic Editors: Sladjana Sobajic and Philip Calder

Published: 14 November 2023



**Copyright:** © 2023 by the author. Licensee MDPI, Basel, Switzerland. This article is an open access article distributed under the terms and conditions of the Creative Commons Attribution (CC BY) license (<https://creativecommons.org/licenses/by/4.0/>).

**Funding:** This research was funded by PhD scholarship.

**Institutional Review Board Statement:** The data collection process, data analysis and data conservation process were reviewed and approved by Toulouse university Institutional Review Board and by the data protection service of the CNRS (National Centre for Scientific Research) and was registered (n°2-22148).

**Informed Consent Statement:** A written informed consent was obtained from the participants.

**Data Availability Statement:** The data presented in this study are available on request from the corresponding author.

**Acknowledgments:** The author would like to thank Jean-Pierre Poulain for his supervision.

**Conflicts of Interest:** The author declares no conflict of interest.

**Disclaimer/Publisher's Note:** The statements, opinions and data contained in all publications are solely those of the individual author(s) and contributor(s) and not of MDPI and/or the editor(s). MDPI and/or the editor(s) disclaim responsibility for any injury to people or property resulting from any ideas, methods, instructions or products referred to in the content.