

Institution: Public Health Postgraduate Program – Ceara State University

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Background

- Starting point: work developed with caregivers of elderly people with Alzheimer's and observing the demands of both information and time of this public
- Educational material recorded on video would allow faster and more recurrent access to information than written material, since it allows to be accessed and watched as many times as necessary.

Objective

- To develop a storyboard based on health literacy regarding healthy eating for caregivers of elderly people with Alzheimer's disease.

Methods

- Study type: technology development.
- “LISA Cuidando”, a Brazilian acronym to “Health Literacy and Innovation Caring”.
- The storyboard corresponds to the educational video pre-production phase, including the aggregation of script and images.
- The script followed the fundamentals of health literacy for the preparation of written materials (Suitability Assessment of Materials - SAM).
- The selected images were culturally appropriate and free to use, selected in the Canva app. This app was used to create the storyboard.

Conclusion

- The storyboard developed met the fundamentals of health literacy. The video will now be developed, which will enable the empowerment of the target group regarding the theme addressed.

Results



DO YOU KNOW WHAT HEALTHY EATING IS?
Healthy eating is the one which has food that makes our health good



WHAT DOES IT MEAN TO MAKE OUR HEALTH GOOD?
Our health can be good when we eat good food. Good foods have what we call nutrients.



WHAT ARE NUTRIENTS?
Nutrients are parts of the food that we don't see. The main nutrients that are inside the food are:



SUGARS



PROTEINS



FATS



VITAMINS AND MINERALS



When we eat, our body takes these nutrients from food. If the food has nutrients, our body is healthy.



AND WHICH FOODS ARE GOOD?



Most foods are good. We just can't eat too much, because everything that is too much is bad.



AND WHICH FOODS ARE NOT GOOD?
Let's take a list of foods that are not good:



SAUSAGE, SALAMI, MORTADELLA



CANNED MEAT OF ANY KIND



PANELADA, BUCHADA, FEIJODA



PACKET OF CHIPS, POTATO CHIPS AND CORN CHIPS



FOODS FRIED IN TOO MUCH OIL OR ANY OTHER FAT



SUGARS AND SWEETS IN LARGE QUANTITIES



IN ADDITION TO CHOOSING GOOD FOODS, WHAT ELSE MAKES OUR HEALTHY FOOD?



Healthy eating must be varied. We have to vary the foods so that our body gets all the nutrients it needs.



THEN EVERYONE SHOULD CHOOSE GOOD FOODS AND VARY THEM?



YES, EVERYONE SHOULD DO THIS



THERE ARE ELDERLY PEOPLE WITH ALZHEIMER'S DISEASE WHO NEEDS A FEW MORE FOOD CARE



THEN WE CAN GIVE MORE ORIENTATIONS ACCORDING TO WHICH EACH ONE NEEDS

- 23 scenes, encompassing the topics above.
- The programmed time for video presentation varies from 1.5 to 3 minutes.
- In the evaluation by SAM, in Portuguese language, the score obtained was 86.1%, configuring superior material. Readability was assessed according to the Flesh index, version in Portuguese, reaching 69.36 points, considered an easy-to-read text.