Healthy cooking demonstrations for people with cystic fibrosis (CF)

videos available online at www.cfcoking.org

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1. Objective

To provide an internet-based, audiovisual resource for people with cystic fibrosis (CF) and their carers, with the objective to increase their confidence, motivation, cooking skills and to enable them to meet their unique dietary recommendations.

The CF Cooking project contributes to the vision of CFWA to one day achieve lives unaffected by CF.

2. Methods

We conducted a telephone survey of the available adolescent and adult CF population in Western Australia to determine the desired content of the CF Cooking demonstrations. The response strongly indicated an interest in the following themes in descending order of interest:

• Eating and drinking for exercise.
• Easy healthy meals when you are tired or busy.
• Healthy fats.
• Salt: Why, how and how much.
• Cooking for someone with CF when not everyone has CF.
• The importance of nutrition in the CF diet to achieve good health.

Recipes were then selected from these themes to guide the CF Cooking demonstrations. Each episode featured an invited guest with CF to participate in the cooking demonstration.

3. Deliverables

• Six professionally filmed cooking demonstrations specifically for people living with CF.
• CF-specific nutrition advice with graphic tips.
• Recipes available for download in PDF print format.
• An internet-based resource available to the international CF community accessible by anyone with a computer, tablet or smartphone with internet access.

Available online via YouTube at www.cfcoking.org.au

4. Episode Themes

Episode 1: Healthy fats
Episode 2: Cooking for CF when not everyone at the table has CF
Episode 3: CF and sport: fueling exercise
Episode 4: Healthy food for tired or busy people
Episode 5: CF and sport: salt and fluid
Episode 6: Retro with a twist: recipes with energy, iron and calcium

5. Challenges

Bacterial cross infection in CF is a barrier to group education and social activities. The traditional educational method is limited to a one-on-one approach. CF Cooking overcomes these barriers via audiovisual demonstration of a dietitian cooking recipes and made available to the international CF community via YouTube.

Although our dietitian has experience in both CF and commercial cooking, this ground-breaking dietary health education program was a first for all involved.

Due to a delay in commencing CF Cooking, time constraint limited this project to the completion and launch of the videos in time for the CF Circle of Care Colloquium, with impact evaluation yet to be measured.

6. Ideal Next Steps

Internet-based social media has potential as a platform for health-based education programs. Using social media is attractive to a younger demographic and thus avoids the problem of cross infection in group gatherings of the CF population. Future CF Cooking demonstrations could assist with topics such as:

• Enzyme therapy.
• CF-related diabetes.
• Nutrition in pregnancy.
• Lung transplant, and
• Babies, toddlers and growth.

We aim to measure the impact of the CF Cooking project by numbers of internet views, comments and survey evaluation, with a view to respond to feedback and continually improve the international CF community resource.