



# Cochrane Food Survey Summary

Created by: Year 2 Nursing Students of University of Calgary



## Acknowledgements Page

*“We recognize and acknowledge that, for many centuries long before the European settlers arrived, thousands of Indigenous people lived full, rich and imaginative lives on and near the very lands upon which we are situated. These people had hopes and dreams, loved their children, protected and served their communities, prayed to their Creator, and held deep knowledge about and respect for the natural world upon which they depended for their livelihood.*

*We recognize and acknowledge that when European settlers came to these lands, they were welcomed and supported to establish themselves. Eventually, a peace and friendship treaty was signed, which we now know as Treaty 7, between Canada and the people known as the Stoney Nakoda peoples of the Chiniki, Bearspaw and Wesley Bands, the Tsuut’ina, the Niitsitapi (Blackfoot) peoples of Siksika, Piikani and Kainai Bands, and now also home to Métis, Inuit and other Indigenous peoples living within this territory.*

*We gratefully acknowledge that where we live and work is within Treaty 7 territory and the traditional lands of Stoney Nakoda peoples and we are thankful to our hosts for the many contributions Indigenous people of these lands have made and continue to make to the wellbeing and prosperity of our community and our country.”*

### With Thanks,

Without the efforts and support of these groups and individuals, this report would not be possible. Therefore, we would like to acknowledge and extend our sincere thanks to the many talents and committed people involved in the development of this report. We are especially grateful to:

- Steffan, Jodie (Instructor at the Faculty of Nursing)

The Family and Community Support Services (FCSS) and other community partners for funding and collaborating with us for this project

- Annichiarico, Joelle (Planner 1, Town of Cochrane)
- Baird, April (Food Security Programs Manager with Helping Hands Society of Cochrane and Area)
- Bartlett, Renita (Town of Cochrane FCSS)
- Bench, Heidi (VP of Operations, Leftovers Foundation)
- Immel, Kristen (Town of Cochrane FCSS)
- McCracken, Valerie (Cochrane Farmers Market)
- Mottle, Brenda (Cochrane Activettes)

- O'Kane, Carley (Public Health Dietitian, Alberta Health Services)
- Skrypnek, Jackie (Cultivate Cochrane)

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# Assessment

## Who was the project conducted by?

This project was conducted by the Nursing Students by the University of Calgary in collaboration with FCSS.

## Aim of Project

Our purpose for this community food project was to address a possibly overlooked social determinant of health within Cochrane. Specifically, we wanted to understand and assess the underlying inequities pertaining to food security and accessibility.

Cochrane is a vibrant and rapidly growing community with diverse food needs. To help the Town with these needs, we're asking the community to participate in a survey to understand better the community's underlying strengths, weaknesses, and opportunities for further growth regarding food insecurity and inaccessibility.

## Assessment Methods

Our group travelled to Cochrane for a windshield survey of the community. A windshield survey is an informal survey where health professionals drive around the neighbourhood they are researching and record their observations (Washtenaw Community College, 2020). Because we are working with the FCSS to create a project that benefits the community, the windshield survey will provide information about gaps in services and identify health-related resources that may help us. Photos were also taken as we drove around the community to help us make observations, showing a community's visual overview. Based on the windshield survey, we identified the community's strengths, weaknesses, opportunities, and threats. For instance, we noticed that there was not a lot of advertisements or awareness regarding food insecurity. We also saw how traffic is one of the residents' main concerns alongside the high living cost.

After completing our windshield survey and gathering the information, we created a survey for the community to take. We used Survey Monkey as a tool to create and distribute our survey. Our survey consisted of questions regarding food security and food accessibility, with a section where people could write their contact information for a chance to win a \$75 gift card to a grocery store. Rather than having one large prize, we had four smaller gift card prizes because people are less likely to enter a draw if there is only one prize due to the smaller chances of winning. We decided that it

would be difficult to entice people into taking the survey without an incentive, hence our gift card prizes. During the survey process, we also met with the rest of the food community group to ask for feedback and what their views are on the survey. To help distribute the survey around Cochrane's community, some of us went back to Cochrane to different establishments. We emailed and called various establishments before going back to Cochrane. FCSS helped us print the posters and QR codes for distribution, and we split into two groups and went around the town.

Also, we walked around and asked people what their perceptions of Cochrane were when we went to Cochrane for the windshield survey. Mostly everyone had positive viewpoints towards Cochrane's community, and most of their concerns are primarily regarding traffic and the wait times in the health services.

## Summary of Project Findings (Diagnosis/Analysis)

### Key Data Points from Food Survey

Here are some key points from the gathered survey data. For more information, please refer to the attached PDF of the survey data report collected from Survey Monkey.

- 26.95% are 35-44
- 38.52% are full time employed
- An average of two adults per household
- An average of one minor per household
- An average of two members of the household are employed/ active income
- 6.79% of the population lives with a disability that affects ability to get food
- 96.47% are Canadian citizens
- Mostly Caucasian
- 85.87% are from Cochrane
- 88.69% said it only takes 5-15 mins to get to food
- The top places people get their food is Save on Foods, Safeway, Walmart, No Frills and Costco
- About 33.69% worry about access to food
- Expenses ranked were rent, food, utilities, property tax, gas, childcare, medical expenses, recreation, and other
- About 40% said they need to choose between healthy and not healthy
- 93.29% of people are able to access necessary food for dietary restrictions

- 63.5% purchase local food from the farmers market
- 95.39% would like to see more locally grown food
- Growing their own food was almost 50/50. 50.53% to 48.41%. People who said no were due to reasons of lack of space, time, or knowledge
- 78.07% have not used any food resources/programs
- Most of the answers did not know what programs they would like to see
- Community garden was the most popular in the population
- 79.08% said COVID did not affect their ability to get food, those who said yes said that their access to food was mostly affected by the COVID regulations.
- Most responses wanted more local produce, cheaper produce, a community garden, or greenhouse.
- Most people saw it from Facebook, work, and Helping Hands

### **SWOT Analysis**

<p><b>STRENGTHS:</b></p> <ul style="list-style-type: none"> <li>● Strong sense of community.</li> <li>● Have a lot of small businesses and established food programs.</li> <li>● Small community, tight knit, lots of businesses, people feel like it's a safe place to be in</li> <li>● Citizens like how they can easily go to the city or to the mountains</li> <li>● Young families, fast growing community</li> </ul>	<p><b>OPPORTUNITIES:</b></p> <ul style="list-style-type: none"> <li>● There is a lot of green space in Cochrane that could be used for future programs, such as a greenhouse or a community garden.</li> <li>● Utilizing the youth <ul style="list-style-type: none"> <li>○ get them involved and engaged with the community</li> </ul> </li> <li>● Since it's a fast growing community, there's a lot of chances for businesses to grow</li> <li>● Lots of land to place businesses too</li> <li>● Growing tourist place</li> <li>● People come to Cochrane for ice cream during the summer</li> <li>● Since it's near the mountains, people pass by the town often</li> </ul>
<p><b>WEAKNESSES:</b></p> <ul style="list-style-type: none"> <li>● High cost of living</li> <li>● Distillness of the city</li> </ul>	<p><b>THREATS:</b></p> <ul style="list-style-type: none"> <li>● Local businesses may not be able to survive in the future due to large</li> </ul>

<ul style="list-style-type: none"> <li>● Small roads</li> <li>● Lack of awareness regarding food programs.</li> <li>● Schools are far apart, might not be good for kids or transportation</li> <li>● Food/grocery places are condensed in one central area rather than being spread out <ul style="list-style-type: none"> <li>○ Hard to access for families who live far away</li> </ul> </li> <li>● Train tracks in the middle of the road causes traffic</li> <li>● Farmer's market vendors are not people within Cochrane <ul style="list-style-type: none"> <li>○ lack of promotion of local farmers</li> </ul> </li> <li>● Lack of advertisements for food programs like food banks</li> <li>● Only 1 public health dietician working within Cochrane <ul style="list-style-type: none"> <li>○ Other clinical dietician but only one public health</li> </ul> </li> <li>● No hospital</li> <li>● Barely any transit</li> <li>● Lack of information about the transit bus</li> </ul>	<p>corporations taking over in Cochrane</p> <ul style="list-style-type: none"> <li>● The recent COVID-19 pandemic has affected the livelihood and health of the community. <ul style="list-style-type: none"> <li>○ Impacts the economic stability of many small businesses</li> </ul> </li> <li>● Growing change may impact community involvement eg. if there's a lot of fast food places it can impact community involvement</li> <li>● Not much space to expand roads to create more entrances into Cochrane</li> <li>● Cochrane doesn't want to be a city, affects provincial funding <ul style="list-style-type: none"> <li>○ Fundings for local businesses may be affected</li> </ul> </li> </ul>
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### Nursing Diagnosis:

Issue:	Focus:	Etiology:	Manifestations:
Ineffective awareness about food inaccessibility	Communities living in/around Cochrane	Related to: <ul style="list-style-type: none"> <li>● Lack of awareness regarding food</li> </ul>	As manifested by: <ul style="list-style-type: none"> <li>● Insufficient information on subjective</li> </ul>

		resources and programs	community perceptions about available food programs
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## Conclusion

### *Challenges and Potential Areas for Improvement:*

Although we were able to create and distribute the survey, we faced some challenges throughout the process. For instance, having the clinical online was challenging, for it led to some minor miscommunications. For example, we had a miscommunication regarding the printing of our posters for distribution. Having clinical online made it hard for us to communicate effectively, and the issues of being talked over were prominent. The COVID 19 limitations also made it challenging for us to be present in the community and affected our survey distribution. For example, due to COVID, not many people go into establishments anymore; therefore, the posters that we distributed were less likely to be seen or go unnoticed. Some establishments were also hesitant in handing out QR code pamphlets due to COVID. This is evident in how most of the responses came from online sources such as Facebook or through the FCSS website. Another adversity that we faced is in regards to time constraints. Since we spent most of our time creating the survey, we did not have time to make a formal health report, and we also had less time to prepare for the survey's distribution. Due to time constraints, we weren't able to give time for emailing and contacting establishments. Therefore we did not get a lot of email responses. Regarding the distribution process of the survey, we also had trouble displaying our posters at big establishments due to corporate policies, except No Frills.

Looking back, we have realized that there are some areas that we could have improved. For example, we should have decided on a definitive end date for our survey. We should have included said end date on the poster to reduce confusion. Doing this would have also prevented us from calling establishments again to take down the signs. We should have mapped out the places that we were going to go to in Cochrane to be more time effective and keep track of the establishments that we went into. We also should have had a definitive date for the prize draw to prevent miscommunication.

Other than these challenges and areas for improvement, we are glad that we can still gather good responses from the survey. We are grateful that the survey was relatively successful, and we hope that the information collected will be helpful and knowledgeable for Cochrane's community.

## Concluding Remarks

We came into this project without being aware of the issue of food insecurity in Cochrane. We all had different perceptions before than we do now regarding the community of Cochrane. Hopefully, this project is as useful to you as enlightening it was in our learning. We wish you the best in your future programs!

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