

# Promoting Community Engagement Through Virtual Cooking Sessions in the Setting of Ramadan and COVID-19

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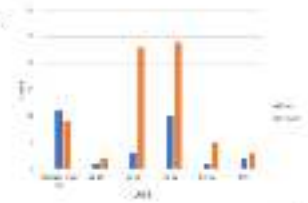
## BACKGROUND

- In April of 2018 and 2019, needs assessments were conducted with El Bari community.
  - Nutrition was a top health priority
  - 8 in-person nutrition sessions were held from Nov. 2019 to March 2020.
- During Ramadan, Muslims fast every day from dawn to sunset and share meals together.
- Community engagement was uniquely challenging this Ramadan (Apr-May 2020)
- 3 virtual healthy cooking sessions were held in order to:
  - Continue community engagement with project team
  - Collect feedback regarding healthy choices during Ramadan and COVID-19

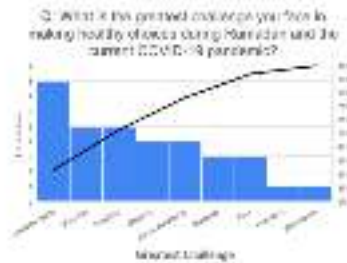


## RESULTS

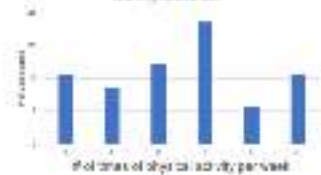
- Among 88 survey participants (71% female, 29% male), the majority (81%) were South Asian with Urdu as their primary language (80%). 72% were married. 87% reported household size of 4 or more.
- 10% of respondents reported exercising 0 times per week.
- 31% reported exercising 1-2 times per week.
- 17% of respondents reported eating 3 or more servings of lean protein per day.
- 7.5% of respondents reported eating the recommended daily servings (5) of fruits and vegetables per day.



- Eating unhealthy foods was identified as the top challenge to healthy choices.



Q: During Ramadan and the current COVID-19 pandemic, how many times a week do you do physical activity/exercise?



## CONCLUSIONS

- The COVID-19 pandemic and Ramadan present unique challenges to healthy living.
- Community engagement is possible and sustainable during COVID-19 with a community-based model.
- Further engagement is needed with a focus on increasing:
  - Fruit, vegetable, and lean protein consumption
  - Physical activity
  - Mindful portions



## METHODS

- 3 virtual healthy cooking sessions were conducted during Ramadan focused towards culturally-relevant healthy meal recipes
- Recipes included:
  - Culturally relevant recipes
  - Non-perishable food items
  - Traditional ingredients
- Sessions were co-led by project leaders and community volunteers
- Mixed-method study design with data collected via RedCap



## CONTACT INFORMATION

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