

Food- and health literacy in bariatric surgery candidates

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Napels, 9 oktober 2023

NEDERLANDSE
OBESITAS
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Definitions

Food- and health literacy

- **Food literacy:** a collection of interrelated knowledge, skills and behaviors required to plan, manage, select, prepare and eat food to meet needs and determine food intake.



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Food- and health literacy

- **Food literacy:** a collection of interrelated knowledge, skills and behaviors required to plan, manage, select, prepare and eat food to meet needs and determine food intake.
- **Health literacy:** the degree to which individuals have the ability to find, understand, and use information and services to inform health-related decisions and actions for themselves and others.







NUTRI-study

Level of Food Literacy in patients who Undergo bariatric surgery

Questionnaires

SPFL

Self Perceived Food Literacy – 29 Q's

- Food choices
- Products at home
- Food preparation
- Eating with others
- What and when



Questionnaires

HLS-EU-Q16

Health Literacy Survey – 16 Q's

- Health care
- Health promotion
- Disease prevention



Preoperative data

Baseline characteristics

216 patients included, 3 treatment locations

Preoperative data

Baseline characteristics

216 patients included, 3 treatment locations



44 years



80%



43 kg/m²

Preoperative data

Food- and health literacy scores

Food literacy: 3.49 ± 0.44



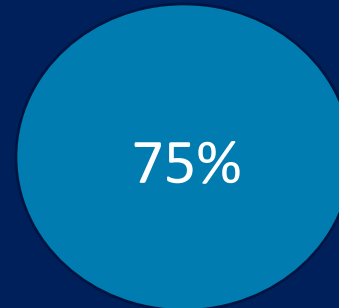
Preoperative data

Food- and health literacy scores

Food literacy: 3.49 ± 0.44

Health literacy:

- Inadequate: 1.4%
- Limited: 2.3%
- Sufficient: 96.3%



Food literacy

Preoperative associations

- Health literacy
- Sex
- Age
- BMI
- Level of education
- Country of birth
- Associated medical problems

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Conclusions

- Food- and health literacy seem not lower in the bariatric population compared to the general population
- Women have higher food- and health literacy scores

Further research

- Change in food- and health literacy levels
- Associations with weight loss

Thank you for your attention!

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