

Oldways Webinar
Research Update on African Heritage Diets
February 21, 2023, 2pm EST

Chat Questions

Note: Due to the overwhelming number of questions and limited time, some questions were not answered during the timeframe of the webinar. Afterward,, the Oldways Team and Dr. Samara Sterling were able to answer the questions that were not addressed during the live session. If you have additional questions, please feel free to contact the presenters:

Samara Sterling, PhD, RDN: ssterling@peanut-institute.com
Adante Hart, MPH, RDN: adante@oldwayspt.org

- 1. How did you encourage others to participate? What do you think were the main drivers for this success?**

Dr. Sterling: We encouraged participation by reaching out to prominent leaders in the community to help with recruitment. We did it through social media, TV interviews, radio slots, and word of mouth. Community involvement in the process cannot be overstated.

- 2. Also curious how you went about identifying, recruiting, training, and supporting the team leaders.**

Dr. Sterling: I live in the community where I work, which is important to note because that is not common for rural research. The benefit of this was that I was able to utilize some prior knowledge to identify team leaders. They were trained by me with help from a co-investigator. Team leaders all received lesson outlines that detailed their roles for each of the lessons. That way, they weren't on their own and messages were consistent. Each week team leaders met with us on the call 20 minutes before the session started. This was done to review responsibilities for the lesson and answer any questions they had. We also had regular review sessions with them.

- 3. Did you assess behavior and health outcomes post 12 weeks?**

Dr. Sterling: Yes, we assessed behavior at 6 months as well. For more info on the study, please see the publication here: <https://www.sciencedirect.com/science/article/abs/pii/S1499404622004924>

4. Any recommendations on finding appropriate handouts that are more culturally specific to utilize when counseling?

Dr. Sterling: Of course, I always recommend Oldways because I think they are a great resource for this. Ethnomed is also a great resource when working with immigrant populations: <https://ethnomed.org>.

Here's another website for diabetes educators, which also lists a couple more resources: <https://www.diabeteseducator.org/docs/default-source/practice/educator-tools/african-american-heritage-food.pdf?sfvrsn=2/>.

Oldways: You can download culturally tailored resources from Oldways [here](#). You can also learn more about the A Taste of African Heritage curriculum [here](#).

5. Is this 12 session program available for anyone to implement?

Dr. Sterling: Feel free to email me: ssterling@peanut-institute.com. We're currently working on formatting it for anyone to use, and would be happy to share.

6. Is there a specific cookbook you recommend for people not familiar with African foods?

Dr. Sterling: Vegan soul food cookbook: *Vegan Soul Food Cookbook: Plant-Based, No-Fuss Southern Favorites* by Nadira Jenkins-El is a good one. I also recommend Facebook groups a lot because these tend to be helpful. Brooke Brimm's "Vegan Soul Food" group is one that I would recommend because she uses soulful flavors along with a lot of whole foods in her dishes. She also recently released a cookbook: *Vegan Soul Foodie Recipe Guide: Dishes So Decadent You Can Serve to Meat Lovers* (Vegan Soul Foodie Recipe Guides). My favorite plant-based cookbook overall is *Give Them Something Better* by Sarah Frain and Stephanie Howard.

7. Any tips for how to prepare these meals within the context of time scarcity?

Dr. Sterling: Yes. We created a "Five 5-minute lunch ideas" handout for our participants that helps when time is scarce. I am happy to share if you email me: ssterling@peanut-institute.com.

8. Is there any plan for longer term follow-up with study participants? It'd be interesting to assess long-term behavior change.

Dr. Sterling: Yes. While we did a 6-month follow-up, we recognize the need for longer term studies, especially in the context of weight loss. This was completely grassroots, so we look forward to expanding the application.

9. Are the recipes online anywhere?

Dr. Sterling: Some of the recipes are online because we vetted YouTube videos before recommending them. Here are a few that we liked:

<https://www.youtube.com/watch?v=U2rmJFiDSio>

<https://www.youtube.com/watch?v=nFGXcfgOFC4>

And of course, Tabitha Brown is a good

option: https://www.youtube.com/watch?v=f3cQEMLnd_k&t=5s

I don't have the recipe for the crab cakes that Chef Mike used, but here is one that is listed on YouTube that looks good <https://www.youtube.com/watch?v=wLOb7tvhkAY> (I would recommend using less oil than is used in this recipe. The "crab" cakes can also be baked)

Oldways: The Oldways website also has dozens of culturally tailored recipes online [here](#), and the results can be filtered by regional cuisine (such as African Heritage or Latin American Heritage).