

Healthy Kitchens, Healthy Children: the impact of linking community kitchens to a school food program on women's economics, food security and mental health

Submission date 24/09/2018	Recruitment status No longer recruiting	<input type="checkbox"/> Prospectively registered <input type="checkbox"/> Protocol
Registration date 22/10/2018	Overall study status Completed	<input type="checkbox"/> Statistical analysis plan <input checked="" type="checkbox"/> Results
Last Edited 25/04/2022	Condition category Other	<input type="checkbox"/> Individual participant data

Plain English summary of protocol

Background and study aims

Food insecurity threatens dietary diversity, nutritional status and physical, mental and social health of vulnerable populations. Palestinian refugees in Lebanon are protracted refugees with fragile livelihoods, high rates of poverty and food insecurity. The aim of this study is to investigate the effect of participating in the Healthy Kitchens program on women's economic, social and food security outcomes.

Who can participate?

Adult women living in two Palestinian camps in Beirut

What does the study involve?

Two Healthy Kitchens will be established in existing community-based organisations in Palestinian camps. These are set up as small business enterprises, using participatory approaches to develop recipes and train women in food preparation, food safety and entrepreneurship. The kitchens will employ 32 women on a rotating basis to provide daily healthy meals to children attending local primary schools. The research project studies the effect of participating in the healthy kitchens program on women's economic, social and food security outcomes.

What are the possible benefits and risks of participating?

Women who participate in the community kitchens will likely benefit from increased income generated through the sale of food at schools. Minimal risk is anticipated in this study. There is a minimal risk of injury to women during work in the community kitchens; however, this risk is not above the normal risks that women are exposed to by working in their homes, and kitchen safety is covered in training sessions.

Where is the study run from?

Center for Research on Population and Health at the American University of Beirut (Lebanon)

When is the study starting and how long is it expected to run for?
September 2013 to December 2017

Who is funding the study?
The Nestle Foundation for the Study of Problems of Nutrition in the World (Switzerland)

Who is the main contact?
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Contact information

Type(s)
Scientific

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Additional identifiers

Protocol serial number
A 102829 -P 22047

Study information

Scientific Title
Healthy Kitchens, Healthy Children: a community-based intervention linking community kitchens to a school food program - the Healthy Kitchens component

Acronym
Healthy Kitchens, Healthy Children - Women's study (HKHC-W)

Study objectives
This study aimed to investigate the effect of a two-pronged intervention that employed women through social enterprises (Healthy Kitchens) to deliver a subsidised healthy daily school meal to elementary schoolchildren in Palestinian camps (Healthy Children).
We hypothesised that women who participated in the Healthy Kitchens component of the intervention would have improved economic status, food security and mental health.

Ethics approval required
Old ethics approval format

Ethics approval(s)

1. American University of Beirut Social and Behavioral Sciences Institutional Review Board (AUB SBS IRB), 20/12/2013, ref: FHS.HG.01 / FHS.HG.02
2. University of Maryland Institutional Review Board (UMD IRB), 02/12/2013, ref:535188-1

Study design

Interventional non-randomised study

Primary study design

Interventional

Study type(s)

Other

Health condition(s) or problem(s) studied

Women's livelihoods, empowerment and mental health

Interventions

This study, Healthy Kitchens, is a component of a wider study called Healthy Kitchens, Healthy Children.

The Healthy Kitchens component is designed as a pre-/post-intervention, where women were recruited to work in a community kitchen by community based organisations. Women were asked to cook daily school meals in two community kitchens. These meals form the snack provided to the intervention group in the Healthy Schools component. Data were collected at the baseline and the end of the study (month 9).

Intervention Type

Behavioural

Primary outcome(s)

Women's livelihoods and economic empowerment at the baseline and after 9 months using:

1. A household expenditure questionnaire, adapted from the Demographic and Health Surveys (DHS)
2. A women's empowerment questionnaire, adapted from the Women's Empowerment in Agriculture Index (WEAI)

Key secondary outcome(s)

The following are assessed at the baseline and after 9 months (unless otherwise stated):

1. Household food security, assessed using the Arab Family Food Security Scale
2. Mental health, assessed using the Mental Health Inventory - 5 (MHI-5)
3. Women's experience of participating in the intervention, assessed using open-ended questions at the end of the study (9 months)

Completion date

01/12/2017

Eligibility

Key inclusion criteria

1. Female
2. Aged over 18 years
3. Living in one of two Palestinian camps in Lebanon (Bourj el Barajneh and Shatila)
4. Willing and physically able to work from 7.30am - 12.30pm

Participant type(s)

Healthy volunteer

Healthy volunteers allowed

No

Age group

Adult

Lower age limit

18 years

Sex

Female

Total final enrolment

32

Key exclusion criteria

Does not meet inclusion criteria

Date of first enrolment

04/06/2014

Date of final enrolment

31/05/2016

Locations

Countries of recruitment

Lebanon

Study participating centre

Center for Research on Population and Health

Faculty of Health Sciences

American University of Beirut

Bliss Street

Hamra

Beirut

Lebanon

1107 2020

Sponsor information

Organisation

The Nestle Foundation for the Study of Problems of Nutrition in the World

ROR

<https://ror.org/021k07d19>

Funder(s)

Funder type

Research organisation

Funder Name

The Nestle Foundation for the Study of Problems of Nutrition in the World

Results and Publications

Individual participant data (IPD) sharing plan

The datasets generated during and/or analysed during the current study are not expected to be made available due to the fact that studies were conducted with vulnerable refugee populations, and data transfer agreements with the collaborating organisations restrict our ability to share these data with third parties.

IPD sharing plan summary

Not expected to be made available

Study outputs

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?
Results article		29/11/2019	25/04/2022	Yes	No
Abstract results	results presented at Experimental Biology, Chicago,	03/10/2018		No	No
Participant information sheet	Participant information sheet	11/11/2025	11/11/2025	No	Yes