

Eat well now - feel great for ever!

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How do you choose your food?

The day-to-day food choices we all make influence our long term health and can help prevent chronic disease throughout life. Food choices are usually influenced by many things, most of which are related to immediate concerns, rather than long term health impacts. This project aims to identify the barriers and enablers for young Australian adults to make food choices that support good long-term health. The findings will help us develop an app and strategies to overcome the barriers identified. Overall the project aims to support young Australian adults to make food choices that promote long-term health and wellbeing.



Pictured: Dr Veronique Chachay

Our questions for you

- 1- How should we connect with a diverse range of young adults to join our co-design team, other than by social media?
- 2- What approaches to engagement would appeal to a diverse range of young adults (aside from social media)?

Future involvement opportunities

- Who:** Young Australian adults (18 -30 years) representing diverse demographic and socio cultural backgrounds. 1 to 3 members from each demographic and socio cultural group for the initial co-design.
- What:** Co-design of the project, focus groups, preliminary survey testing.
- When:** Throughout 2023 for funding application writing.
- Where:** In the design phase: flexible interactions via email, Zoom and in person as best fits. Preliminary data gathering via focus groups can be via Zoom or in person on UQ St Lucia campus.
- How:** Time commitment is expected to be 2-3 hours monthly up until submission of funding application in mid-2023. Reward by gift cards for time commitment is expected to be available.
- Why:** Collaborating with people with lived experience will help us ensure that we develop a program that will meet the needs of young adults. When we get to the evaluation stage, a codesign approach will also mean that we measure success in ways that are meaningful to the intended users of the program.



Scan the QR Code to get in touch with the Veronique about consumer involvement on this project.

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 Veronique Chachay

I acknowledge the Traditional Custodians of the land where I work and live. I pay respect to Elders past, present and emerging.



CREATE CHANGE