Exploring the barriers and facilitators to the consumption of eggs and other protein-rich foods using focus groups.

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Methods

People over 55 years old were invited to one of 6 Focus groups and 2 interviews.

Transcripts from the audio recordings were analysed by two researchers independently.

The analytical strategy of Braun and Clarke (4) was used to perform a thematic analysis.

Data analyses

We identified 67 different codes (determinants) which were grouped into 13 themes.

<table>
<thead>
<tr>
<th>Participant characteristics (N = 39)</th>
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<tbody>
<tr>
<td><strong>Age range</strong></td>
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<tr>
<td><strong>Gender</strong></td>
</tr>
<tr>
<td>Female</td>
</tr>
<tr>
<td>Male</td>
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<tr>
<td><strong>Frailty</strong></td>
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<tr>
<td>Yes</td>
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<tr>
<td>No</td>
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<tr>
<td><strong>Working</strong></td>
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<tr>
<td>Yes (&gt;20 hrs/week)</td>
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<tr>
<td>No (&lt;20 hrs/week)</td>
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Results - Quotes

- Odour: “And I’m also conscious of the fact that if I open up my lunchbox in the office and I got an egg sandwich, then that office is going to smell in an unpleasant sort of way.” (FG 6)
- Physical abilities: “And they do repeatedly put them [eggs] on a high shelf. So you’re frightened they’re gonna break when you, when you try to reach them.” (FG 1)
- Suitability: “Although if you have it the wrong time of day, if you had a boiled egg for tea for example whereas we normally have a proper meal then I would feel short changed. If you had it for breakfast or for lunch maybe, then that’s ok.” (FG 4)
- Effort to prepare: “…an egg is very quick and easy to prepare…” (FG 3)
- Standby: “Also, it’s a good standby, eggs. If you get peckish at night, an egg sandwich, eggs on toast. It’s a good standby meal.” (FG 7)

Results - Themes

- Properties of the food
- Physical health/abilities
- Hedonics
- Preparation style
- Emotion
- Convenience
- Habit
- Nutrition and health knowledge
- Variety
- Physical environment
- Food safety
- Social environment
- Morality

Future research plans

Study 2 ➔ Questionnaire study

In a large representative sample, we aim to explore the relative importance of the determinants in relation to dietary protein intake.

Study 3 ➔ Intervention study

Using the outcomes of the questionnaire study, we plan to design an intervention study aiming to increase dietary protein intake and improve protein status in this target population.

References:

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