

Assessment of YouTube Videos for Preparation and Cooking of Pulses

Carlee Hamilton,¹ Ken Mullock,¹ Heather Tatarynovich,¹ Roseann Nasser,² Martina Richmond,¹ Dr. Phil Chilibeck,³ Dr. Gord Zello⁴

¹Nutrition Practicum Program University of Saskatchewan, ² Nutrition and Food Services, Pasqua Hospital, Saskatchewan Health Authority,

³College of Kinesiology, University of Saskatchewan, ⁴ College of Pharmacy and Nutrition, University of Saskatchewan

Background

Only 13% of Canadian consume pulses.¹

Eating meals with pulses such as lentils, chickpeas, beans, and peas can help reduce of cardiovascular disease, type 2 Diabetes and blood pressure. ^{2,3}

Researchers at the University of Saskatchewan started a website and YouTube channel to upload videos and recipes about preparing pulses to reduce chronic disease.

<https://epicallyhealthy.wixsite.com/epichealth>

Research Question

Are YouTube tutorials about preparing pulses a useful resource for health care professionals and the general public?

Methods

Study Design

A prospective study was conducted from February 1-22, 2020. An online survey was distributed via the Saskatchewan Health Authority (SHA) emails and at the University of Saskatchewan PAWS account (an online platform).

Inclusion Criteria

Adults aged 18 years and older from the general population were invited to participate, including clients of dietitians, and health professionals (dietitians, physicians, etc.).

Survey Development

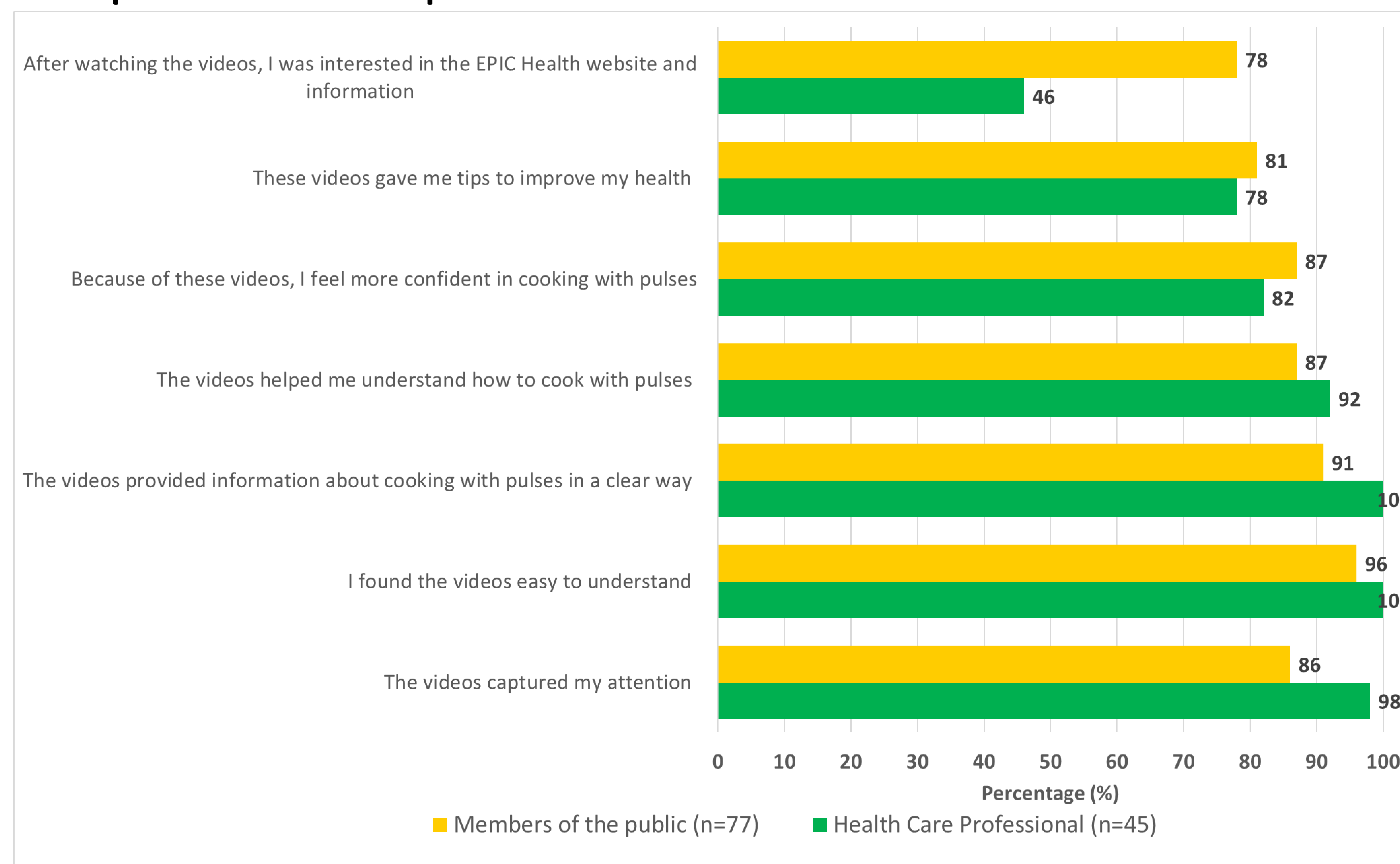
The survey consisted of 4 demographic questions and 15 questions pertaining to usefulness of the videos, capturing attention and the EPIC. The questions were base of another survey.⁴

Results

Demographics

- 52% (n=63/121) were between the ages of 18-29 and 88% (n=104/120) were female
- 62% (n=74/119) were members of the public and 38 % (n=45/119) were health care professionals

Graph 1 – Selected Responses from the Public and Health Care Professionals



Discussion

Pulse cooking YouTube tutorials are a useful resource and captured the attention for general public and healthcare professionals. There is an opportunity to share these videos more widely with the public and health professionals as education tools and to highlight the EPIC Health Website.

References:

1. Mudryj, A., Yu, N., Hartman, T., Mitchell, D., Lawrence, F., & Aukema, H. (2012). Pulse consumption in Canadian adults influences nutrient intakes. *British Journal of Nutrition*, 108(S1), S27-S36. doi:10.1017/S0007114512000724
2. Gao, R., Duff, W., Chizen, D., Zello, G. A., & Chilibeck, P. D. (2019). The Effect of a Low Glycemic Index Pulse-Based Diet on Insulin Sensitivity, Insulin Resistance, Bone Resorption and Cardiovascular Risk Factors during Bed Rest. *Nutrients*, 11(9), 2012. doi:10.3390/nu11092012
3. Kazemi, M., McBreairty, L., Chizen, D., Pierson, R., Chilibeck, P., & Zello, G. (2018). A Comparison of a Pulse-Based Diet and the Therapeutic Lifestyle Changes Diet in Combination with Exercise and Health Counselling on the Cardio-Metabolic Risk Profile in Women with Polycystic Ovary Syndrome: A Randomized Controlled Trial. *Nutrients*, 10(10), 1387. doi:10.3390/nu1010138
4. Nasser R, Cammer A, Bandara T, Bovee S. Staff Perceptions of Mealtime Management for training in long term care homes. *Can J Diet Pract Res* 2021; 82(1):32-37.

