

## Abstracts of workshops

### Conference 'Nutrition Disparity and Equity: From differences to Potential'

Friday, 8 November 2019 – WICC Wageningen

#### **Workshop 1: Empowerment for healthy nutrition**

**Moderators: Sabina Super (Wageningen University & Research) and Annemarie Wagemakers (Wageningen University & Research)**

Opportunities for healthy living and eating are not evenly distributed across society, leading to persistent differences in health between low and high socioeconomic groups. Addressing these health inequalities requires health professionals to deal with the root causes of these differences: the unequal distribution of power, income, goods and services in our society. Empowering disadvantaged groups to access, use and benefit from the resources that are available for health is essential to reduce health differences. In this workshop we are going to discuss what empowerment for healthy nutrition entails and what strategies are available for health professionals to engage in an empowerment process together with the target group.

#### **Workshop 2: Ethical reflection on healthy eating interventions for food equity**

**Moderators: Beatrijs Haverkamp (Wageningen University & Research) and Christina Gillies (Wageningen University & Research)**

In this workshop, participants will ethically reflect on the promotion of healthy eating for the sake of food equity as pursued in local public health interventions. To encourage critical reflection on normative assumptions in health promotion, participants will engage in scenario-thinking and discuss two dilemmas with regards to current interventions to promote healthy eating in the City of Utrecht. The workshop will challenge participants to assess values, norms, and beliefs that are potentially conflicting in efforts to promote healthy eating and reduce social inequalities in diet.

#### **Workshop 3: Enabling community action and advocacy: The Photovoice Methodology**

**Moderators: Meredith Overman (Maastricht UMC) and Caro-Lynn Verbaan (Wageningen University and Research)**

Photovoice is a participatory research methodology which enables participants to “identify, represent, and enhance their community through a specific photographic technique” enabling researchers to have a deeper understanding of the topic under examination (Wang & Burris, 1997, p. 369).

During this workshop, we will walk you through the world of photography combined with research. We will shed light on the methodology, the analysis of visual images and practical considerations.

The workshop will be interactive, and will cover the following:

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- A methodological background of photovoice;
- An explanation on how to use photovoice;
- A case study: "Making sense of food and health: Exploring the low-carb diet";
- A photovoice exercise, where workshop participants can experience photovoice themselves; and
- A discussion and reflection on the methodology.

#### Learning objective

By the end of the workshop, participants are expected to:

- Have insight in the photovoice methodology and understand how this method can be used.
- Understand photovoice from a researchers and participants perspective.
- Discuss real challenges to using photovoice in their own research with presenters and fellow attendees