



Wednesday, 12th February 2014

1.00 - 2.00

MR 317

**Karolina Gombert****Foodways and Futures - A participatory action research approach to exploring the food choices of young homeless people in Aberdeenshire**

13,350 young people (16 to 24) become homeless in Scotland every year. Along with the increasing food poverty in the UK, young people experiencing homelessness struggle to meet their nutritional needs on top of the socio-economic difficulties they face day to day. There are concerns that the recent welfare reform does not positively influence the development of an independent living; and efforts aimed at the modification of young people's eating behaviours have met with mixed success.

First field observations at the charitable youth organisation The Aberdeen Foyer have confirmed that sustaining a healthy diet on 10 pounds per week is challenging. Two key concerns crystallise: firstly, the health implications of malnutrition in young people, and secondly, social justice. In taking a participatory and community development approach and applying action research methods of inquiry, the Foodways and Futures project will actively include young people accommodated by The Aberdeen Foyer in the research process. Aiming to answer the overriding question "How do the food choices of young vulnerable people in Scotland, accommodated by the Aberdeen Foyer, interact with health, social and economic inequalities?", the project has been designed to proceed in three major phases:

1. Observation/Exploration
2. Changes,
3. Synthesis: Analysis and Policy Recommendations.

For further information please contact: [elizabeth.robertson@abdn.ac.uk](mailto:elizabeth.robertson@abdn.ac.uk)