

## Role of video recording in identifying challenges in food preparation and feeding in Uganda

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### *Objective*

Trial of improved practices are considered as golden standard to develop cultural acceptable nutrition education programs. They are based on a personal dialogue between a customer and an extension agent. It includes repeated 24h recalls and advice provided by the extension agent who might not be present during actual food preparation and meals.

Information collected via video recording have found to be beneficial to identify nutrition education messages which cannot be captured by an interview or focus group discussion (FGD) alone. However, videos may intrude a situation especially in a surrounding where video technology is not known. This needs to be reflected in the analysis process.

### *Method*

In this study randomly selected mothers with children below five years in Kapchorwa district in Uganda were interviewed with a structured questionnaire assessing dietary intake and feeding practices. Six mothers were asked whether they allow video recording during cooking.

### *Results*

The mothers had no objections that a video is taken. Although the video camera attracted and distracted family members at the beginning of the recording it could be observed that it was less recognized in the process. Five recordings showed the limitations for the preparation of diversified foods. One recording was done documenting a child feeding practice which showed limitations in responsive feeding. The existing video material was considered helpful for the broader research team to discuss barriers and challenges in food processing and feeding practices which cannot be captured in an interview and FGD due to existing language barriers.

### *Conclusion*

We conclude that video recording should be included in the preparatory work for developing behaviour change messages as it has a high potential to provide information which cannot be captured in interviews or personal counselling but are essential to improve nutrition education material.