

Western Heads Home:

Implementation of a Probiotic-Yogurt Kitchen in London, Ontario

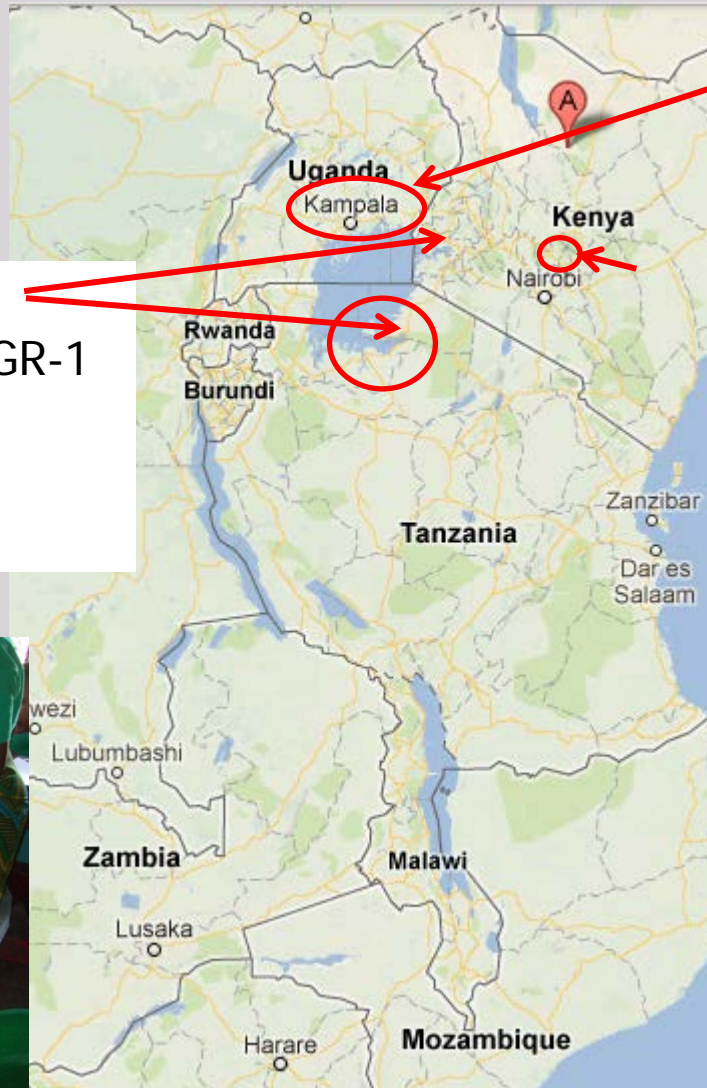
Charlotte E Coleman

03/25/2015

University of Western Ontario

Research Goal:

To replicate the successes of community-based probiotic yogurt kitchens in Africa in London, Ontario



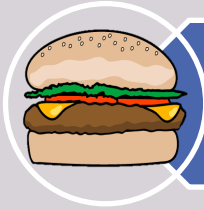
Yoba 4 life yogurt with *L. rhamnosus* GG

Field trial scheduled to test anti-aflatoxin effects of novel yogurt in Eastern Kenya

Western Heads East
Yogurt with *L. rhamnosus* GR-1
Including 10 kitchens in
Mwanza. Target is HIV,
diarrhea, malnutrition.



Project Goals



To provide the London population with affordable access to probiotics



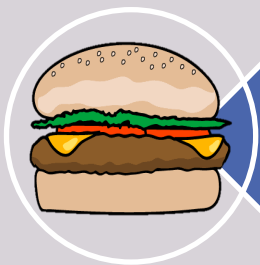
To establish a community-based social enterprise model to allow for economic growth



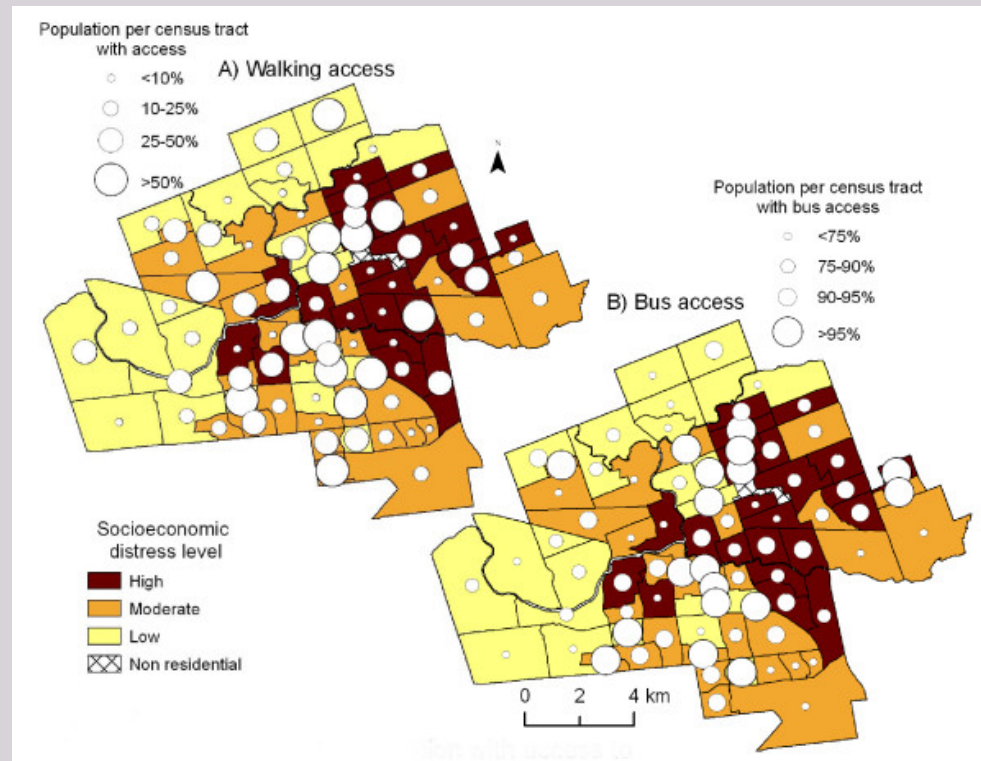
To educate the public on the benefits of fermented food and probiotics



To establish a community-based social enterprise model to allow for economic growth

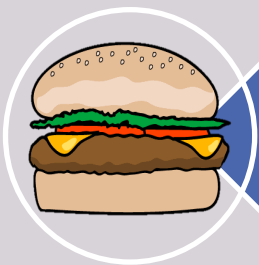


Improve Nutrition

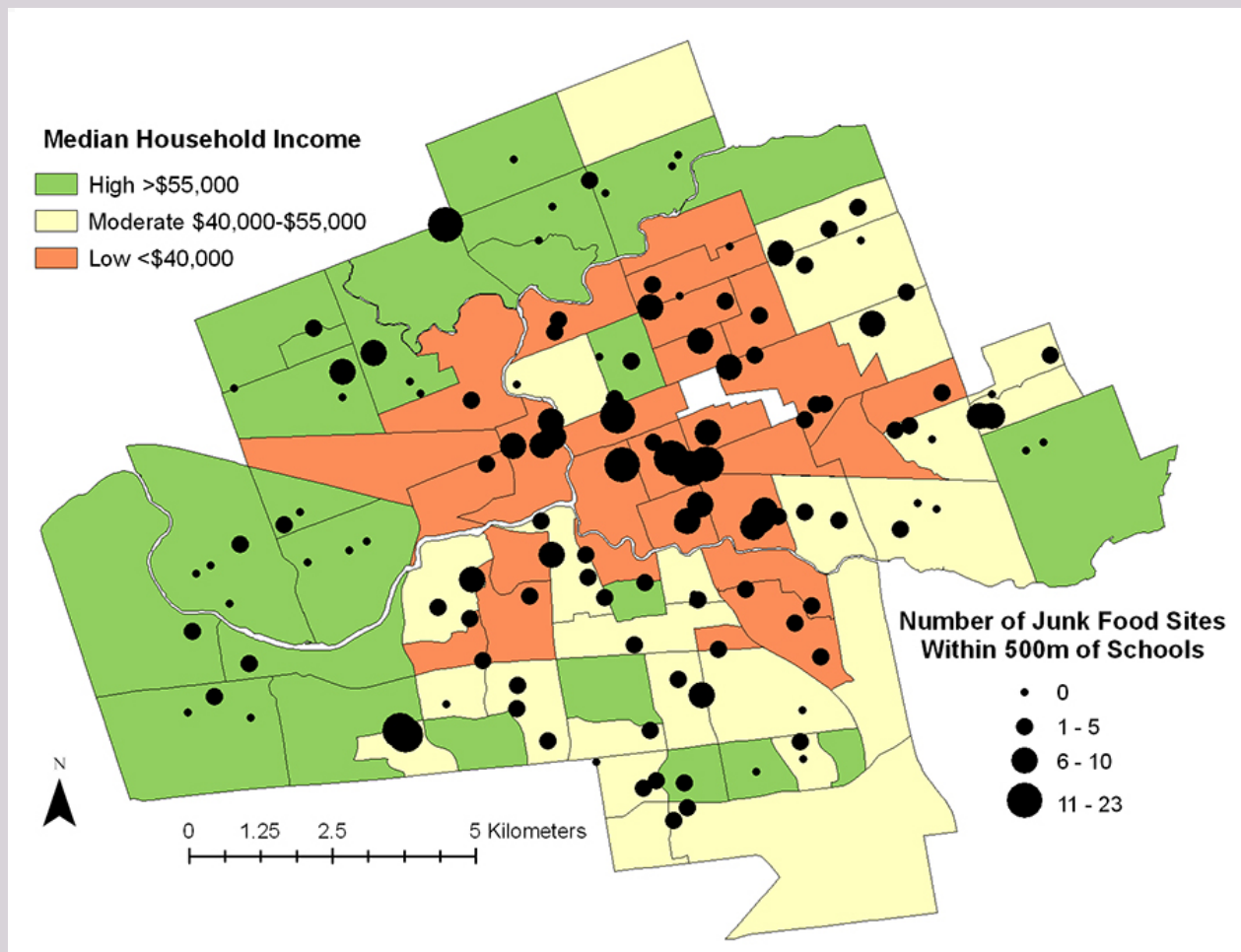


Proportion of census tract population with access to supermarkets and neighbourhood socioeconomic distress level, 2005. *Source: Statistics Canada, 2001; Vernon's City Directory, 2005.*

Larsen and Gilliland *International Journal of Health Geographics* 2008 7:16



Improve Nutrition



Canadian Geographic, April 2015 based upon Jason Gilliland's work.

Probiotics (prōbī'ädik)

n.

Live microorganisms which when administered in adequate amounts confer a health benefit on the host

Known benefits of probiotic yogurt for health

- ▶ Prevention and treatment of diarrhea
- ▶ Reduction in duration of respiratory infections
- ▶ Prevention of bladder and vaginal infections
- ▶ Potential reduced risk of preterm labour and sexually transmitted infections
- ▶ Relief of colic in babies
- ▶ Improved management of irritable bowel syndrome
- ▶ Many other benefits.....

Probiotics (prōbī'ädik)

n.

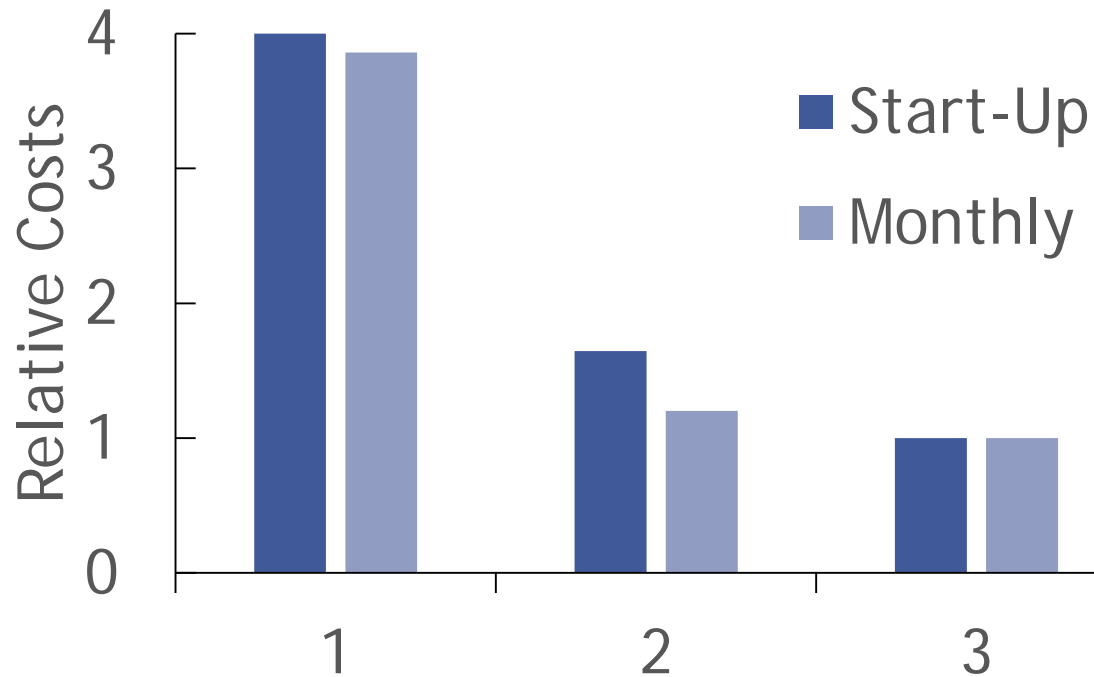
Live microorganisms which when administered in adequate amounts confer a health benefit on the host

- ▶ Yogurt (Mozaffarian et al., 2011)
- ▶ Cholesterol (Ejtahed et al., 2011)
- ▶ “Western Diet” (Theofilos et al., 2013)





Economic Growth



University-Community Partnership



Education on Nutrition and a Healthy Lifestyle

- ▶ Health Promotion Students
- ▶ Community Initiatives



Scientific Partnership

- ▶ Clinical Trials
- ▶ Long-term Studies

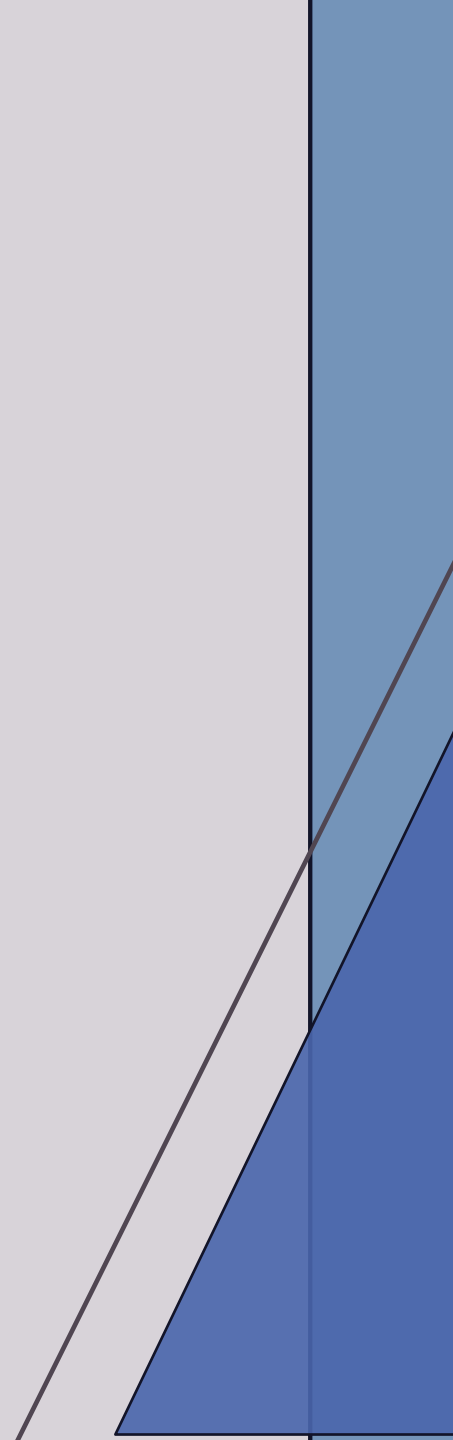
The Next Steps

This Project:

- ▶ Site selection
- ▶ Detailed business plan
- ▶ Implementation

Future Opportunities:

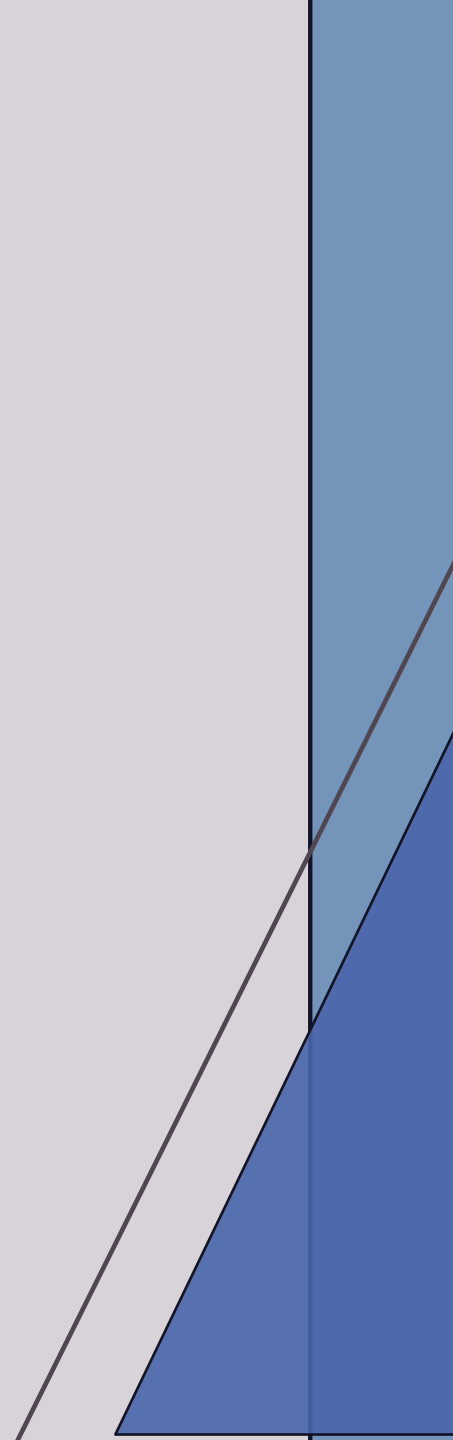
- ▶ Explore scientific research opportunities
- ▶ Exploration of different ideas (ie. new products, teaching programs, etc.)
- ▶ Expansion to other locations



Conclusion

This project will provide:

- 1) Affordable probiotic yogurt
- 2) Economic growth
- 3) A media for health promotion
- 4) A hub to connect community initiatives
- 5) A valuable resource for future scientific studies
- 6) A training center for Western Heads East interns



Acknowledgements

I would like to thank the following individuals for their input and guidance:

1. Dr. Gregor Reid
2. Bob Gough
3. Dr. Shari Hekmat
4. Melissa Costella
5. Stanislav Rajic
6. Phil Singeris
7. Ian McCleary