

# SUPPORT SEEN AS KEY IN IMPROVING HEALTH WITH PULSES

Telling people that eating pulses can help improve their health is one thing. Getting them to actually do so is quite another.

Closing the gap between information and behaviour is at the heart of an ongoing project led by Dr. Doug Klein, a physician and Professor at the University of Alberta's Department of Family Medicine.

He is studying the role of personal advice and support in improving health outcomes. Klein's plan is to offer one group of study participants counselling about diet (including pulses) and exercise. Members of this group will be encouraged to build and act upon a personal health plan. A second group will receive only basic information, not one-on-one support.

This study could highlight what kinds of advice and encouragement will lead to better health outcomes, with increased pulse consumption part of the health menu.

"The more we support the population in eating better and moving in a way that our bodies were designed to do, the less chronic disease is going to emerge," Klein said. "With this project, I'm really excited that we have an opportunity to support people to make good choices for their health."



Sharing the story of our farms is an ongoing priority and involves the whole family! APG actively engages with students, teachers, dietitians and chefs to support learning and use of pulses.

*"To realize the every plate part of our vision, we need to continue to support efforts to encourage uses of pulse crops, both whole and in their parts. Market stability may be measurable, but there are benefits to building local processing that would be nearly impossible to quantify. Consumers seem to love local branding and reducing carbon footprint (through reduced transportation and handling). Our job as farmers is to grow safe, high-quality food (as dictated by consumer demands) as efficiently and sustainably as possible, and communicate these attributes respectfully to consumers when possible. I don't think it's our job to shove science down their throats (however true and proven the science may be), nor is it our job to tell consumers they are making 'wrong' decisions."*

**Shane Strydhorst**  
**APG Director**  
**Neerlandia (Zone 3)**