

# Effective Food Safety Messages and Delivery Mechanisms for Transplant Recipients and Their Caregivers

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# Objectives:

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- Identify key health and safe food handling messages to prevent foodborne illnesses among transplant recipients
- Identify and showcase preferred communication channel with key features
- Identify potential dissemination sources

# Why Target Transplant Recipients? (1)

- Among 20% of Americans considered at-risk
  - Immunosuppressants protect their newly transplanted organ/bone marrow
  - More susceptible to developing infections
- Gap in food safety educational materials specifically for them

## Why Target Transplant Recipients? (2)

- Must be vigilant in selection and preparation of foods to avoid contracting foodborne illnesses
- Focus group findings reveal that transplant recipients are willing to adapt behaviors that promote recovery/wellness

# What Are the Key Health and Food Safety Messages? (1)

- Immunosuppressants
  - Weaken the immune system
  - More susceptible to infections
    - Including foodborne illness
- Among the at-risk population
  - Lengthier illness, hospitalization, or even death



# What are the Key Health and Food Safety Messages? (2)

- Foodborne illness is preventable
  - Fight BAC® : **Clean, Separate, Cook, Chill**
- Make safe food choices
  - Consult with physician/transplant coordinator
- Safe food handling is a team effort
  - Family members
  - Caregivers
  - Others, including transplant recipient, that prepare food

# What is the communication channel?

- Brochure
  - Primary Prevention Tool
- Development:
  - FSIS
  - Qualitative Research
    - Groundbreaking research by Drs. Medeiros, Kendall, and Hillers
    - Focus Groups/Telephone interviews
  - United Network of Organ Sharing
  - National Institutes of Health
  - Dr. Sam James, Arizona Medical Center



# Key Features of Brochure

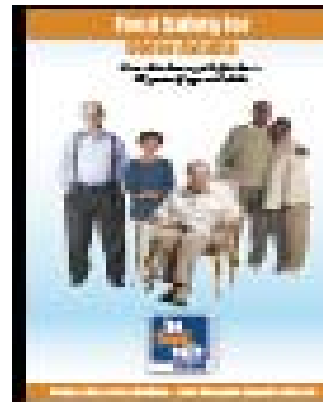
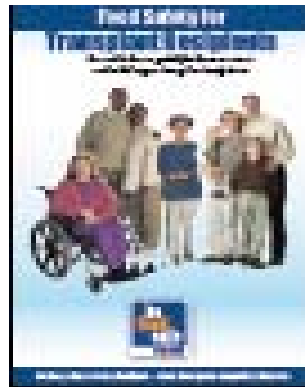
- Rationale for information
- Safe food handling principles
- Lower risk food options
- Food storage chart
- Symptoms of foodborne illness and action plan
- Clip-out cards



# What is the Dissemination Strategy?

- United Network Organ Sharing
- Health and Human Services
- Transplant Organizations
- Others
  - State/Local organizations
  - Civilian and Military Health Facilities
- Traditional Sources, e.g., partnering agencies/organizations, conferences

# Immune-Compromised Brochure Series



# USDA Food Safety Resources

## Got Food Safety Questions?



**“Ask Karen”** is available 24/7.  
Visit [www.fsis.usda.gov](http://www.fsis.usda.gov). Click on “I Want  
To ... Ask A Food Safety Question”

Call the USDA Meat & Poultry  
**Hotline: 1-888-MPHOTLINE**  
(1-888-674-6854)

