

# Nutritional & Cultural Access

Phase 2 Team C

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# Providing nutrient dense foods

Barriers & Limitations

# Intertwining factors

maternal support

recent childbirth

depression and other psychosocial issues

❁ grandma vs. dad in the home

❁ single mother

❁ new mothers have lifestyle changes, social isolation and poor health status risk

❁ higher food insecurity associated with stress and depressive symptoms

# race & low income

- ❁ 3x as many African Americans experience food insecurity than non-Hispanic whites (Laraia et al, 2009)
- ❁ financial constraints: pay for non-food expenses due to season (utilities)
- ❁ low wage jobs (long hours, little time for food prep and shopping)
- ❁ requiring government benefits (rely on FNS means infrequent shopping and low intake of fresh foods due to depletion at end of month) (Patil et al, 2009)

# household composition

households with children  
experience higher rates of  
food insecurity

(Laraia et al, 2009)

Latina women in a study in  
CA reported reducing food  
intake in winter to spare more  
food for other family  
members

(Dubowitz et al, 2007)



# geographic factors & more

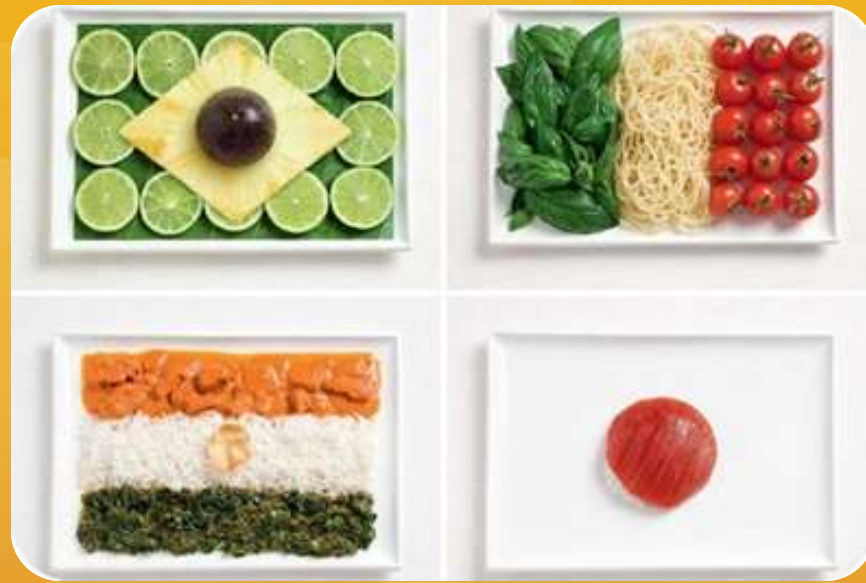
## food quality

- ✿ healthy food is **less convenient**
- ✿ lack of high quality produce and other nutritious sold locally
- ✿ no supermarkets or large grocery stores nearby
- ✿ transportation is problematic for low income

Dubowitz et al, 2007  
and Zenck et al, 2009

## neighborhood foods

- ✿ believed to carry low quality
- ✿ **quality and nutritional value of prepared/fast food proved to be of very little consequence** to US-born English-speaking women than to foreign born women in same neighborhood
- ✿ low income African American neighborhoods **may never have had the chance to develop taste** for high quality foods



# Accessing culturally appropriate foods

Barriers & Limitations

# immigrant status vs. U.S. citizenship

- ❁ **not as much food preparation emphasis** in US as in other countries (Mexico)
- ❁ **fast food availability** and accessibility has contributed to **worse dietary habits** (a study in Latino population)
- ❁ **inadequate physical access to high quality fruits and vegetables** normally available in home countries or prepared by parents is a **barrier to eating fruits and vegetables for Latinos**
- ❁ **longer periods of time in US** are associated with **greater** likelihood of consumption of seasonings, drinks, **vegetables**, added sugar and sweets, milk and oils.
- ❁ **time constraints due to low wage jobs** carry over to food preparation priority for foreign-born women
- ❁ **children** are agents of diet change and influence parents



# They've been there, and done that.

Interventions & Strategies



# Urban Food Store Intervention positively affects food-related psychosocial variables and food behaviors

Joel Gittelsohn et al  
2010

- ❁ first food store intervention trial in low income urban area
- ❁ components of increasing nutritious food stocked, point of purchase promotion, nutrition education efforts (modest push only)
- ❁ had culturally competent liaison to work with store owners
- ❁ no significant difference in materials exposure and food getting behaviors between intervention and comparison groups
- ❁ highest exposure and difference within intervention group included food demos and taste tests, which affected food preparation and intention of healthy food choices

# Studies with focus groups

## Unpacking dietary acculturation among new Americans: Results from formative research with African refugees

- ❁ children play a role in what's eaten in the home (very true for those with recent immigrant status)
- ❁ home foods are expensive in the US
- ❁ knowledge transfer: obstacle of language and literacy, but willingness to learn new recipes and eat American food

Patil et al (2009)

## Life course, immigrant status and acculturation in food purchasing and preparation among low-income mothers

- ❁ 1 in 9 US citizens are immigrants and 1 in 4 low-wage workers are immigrants
- ❁ plenty of food and cheaper, but of lower quality
- ❁ more commitment to food preparation
- ❁ US born women likely to eat out/take out and shop in only 1 or 2 places

Dubowitz et al (2007)

# Recommendations for King County

Interventions & Strategies



# research + WIC

- ❁ increasing fresh fruit and vegetable variety to appropriate to frequented grocery stores (closer to residence)
- ❁ approving WIC checks for use in popular ethnic grocery stores, regardless of proximity
- ❁ increasing supply in convenience/corner store to provide culturally appropriate and nutritious food options that are reasonable in price and quality
- ❁ parallel educational program that includes food samples and cooking demonstrations

# references

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