



Creative Adaptions for Increasing Healthy Eating Habits for Low Socioeconomic Status Families

By: Eileen Diih Mentor: Dr. Laura Anderson

BACKGROUND

A nutritious diet is essential for optimal human growth and well-being. Low SES families encounter economic, social and educational barriers which may obstruct their access to fresh produce and encourage unhealthy eating behaviors. Obesity and chronic lifestyle diseases are directly related to unhealthy eating behaviors. Researchers have discovered that low-SES individuals are harder to reach through standard lifestyle interventions. As a result, interventions must be modified and individualized in order to effectively target low SES communities. (Bukman et al., 2014)

Barriers to Healthy Eating Habits

Availability

A food desert is a part of a country that has a limited amount fresh fruit, vegetables, and other healthy whole foods available. This is mainly due to a particular area lacking in access to farmer's markets, grocery stores and healthy food providers. Food deserts do not necessarily mean these communities have no food available; but the food that is predominantly available is low in nutrient density and high in caloric intake.



MED Theory



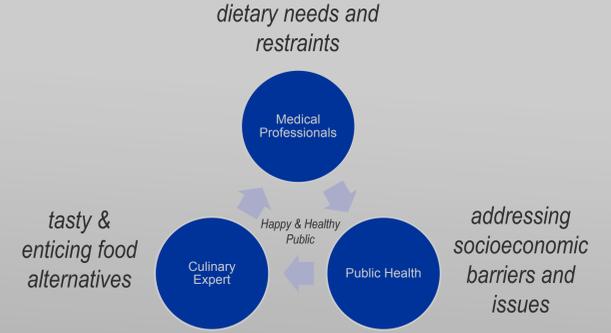
share what you've learned with others and keep this lifestyle change engaging and relevant to you

Teaching Kitchens

- Required laboratory classes
 - Wearable technologies for tracking eating behaviors
- Research has shown that mindless eating predictably leads to increased caloric intake. "Teaching Kitchens" has been shown to be effective but costly.

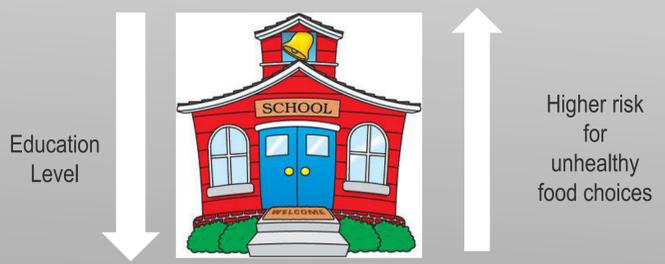


What if medical schools partnered with culinary schools and public health officials to form a "united front?"



Barriers to Healthy Eating Habits

Education



Research has discovered a genuine lack of knowledge with regard to people identifying and preparing healthy foods. If we do not extensively educate and learn about the food groups in school, how else would the general public be exposed to this type of information?

Culture

Culture plays a significant role in what people eat. Some individuals believe that all traditional and ethnocentric foods are healthy in comparison to all unhealthy fast foods. This belief leads to the uninhibited consumption of traditional foods, regardless of their quality and hygiene.



Proactive vs. Reactive Lifestyles

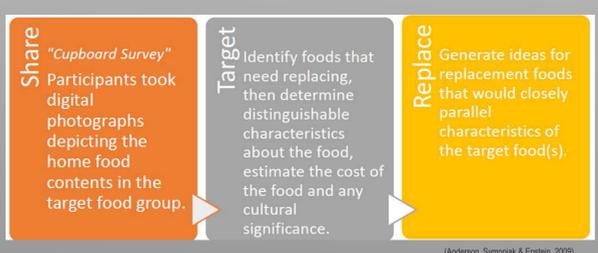
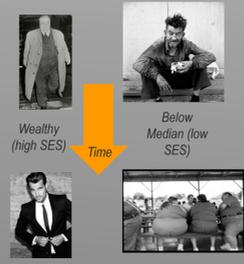
Higher SES individuals tend to be more future minded that lower SES individuals. They experience less chronic stress and as a result have more 'psychological space' to better plan their day and make healthier lifestyle decisions. Why should you wait until you are diagnosed with obesity related diseases to change your lifestyle habits? We need to emphasize the importance of promoting a proactive not a reactive mindset.

Suggested, New Occupation: Ethnonutritionist

An occupation that will address how the culture of a nation and/or race impacts the overall nutrition of a family and recommends ways to overcome these barriers.

How is the Emerging American Culture Impacting the Eating Habits of Americans?

- increasing availability of inexpensive food
- reduced necessity of manual work
- growth of sedentary recreational activities, and limited access to active lifestyles



Shared a digital photograph. Targeted the unhealthy characteristics. Fried (vegetable oil which is high in fat) Meat (ground beef) Estimate cost is around \$10 Cultural Significance Latin and South American roots Social interactions / family "comfort" food Replaced Can we bake this? No. Exchange vegetable oil for light olive oil Exchange ground beef (high in saturated fats and cholesterol) for ground turkey Cost is the same or even cheaper depending on the store Enjoy the same cultural feel!

Government Intervention

States Reallocate Revenue from Soft Drinks	Fund programs like "Teaching Kitchens"
Ratio of Fresh Food Availability and Population Density	Paid Time off of Work for High Risk Obesity Patients
Health Insurance Incentives for Healthy Behaviors	Subsidizing Healthy Food Purchases

Acknowledgements



Dr. Laura Anderson
PULSE Healthy Weight Research Team
UB School of Nursing
Ronald E. McNair Scholar TRIO Program

Cost of Healthy vs. Unhealthy Foods



1 lb. of grapes = \$4.99
Combo meal = less than \$8

Cost of Time

In general, low SES individuals are concerned that eating healthy takes too much time and effort and will not change their lifestyle unless their physical health prompted them to do so.



Methodology - Preliminary Literature Review

- ✓ 25+ Articles
- ✓ Databases Utilized: PubMed, MEDLINE, Government collected census data and resources
- ✓ Keywords used: low SES, lifestyle interventions, obesity in relation to SES, economic and educational barriers in low SES populations, cultural impacts on food consumption

References
Dodd, B., & Johnson, M. (2013). Healthy Eating in an Era of Global Obesity and Diabetes. *Thorough Online for Diet. Academic Medicine*, 88(1), 1-10.
Garcia, R., & Laska, S. (2015). How much economic data contribute to participation in healthy eating? *Health Affairs*, 34(12), 2198-2202.
Harris, K., & Laska, S. (2015). *Health Affairs*, 34(12), 2198-2202.
Harris, K., & Laska, S. (2015). *Health Affairs*, 34(12), 2198-2202.
Harris, K., & Laska, S. (2015). *Health Affairs*, 34(12), 2198-2202.
Harris, K., & Laska, S. (2015). *Health Affairs*, 34(12), 2198-2202.
Harris, K., & Laska, S. (2015). *Health Affairs*, 34(12), 2198-2202.
Harris, K., & Laska, S. (2015). *Health Affairs*, 34(12), 2198-2202.
Harris, K., & Laska, S. (2015). *Health Affairs*, 34(12), 2198-2202.
Harris, K., & Laska, S. (2015). *Health Affairs*, 34(12), 2198-2202.