



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

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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.



Barriers to Healthy Eating Habits

Education



Education Level

Higher risk for unhealthy food choices

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?

Economics



Cost of Healthy vs. Unhealthy Foods

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.



1 lb. of grapes = \$4.99

Combo meal = less than \$8



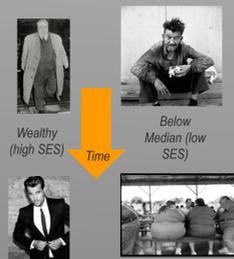
Culture

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.



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



MED Theory



alternative behaviors and promote positive attitudes towards healthy eating

how to eat healthy within cultural and economic means through effective mediums

Proactive vs. Reactive Lifestyles

Higher SES individuals tend to be more future minded than 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.



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!

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?"



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

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