

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

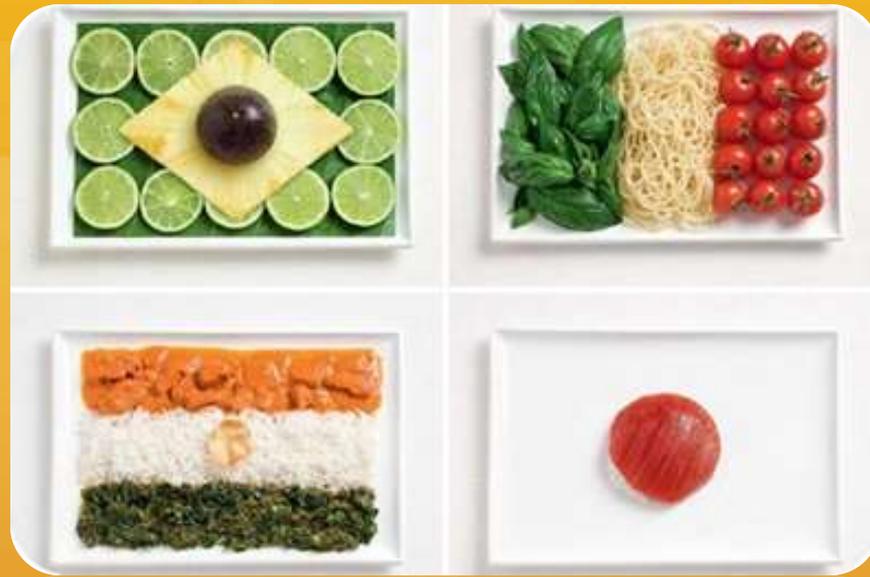
food quality

- ✿ 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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