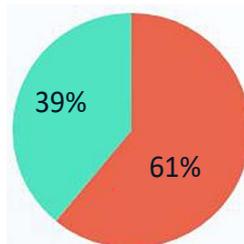


# Cultural Perceptions of Diet and Health Among Boston Latinos

Report

## Demographics

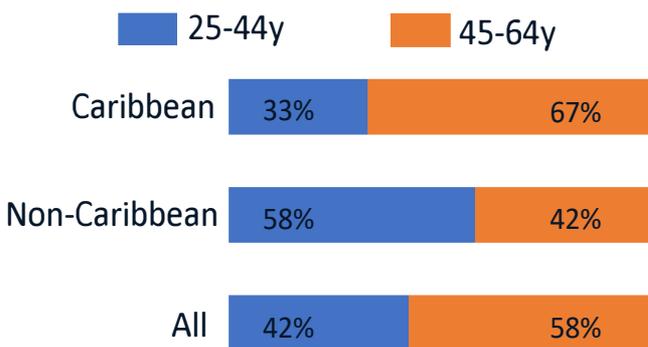
- Caribbean
- Non-Caribbean



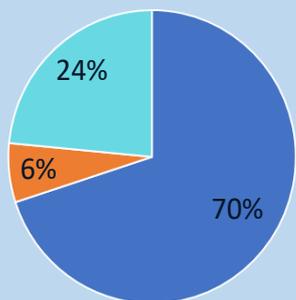
The Cultural Perceptions of Diet and Health Among Boston Latinos Study has a goal of improving the diet and the health outcomes of the adult Hispanic/Latino community in Boston, Massachusetts. In 2018, a total of 200 surveys were collected during a period of 4 months among Latinos aged 25-65 years in the Greater Boston Area. The questionnaire asked about overall health and perceptions or attitudes towards diet, based on cultural identity, practices, and preferences.

The information obtained from the surveys is being used to create programs for healthy eating that reflect the cultural preferences of the Latino community. The study was done as a collaboration between the Harvard T.H. Chan School of Public Health and the South End Community Health Center and the additional support of community organizations in the Greater Boston Area.

## Participant's Age Distribution

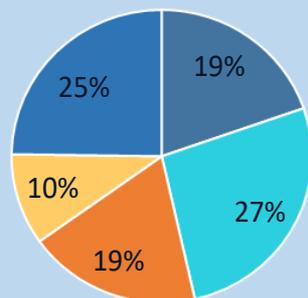


## Language Preference



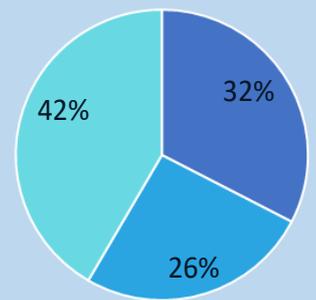
- Spanish
- English
- Both equally

## Annual Household Income



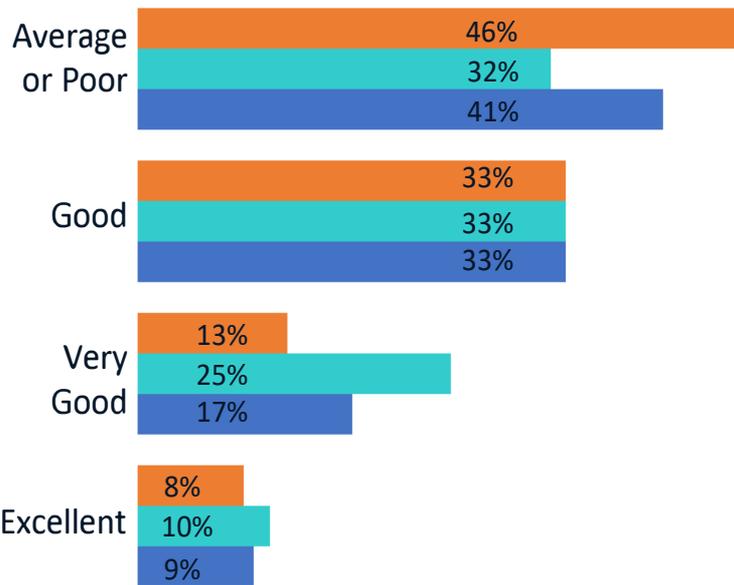
- < \$10,000
- \$10,000 - \$25,000
- \$25,000 - \$50,000
- > \$50,000
- Prefer not to say

## Educational Attainment



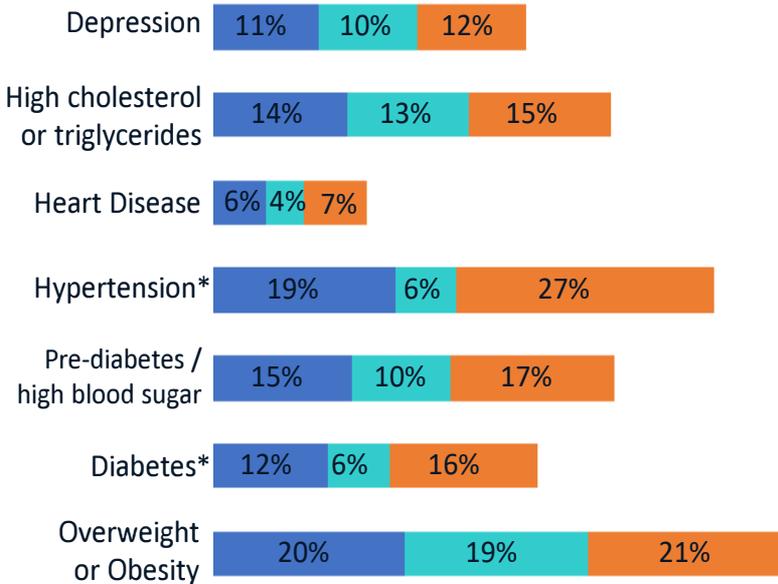
- Less than high school
- High school
- More than high school

## Self-reported Diet Quality



Less than 1 in 10 participants reported consuming a diet of excellent quality. In comparison to Non-Caribbean, more Caribbean participants reported an average or poor diet quality.

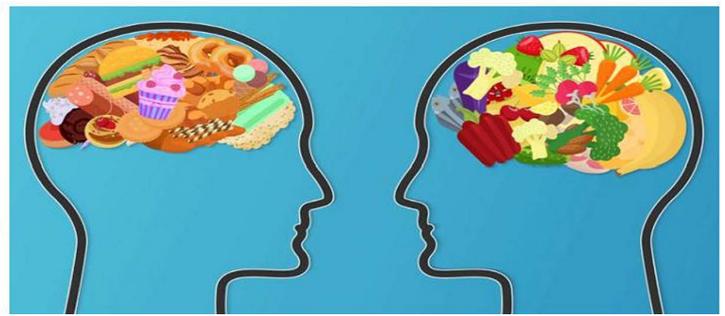
## Self-reported Medically Diagnosed Conditions



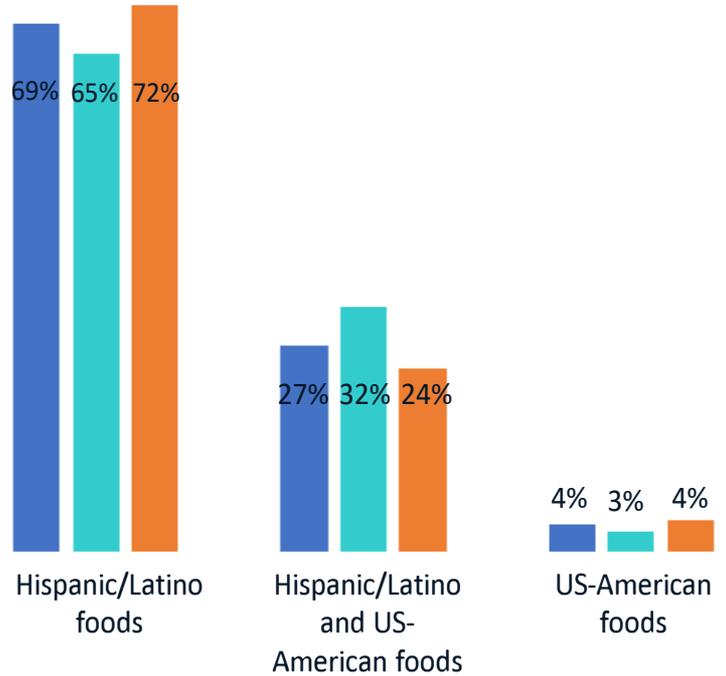
\*Statistically significant between heritage groups

1 in 5 participants reported being medically diagnosed with overweight/obesity or hypertension. Caribbean participants reported a higher prevalence of diabetes and hypertension than non-Caribbean participants.

Caribbean Non-Caribbean All

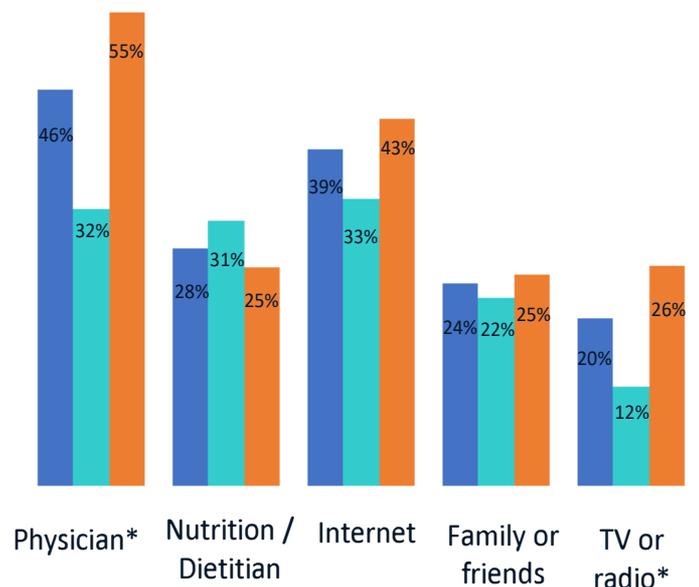


## Dietary Preferences



The majority of Latinos preferred Hispanic and Latino foods over US-American foods.

## Top Sources of Nutrition Information



\*Statistically significant between heritage groups

Caribbean participants reported receiving nutrition information from their physician or from TV or radio more frequently than non-Caribbean participants.

Reasons to eat healthy	All	Non-Caribbean	Caribbean
It will improve my health	96	97	95
It will make me look better	91	90	92
I can use them in various recipes and meals	85	86	85
My family and friends like healthy food	56	49	61
I want to please my family and friends	48	49	47
It is inexpensive	44	51	39
Shown as percent of adults who agree with statements			

- The reasons to eat healthy foods were similar across all Latino groups.
- Overall, participants agreed that a reason to eat healthy is because it will improve their health and make them look better.
- Few respondents agreed that wanting to please family and friends is a reason to eat healthy.
- Few respondents agreed that inexpensive healthy food is a reason to eat healthy.

Attitudes towards healthy eating	All	Non-Caribbean	Caribbean
Eating healthy will keep me healthy	95	99	93
Eating healthy will help me look good	92	91	92
Family should eat together the same healthy foods	86	90	83
Eating healthy foods would be appetizing and satisfying	80	81	80
Foods taste better when they don't have any healthy foods	25	22	26
Healthy food options are boring	27	20	31
Eating healthy means eating unfamiliar foods	29	23	33
It is fine to eat tasty food at special occasions, even if unhealthy*	58	67	52
Eating healthy is expensive*	66	57	73
When I have cravings to eat an unhealthy food, I eat it without remorse*	60	49	67
Someone who only eats healthy foods is weak and unwell*	24	15	30
Shown as percent of adults who agree with statements			
*Statistically significant between heritage groups			

- Attitudes about healthy eating vary by heritage group.
- Most Latinos agreed that families should eat healthy foods together.
- Almost three quarters of Caribbean participants agreed that healthy eating is expensive, while only about half of Non-Caribbeans agreed with the statement.
- About a third of Caribbean participants agreed that someone who only eats healthy foods is weak and unwell, while less than 15% of Non-Caribbeans agreed with the statement.

For more information please visit us at:

<https://www.hsph.harvard.edu/josiemer-mattei/research-projects/>

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