

ABSTRACT

Objective: To identify the barriers to healthy eating by the working population in Trinidad.

Design: A cross sectional study, was used to conduct the research among working persons from four areas in Trinidad. The procedure had a mixture of self- administered and face to face questionnaires.

Setting: The study was conducted between January 3rd to January 20th 2011, in six (6) randomly chosen public institutions and four (4) randomly chosen private institutions.

Subjects: Two hundred and ninety – two (292) workers between the ages of eighteen to sixty (18 – 60) took part in the survey.

Results: The study shows that similarities were noted between gender in relation to price of healthy food being the main barriers for the all the participants. The other main barriers perceived by the participants were busy lifestyle, giving up liked foods, Taste preferences and Food preparation.