

**REVIEW BARRIERS TO HEALTHY EATING EXISTING IN PERSONS EMPLOYED  
IN THE FINANCIAL SECTOR IN PORT OF SPAIN, TRINIDAD: NUTRITIONAL  
KNOWLEDGE AND BEHAVIOURS**

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**Background:** Barriers to healthy eating existing in employed persons in the financial sector in Trinidad: Nutritional Knowledge and Behaviour. Employed persons in financial institutions constitute one of the largest sectors of employed persons in the country, using this section as a sample group of the employed population to help identify barriers to healthy eating in adults is valid.

**Objectives:** To identify nutritional knowledge and behaviour of chosen target group with a view to identifying the extent of healthy eating education and lifestyle programs needed in the sector to help improve the current health of our employed population which represents our most valuable resource - Human.

**Design:** The data collection method used in this study was the quantitative methodology. The research instrument used for data collection was a questionnaire which simply consists of a list of pre-set questions. This was done through a process of “Convenient Sampling.” A sample group of financial institutions within the country namely – insurance, Credit Unions, Bank institutions and a Mortgage Finance institution. A sample of one hundred and fifty (150) employees of the sample financial institutions, both male and female ages eighteen (18) years and over.

**Results :** Data was collected over the period 05/03/2012 to 04/04/2012. A 91% response level was used. Mean self reported BMI's for both genders fell within overweight category. Knowledge of six food groups was above 60%, Fluid and food intake below RDA

recommendations. Factors which influence dietary behaviours vary between genders and workers attendance in office of average level.

**Conclusion:** Nutrition intervention via nutrition education programs recommended as a result of level of dietary intake and lifestyle behaviours.