

PATTERNS OF TRANS FATTY ACID CONSUMPTION WITH IMPLICATION TO HEALTH IN FEMALES OF TRINIDAD BETWEEN THE AGES 18-60

Yasmin Blenman

Project Supervisor: Dr Selby Nichols

2014

Background: Non communicable/ chronic disease has become a major problem in the world and Trinidad. Spohrer et al (1996) states that with obesity the risk of developing non-insulin dependent diabetes, cardiovascular disease and several other chronic diseases increases. High levels of trans-fatty acids resemble saturated fatty acids and raise serum LDL cholesterol levels and modestly lowers HDL levels (spohrer et al 1996).

Objective: The present study is a convenience sample that examined whether trans fat is associated to diet related behaviours and to observe the frequency of label reading behaviour and to determine the frequency and consumption of trans-fat in an effort in improving label reading behaviour and quality of life.

Design: This is a cross-sectional study with convenience sampling. This means that a questionnaire was handed out. The participants were females residing in Trinidad, between the ages of 18-65.

Results: The study demonstrated that the people who are knowledgeable about the effects of trans fat are more likely to result in healthy lives. The evaluation included the socio-demographics, label reading behaviour, dietary intake, physical activity and quality of life of women. Statistically significant differences were observed among the female satisfaction of health and quality of life with label reading behaviour. It was also found that women differ in awareness of nutritional labels and which nutrient on the label was considered when purchasing a packaged product. Total fat intake and product purchased with knowledge level, information about trans-fat, label reading behaviour and purchase of grocer.

Conclusion: At the end of the study it was recommended that the population be educated on the importance of good label reading behaviors and the effect of trans-fat on health.