

**AN EXAMINATION OF THE RELATIONSHIP BETWEEN
INDIVIDUAL/HOUSEHOLD INCOME, FOOD CONSUMPTION AND FRUIT
AND VEGETABLE INTAKE AMONG IN THE WORKING CLASS
POPULATION OF TRINIDAD**

Afesha Blackwill

Project Supervisor: Ms. Nequesha Dalrymple

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Background: Food consumption data provide the basis for developing Healthy Eating Indices and other relevant research to assist in addressing national concern for increasing Non communicable disease rates. This study will examine the relationship between individual/household income, food consumption and fruit and vegetable intake among the working class population of Trinidad. It provides insight to average food purchasing and consumption patterns of low, middle and high income groups and how it is influenced by their economic positions.

Objectives: This study sought (1) to evaluate the impact of individual/family income on healthy food choices and on consumption.

Design: The study is a cross sectional design, targeting working persons in Trinidad. The sample population was 400 as the representative of the approximate 560,000 working population. To be included in the study, individuals were required to be over 19 years of age, but below retirement.. Questionnaires were the source of primary data collection and some second hand data obtained from Trinidad and Tobago's Ministry of Health 2012 Risk Assessment survey report.

Results: Results indicate only a statistically significant interaction between income and fruit and vegetable consumption respectively, as well as between income and population food bill. In both food consumption instances, as income increases, fruit and vegetable consumption increase also, $p < 0.05$.

Conclusion: Similarly as income increase, food bill or expenditure also increase - both grocery expense and 'away from home' purchase expense $p < 0.01$.

