

# **AWARENESS OF NUTRITION RELATED ISSUES OF BREAST CANCER IN THE GENERAL PUBLIC**

Naila McLeod-Goodridge

Project Supervisor: Dr. Selby Nichols

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**Background:** There is strong scientific evidence that healthful dietary patterns, in combination with regular physical activity, can reduce cancer risk. epidemiological studies have shown that populations whose diets are high in vegetables and fruits and low in animal fat, meat, and/or calories have a reduced risk of some of the most common types of cancer.

**Objective:** The purpose of this study was to assess the general public knowledge of nutrition-related issues of breast cancer. This study examined nutritional information related to breast cancer compared to the cues to action component of the Health Belief Model and participant demographics.

**Design :** A convenience sample was selected from among the respondents. The research instrument was a self administered questionnaire. The questionnaire contains 27 questions, which were divided into four sections. Cross – tabulations, correlations and frequencies have been used in the data analyses.

Descriptive analysis such as frequencies and percentages were used to analyse demographic information.

**Results:** The major findings of research project. (1) Both male and female participants demonstrated a high level of awareness of breast cancer related to risk factors and other nutrition-related issues. (2) There was no relationship between neither male nor female participants personal risk status and actions that could be taken to reduce breast cancer risk, as it relates to components of the Health Belief Model.

**Conclusion:** More research should be done to investigate the awareness of nutrition-related issues of breast cancer, Trinidad and Tobago on a wider scale for the entire Caribbean region, using other behavioural theories.

