

BARRIERS TO HEALTHY EATING BY THE WORKING POPULATION IN TRINIDAD.

Da-Shawn Clement

Project Supervisor: Dr. Selby Nichols

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Background: Proper eating habits are crucial for promoting healthy life styles and preventing possible development of nutrition related diseases (Serra - Majem et al, 2007). However, recent research has shown that modern societies have shifted to a diet high in saturated fats, sugar and refined foods but low in fiber and essential vitamins and minerals (Pokin and Gordon-Larsen, 2004).

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. 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. 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.

Conclusion: The findings suggest that the working population experience several barriers to healthy eating. These findings support the hypothesis, which suggests that there are barriers to healthy eating among the working population in Trinidad.

