

3rd International Symposium on Nutrition (ISN 2022): Urban food policies for sustainable nutrition and health, 27–28
January 2022

Transmission of food dynamics in the domestic environment

Lorena Rodríguez-Osiac¹, Carolina Franch², Paula Hernandez² and Isabel Pemjean¹

¹Public Health Institute, and

²Social Science Faculty, University of Chile, Santiago, Chile

Background/Objectives: Eating cultural guidelines are transmitted orally and mimicry within the domestic environment. Positively acknowledging the knowledge and practices of the subjects will produce greater adherence to health recommendations and generate a potential positive change in the medium and long term. The objective of this study was to evaluate the transmission of eating practices within the domestic environment.

Methods: Qualitative methodology was used, according to applied and participative research design. For data collection two techniques were applied in domestic context of families with children between 6 months and 5 years of age: semistructured interview and food log. Data analysis was performed using Atlas.ti 8 software, following the grounded theory program.

Results: Results were organized along three axes: food structure, relevant subjects, and transmissions. The first deals with daily organization of food intake within the household, considering the practices of supply, preparation, consumption, eating and disposal. The second focuses on identifying people responsible for the execution and those who influence decisions regarding these food practices. The last axis addresses transmission as a complex process of transferring knowledge that goes beyond food, involving social norms, hygiene, gender roles, etc.

Discussion / Conclusion: Understanding food structure, responsible subjects, and transmissions, could shift the focus from individual behaviors to communities behaviors and environment approach. This information is essential to adjust the interventions and recommendations with identity, culture and current customs of the population.

References

1. Franch C, *et al.* (2012) Consideraciones para la identificación de barreras y potencialidades culturales para el control y prevención del sobrepeso obesidad en mujeres de bajos recursos.
2. Rodriguez, G (1996) Metodología de la investigación cualitativa.
3. Manzelli, H (2004) Grounded Theory.

Disclosure of Interest

None Declared