

# Social Determinants and Their Influence on Food Intake

## Analysis Framework and Models

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# Objectives

- To present the analysis framework for social determinants based on literature review
- To derive the proximate determinants, indicators and appropriate approaches to gather information and data
- To discuss the framework in diverse socio cultural contexts

# Session plan

- Brainstorming on sociocultural aspect of food intake and nutritional status. (10 mins) AA
- Presentation on session introduction and conceptual framework (20 mins) BS
- Discussion with examples (10 mins) AA
- Summarization based on examples and case studies (20 mins) BS

# Social Determinants

- **Cultural and religious influences**

- difference in the habitual consumption of certain foods and in certain cases can lead to restrictions

- **Social context**

- The influences that People have on the eating behavior of others is direct (**buying food**) or indirect (**learn from peer's behavior**).
- Even when eating alone, food choice is influenced by **social factors** because attitudes and habits develop through the **interaction with others**.
- The **family is widely recognized** as being significant in **food decisions**.

- **Social setting**

- Home, in schools, at work and in restaurants.

# Contexts of social determinates

## Macrolevel contexts

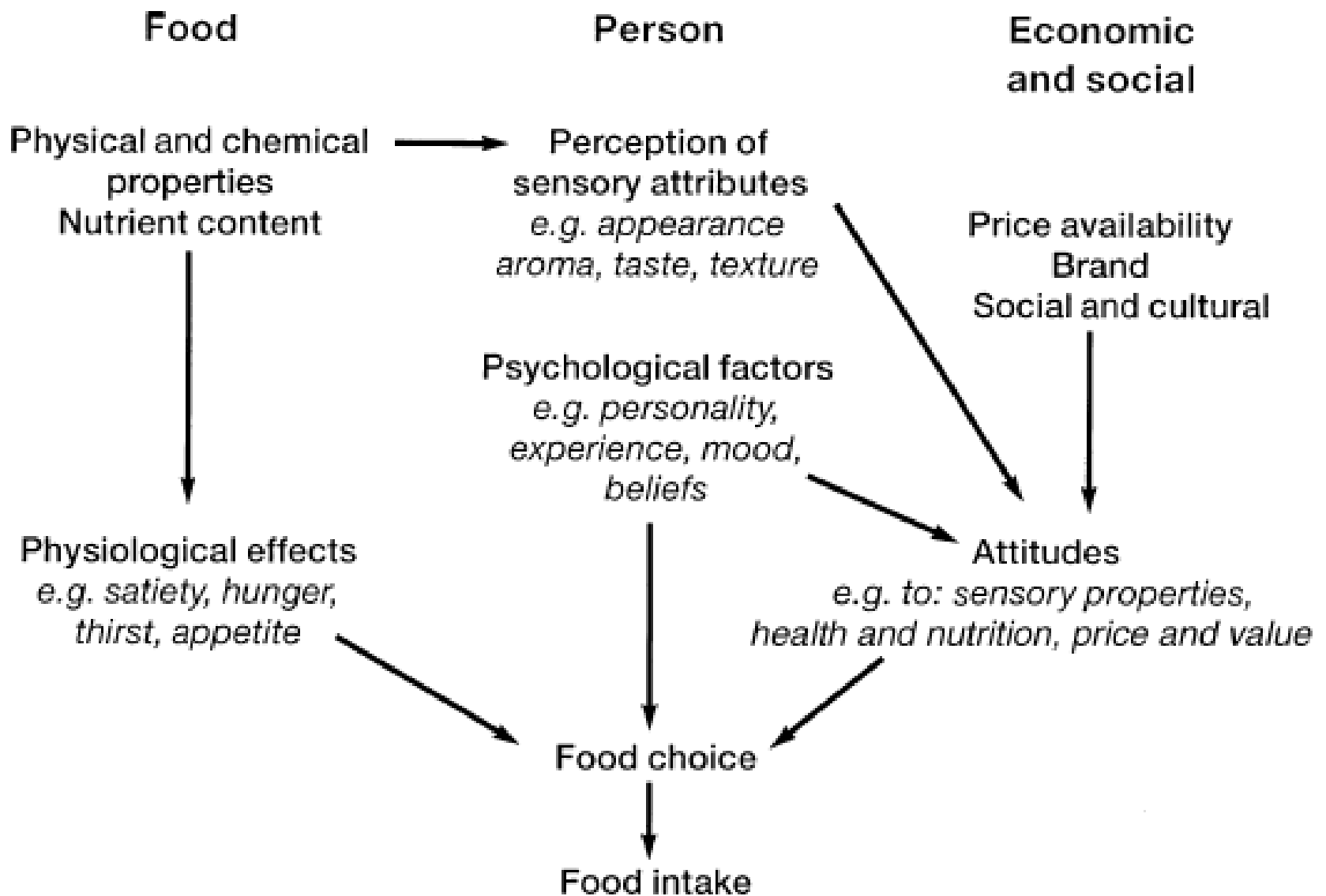
- **Social, cultural, political, economic, and other conditions** that facilitate and constrain constancy and changes in the food choice trajectories of individuals;

## Microlevel contexts

- **families, friends, schools, workplaces, communities, and other social and physical structures** that shape food choice trajectories.

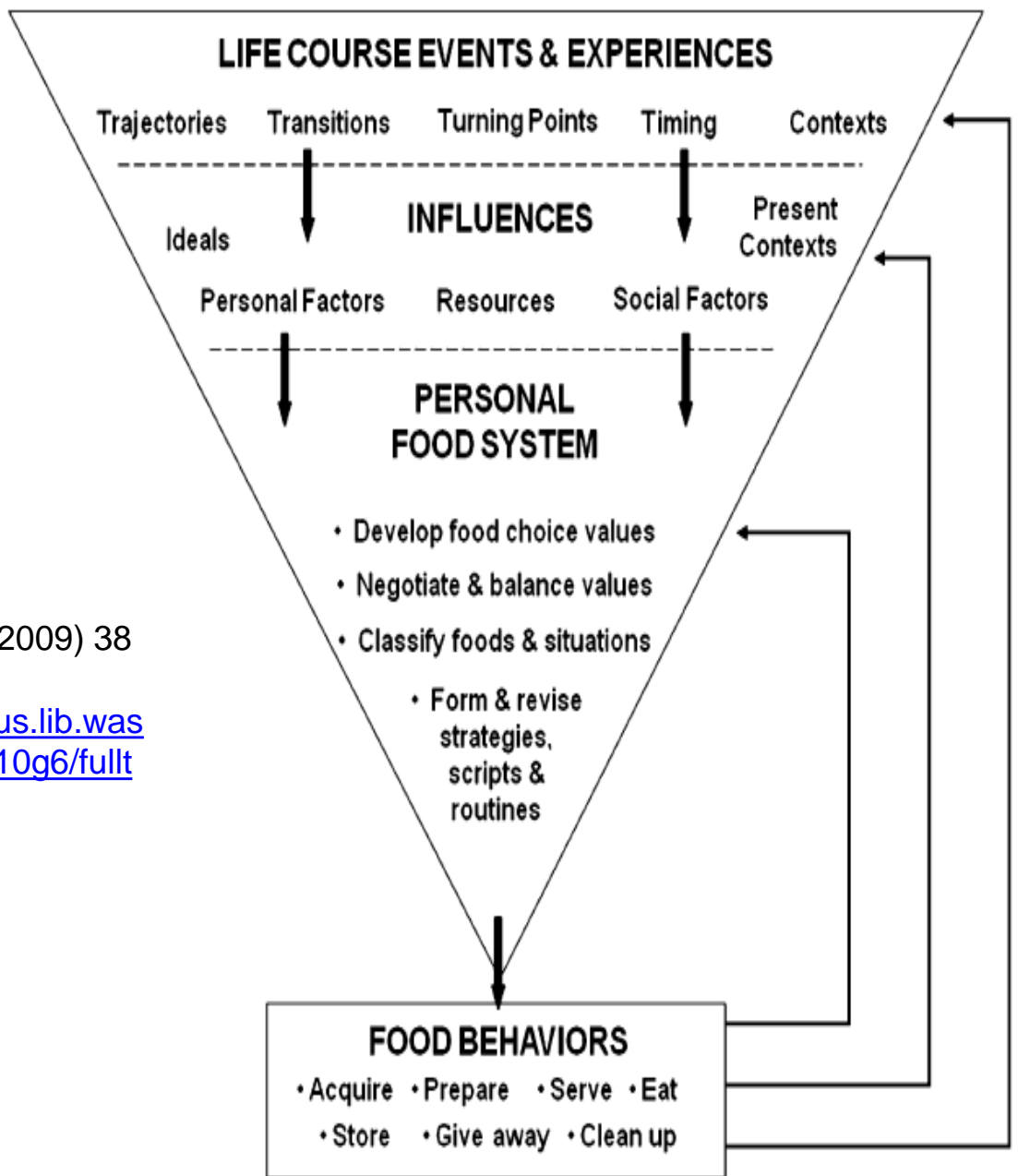
# Food Choice

- Food choice is ‘the selection of foods for consumption, which results from the competing, reinforcing and Interacting influences of a variety of factors.



**Fig. 1.** Some factors affecting food choice and intake. (From Shepherd, 1985.)

Fig. 2 A food choice process model



Sobal & Bisogni. *Ann. Behav. Med.* (2009) 38 (Suppl 1):S37-S46  
<http://www.springerlink.com/offcampus.lib.washington.edu/content/u1627m48526810g6/fulltext.ext.pdf>



**LIFE COURSE:** events and experiences prior to food choice decisions, *anticipation and expectations* about the future.

- **Trajectories** are a key life course concept and involve a person's *persistent thoughts, feelings, strategies, and actions* as s/he approached choice
- **Transitions** are shifts in a person's life course that lead to changes in food choice trajectories
- **Turning points** are major transitions that lead to radical reconstructions of food choices (e.g. shifting from eating an unhealthy diet to strictly following a fat restricted diet post heart surgery)
- **Timing** considers when transitions for turning points occur.

# INFLUENCES

- 1. Cultural ideals** include the learned system of rules, maps, and plans shared by a group of people and provide the standards used as reference points by individuals to assess and judge food behaviors and "right," "normal," "inappropriate" etc.
- 2. Personal factors** are attributes or characteristics of individuals that influence their food choice decisions and behaviors e.g.
  - genetic predisposition to disease,
  - sensory sensitivity to food tastes,
  - food preferences, personality,
  - gender roles,
  - parent responsibilities)

## INFLUENCES

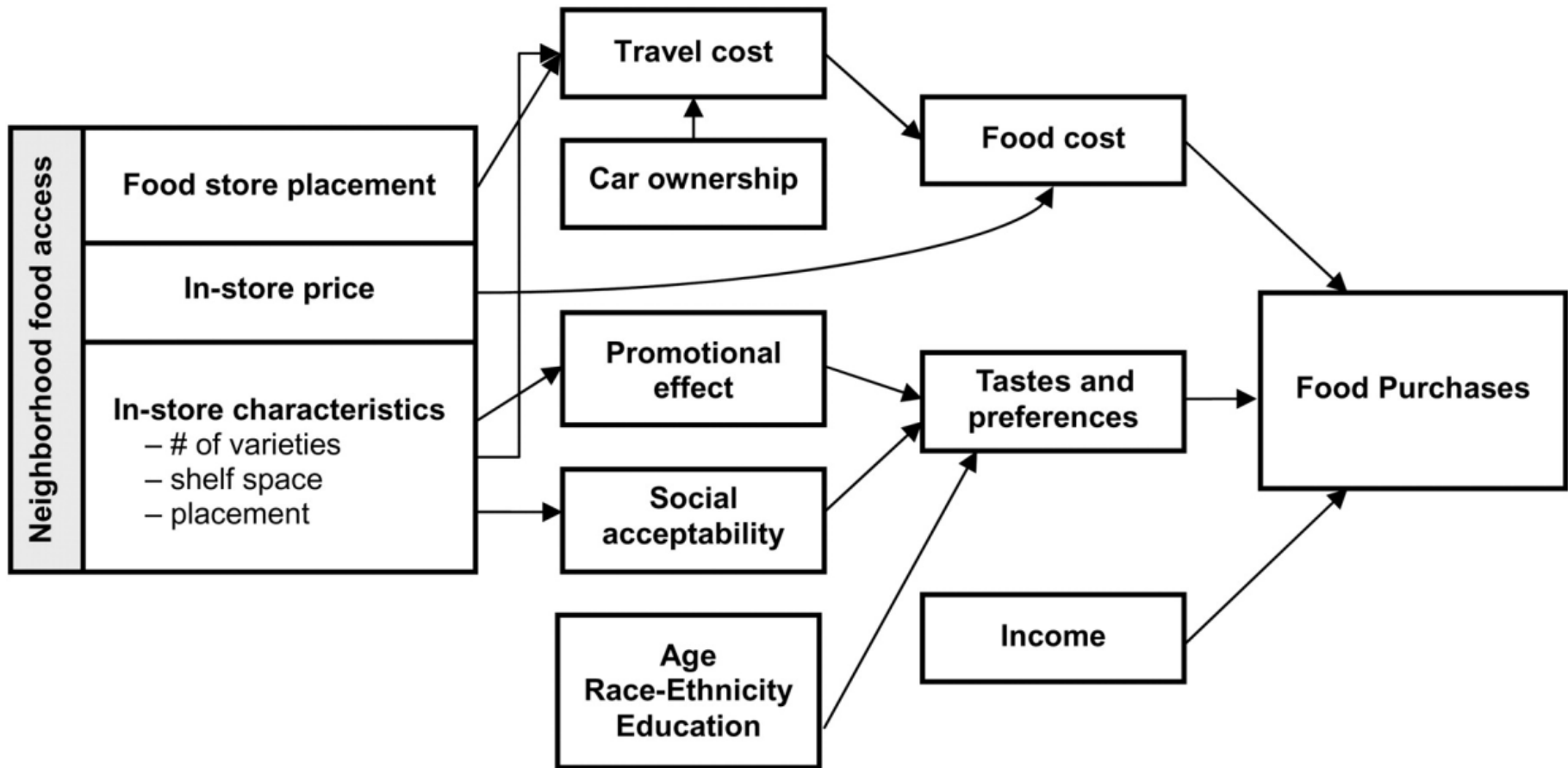
- 3. Resources** are the assets that individuals consider in making food choice decisions (e.g. income, wealth, equipment, space, skills, knowledge, relationships, connections, values, traditions)
- 4. Social factors** are the system of relationships of individuals that can constrain or facilitate food choice decisions (e.g. eating with coworkers, family support to eat healthy).

## INFLUENCES

**5. Contexts** are broader environments influencing food choice decisions, including

### **Social and physical environments;**

- social institutions economic conditions,
- government policies,
- mass media;
- physical conditions include climate,
- physical structures, and
- other material objects that facilitate or constrain food choice decisions (e.g. built environment infrastructure, structures, and objects.



## Economic model of food consumption adapted to include neighborhood effects

Rose et al. *J of Nutr* 2010

<http://jn.nutrition.org/content/140/6/1170.full>

# Evidence based examples

- A disconnect between diet and health among low-income women calls for nutrition interventions that educate low-income families on inexpensive, healthful eating in a structured environment, and diet-disease relationships

*(Factors Affecting Low-income Women's Food Choices and the Perceived Impact of Dietary Intake and Socioeconomic Status on Their Health and Weight, Journal of Nutrition Education and Behavior Volume 41, Number 4, 2009)*

- The relation between SES indicators and diet-quality measures was strong. Higher-quality diets are, in general, consumed by better educated and more affluent people. Conversely, lower quality diets tended to be consumed by groups of lower SES and more limited economic means

*(Does social class predict diet quality? Am J Clin Nutr 2008;87:1107–17.)*

# Group work

<b>Variables</b>	<b>Indicators</b>	
	<b>Quantitative</b>	<b>Qualitative</b>
<b>Age group</b>		
<b>Religion</b>		
<b>Race /Caste /ethnic groups</b>		
<b>Gender value system</b>		
<b>Education</b>		
<b>Occupation</b>		

# Analysis framework for social determinants and their influence on food intake

## Social cultural status

Variables	Indicators	
	Quantitative	Qualitative
<b>Age group</b>	Food preferences and need	Perception on food need and food choice
<b>Religion</b>	Classification of food and intake practices	Food believe system and food choice
<b>Race /Caste /ethnic groups</b>	Food preferences and regular and special conditions (pregnancy, postpartum, lactation, various health and illness).	Rituals and food choice during special conditions (pregnancy, postpartum, lactation, various health and illness).
<b>Gender value system</b>	Decision making opportunity to women Intra household workload Type of food consumptions Frequencies of food intake	Food distribution pattern in family Food consumption patters
<b>Education</b>	Knowledge on food values and choices in different stages of life and health and illness	Perception, belief on food intake practices in different stages of life and health and illness
<b>Occupation</b>	Exposure to various physical environment, workload and food need and food choice	Perception, belief on food intake practices in different types of occupation



# Summary

- The complexity of food choice is obvious.
- Food choice factors vary according to life stage and the power of one factor will vary from one individual or group of people to the next.
- Multiple research methods and need to be included to explore influences food intake practices
- multi pronged interventions should be planned to address factors influencing their decisions on food choice.