

Dietary Acculturation among Filipino Immigrants



**BY:
JOHN E. CAPUA
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Goals



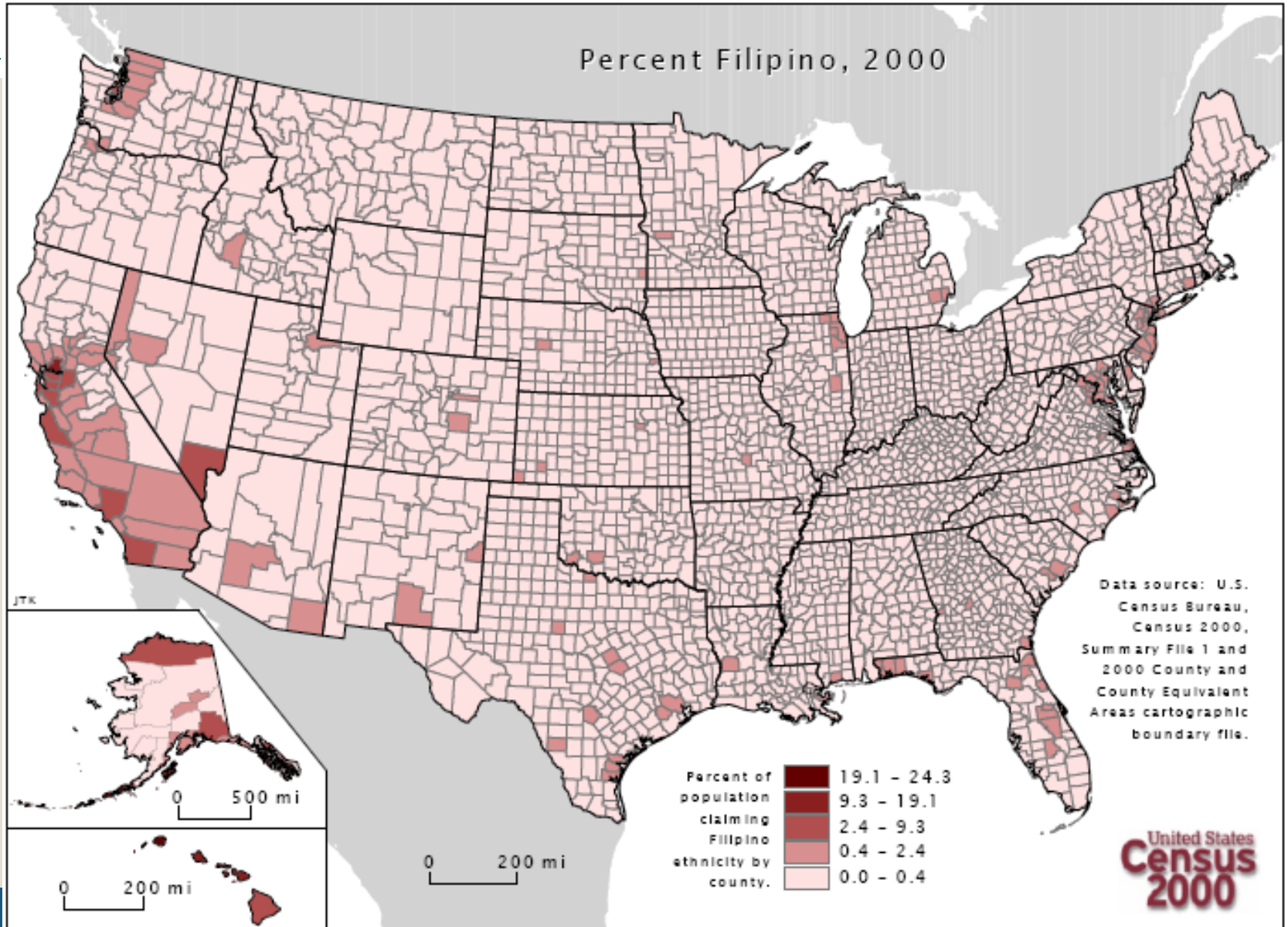
- Contextualize health trends among U.S. Filipino immigrants by focusing on dietary change
- Narrate and explore the meaning of dietary acculturation as voiced by members of the Filipino immigrant community

Background



- Philippines –U.S. migration is often described as a search for higher standard quality of life and economic opportunity.¹
- In 2010, Filipino Americans numbered 3.4 million – 1.1% of the U.S. population.²

Filipinos in the United States¹⁰



Background



- The Filipino-American population is at increased risk for overweight or obese compared to other Asian American groups.³⁻⁵
- Filipino Americans are at high risk for various chronic diseases, especially Type 2 diabetes^{6,7} and hypertension.⁸

Health Status of Filipino Americans



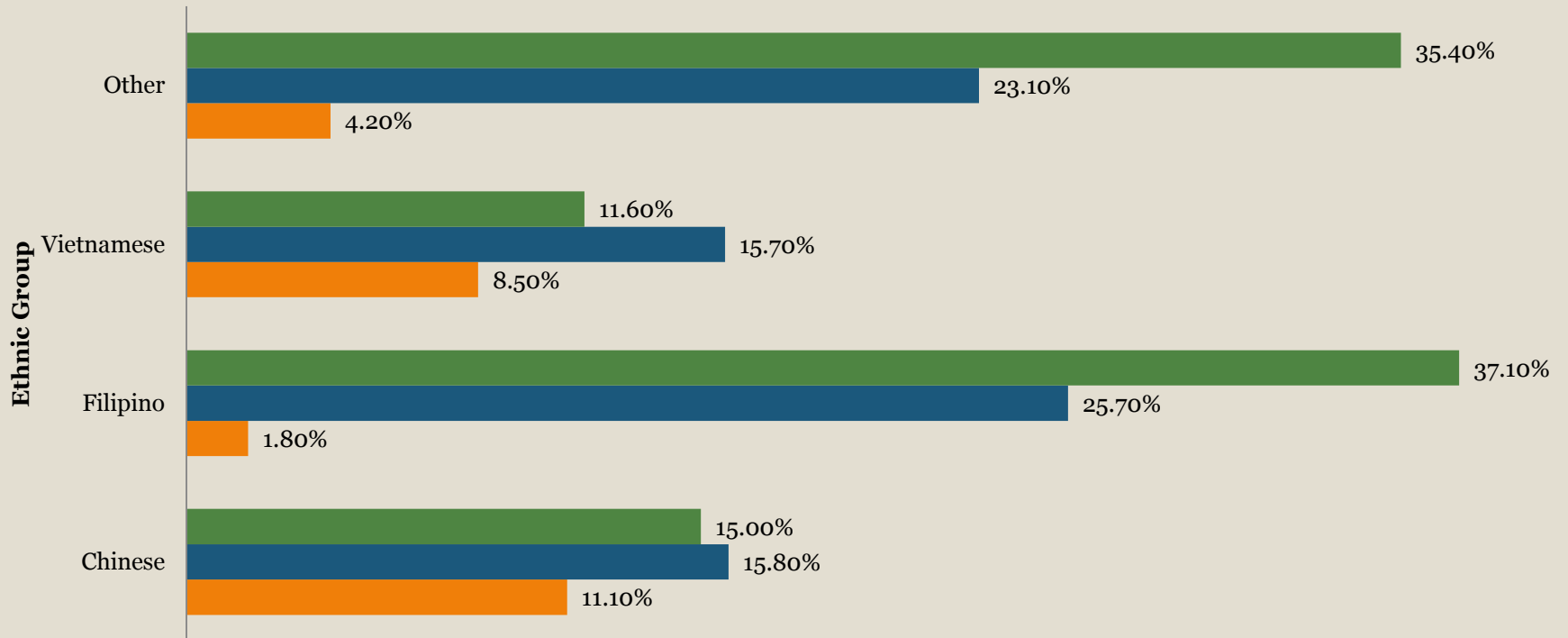
- National Latino and Asian American Study (NLAAS)³
 - National population-based health study in the U.S., May 2002-December 2003
 - Filipino-American women had the highest rates of cancers
 - 47% of Filipino-American women reported having at least 2 or more chronic diseases (e.g., diabetes, cancer, hypertension)
 - Filipino-American women had the highest proportion of overweight and obesity

National Latino Asian American Study (NLAAS)³



Behavioral Risk Factor in Asian American Women by Ethnic Subgroup—Body Mass Index

■ Obese ■ Overweight ■ Underweight



Health Status of Filipino Americans



- 2005 California Health Interview Survey (CHIS)⁴
 - Statewide population-based study prevalence of BMI in California
 - Japanese and Filipino-American men had the highest proportion of increased/high risk individuals for being overweight or obese among all other Asian American groups
 - Filipino-American women had a higher proportion of increased/high risk individuals for being overweight or obese than all other Asian American groups

Health Status of Filipino Americans

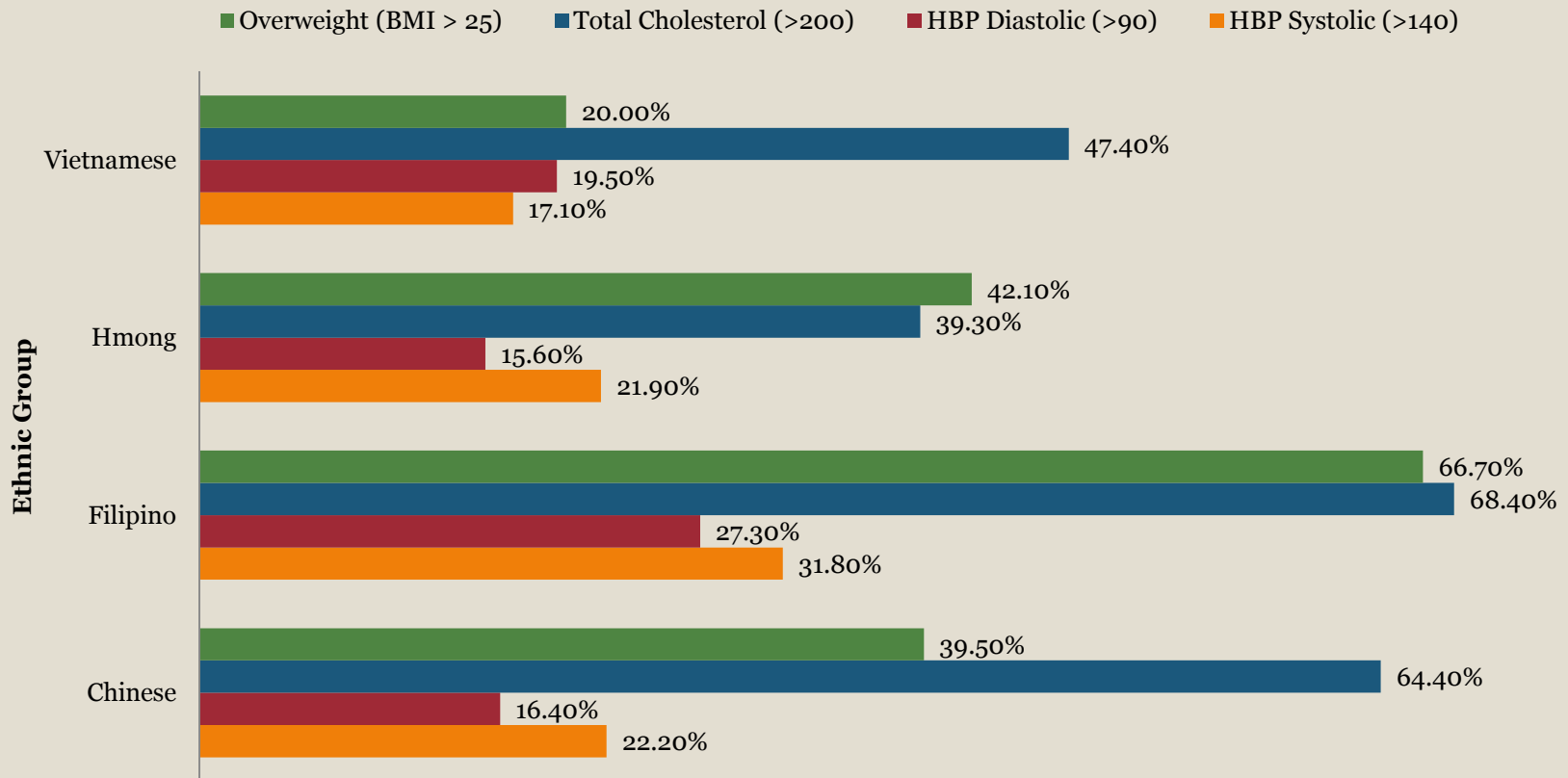


- **Healthy Asian Americans Project (HAAP)⁵**
 - Self-administered survey in Southeast Michigan during health fairs, screening data derived from blood tests by University of Michigan, clinical measurements (height and weight), 2004-2008
 - Filipino Americans reported higher rates of hypertension compared to other Asian groups
 - Chinese and Filipino Americans had higher rates of cholesterol problems
 - Filipinos had the highest proportion with abnormal blood pressure values
 - Filipinos were the most likely to be overweight

Healthy Asian Americans Project (HAAP)⁵



Distribution of Cardiovascular Risk Factors by Ethnic Group



Background



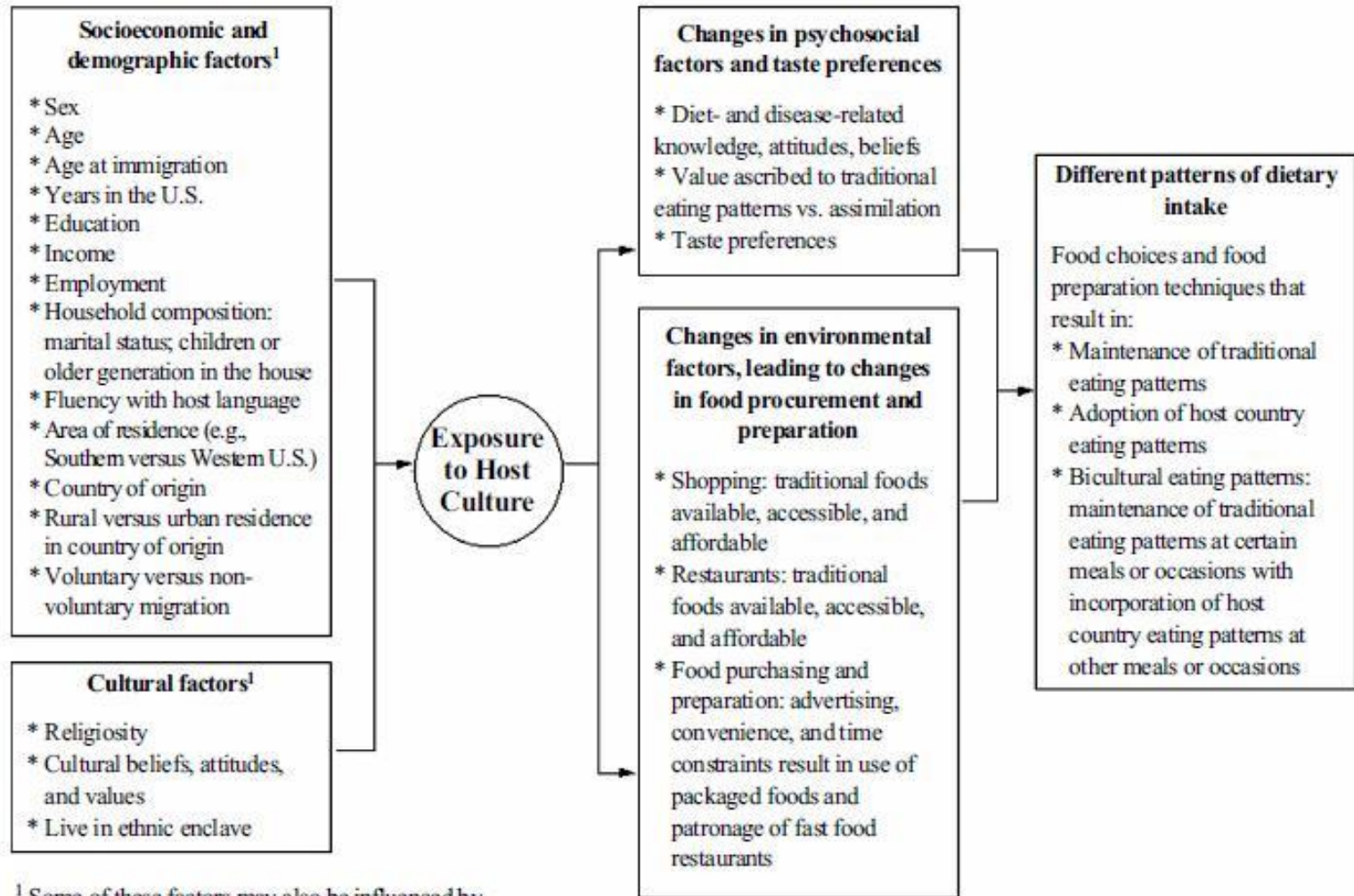
- Diet is a contributing factor in weight and chronic disease.
- The Filipino-American population has received relatively less attention in the public health research literature evaluating relationships between immigration and dietary changes.

Dietary Acculturation



Definition:

- The process by which immigrants adopt the dietary practices of the host country.⁹



¹ Some of these factors may also be influenced by exposure to host culture

Proposed Model of Dietary Acculturation: The process by which racial/ethnic immigrant or rural-urban migrant groups adopt the dietary patterns of their new environment

Methods



- Semi-structured interviews (n = 11)
- Interviews were transcribed and coded using MAXQDA to identify themes
- Emerging themes from the interviews were identified and analyzed

Sample



- 11 Filipino Americans
- Residence in the U.S.: Since 1990
- Ages: 18 (2), 21 (3), 22 (3), 25 (1), 28 (1), 39 (1)

Filipino food is prioritized

Definitely Filipino.

Filipino food. The only time I don't eat Filipino food is when I go out.

It's mostly Filipino food.

I eat a lot of Filipino food.

A lot of Filipino dishes. Although we have no time to cook, we usually go get food from Filipino restaurants.

A mixed American and Filipino. When we first came here, we eat a lot of Filipino food. As time went on, we started to incorporate American food.

Rice is a staple

Usually my three main meals consist of some type of meat and accompanied with rice.

I have rice and then 'ulam.' That's it.

Rice all the time. We have to have rice. Every meal that we eat, we have to have rice. And with like one 'ulam,' or one viand.

There's rice, and there's something else.

Rice is there. Rice is a big deal. I eat rice with my dishes most of the time.

Rice and some vegetable concoction. Usually, there is some mock meat. Like, umm, meat substitutes.

Oh, a lot of white rice! Every day.

Vegetables are less common

I'd say 3 times a week.

Only sometimes. Only when it's on like part of Filipino dishes.

Whenever we have vegetables. Whenever my family cooks vegetables. Not very frequent. Probably like twice a week. My dad cooks very meaty.

Not every day. Not too often. I eat salads. I like meat better.

Not a lot. I eat a lot of meat.

Not so much. Not my favorite.

Just a few times a week.

I pick them all out. Like in pancit, I'll take out the vegetables.

Typical Filipino Meal



ulam



rice

Conclusions



- No strong evidence of dietary acculturation that supports complete dietary change.
- Many individuals claim to eat more Filipino food than American food or others.
- Rice remains an important part of the diet in the majority of participants.
- Preliminary data suggest that Filipino Americans are not eating a lot of vegetables.

Limitations and Future Directions



- Factors including eating portion sizes, intake levels of different food groups, and socioeconomic status are important determinants of healthy eating and nutrition, but were not assessed in this project.
- The findings point to the need for more nuanced research on the meaning of dietary change, in order to understand health trends among immigrants.

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