

ASSOCIATION BETWEEN SOCIO-ECONOMIC SITUATION AND UNHEALTHY EATING PATTERNS IN ZEMPOALA, HIDALGO, MEXICO.

Abstract

Socio-economics and nutrition cause dietary decisions and have a notable impact on public health. **Objective:** To determine the association between the economic situation and unhealthy eating patterns in the community of Zempoala, Hidalgo. **Methodology:** A cross-analytical study was conducted, where data on the socio-economic situation of each household was collected using a validated instrument, which evaluates the economic perception between income and obtaining basic needs. In addition, a food frequency analysis was performed in Stata 16 to determine if there is an association between income and satisfaction of basic needs. **Results:** Logistic regression analysis was performed for the association between two indexes: non-recommended foods (NRF) and economic impact on diet (EID). An association was detected with the negative index (EID) OR=4.6, CI, 90% 2.1-3.7, p= p<0.05. **Conclusion.** Individuals with a negative IED index are 4.6 times more likely to consume unhealthy foods. It is important to address economic problems and lifestyles to improve healthy eating, especially in vulnerable people. This study provides guidelines on the importance of addressing economic problems to modify dietary habits towards the promotion of healthier eating. It is crucial to continue researching strategies that improve Access to healthy foods and promote a balanced diet, especially in unfavorable socioeconomic contexts.

Keywords: healthiereating, non-recommendedfoods, economicimpactondiet, eatingpatterns, socioeconomicsituation.

Introduction

The socio-economic situation and unhealthy eating patterns is a major public health issue [1,2], which affects communities close to urban territory such as Zempoala. Economic resources can exert a significant influence on dietary decisions and consequently impact health [1-3]. In this study, we focused on investigating the economic impact on the frequency of unhealthy food consumption in this population.

Comment [a1]: Very general statement; can be more factual with evidences

Comment [a2]: Total Number of people can be specified

Comment [a3]: The background study can be supported with more literature reviews.

Objectives

To determine the association between economic status and unhealthy eating patterns in the community of Zempoala, Hidalgo.

1. To analyze the association between economic status and unhealthy eating patterns.
2. To describe the frequency of consumption of unhealthy foods in the community.
3. To identify the influence of economic factors on the consumption of healthy foods.

Comment [a4]: Objectives should be clearly defined without overlapping statements

Methodology

A cross-sectional-analytical study was carried out, where data on the economic status of each household were collected using a validated instrument, which evaluates the economic perception between income and satisfaction of basic needs. In addition, the frequency of food consumption was recorded, as well as the difficulties experienced when acquiring food. The Stata.16 program was used to determine the association between economic situation and eating habits.

Finite population calculation was used with a simple of 68 households, considering a confidence level of 90% and a margin of error of 10%. In total, 70 people from the community were interviewed (44% men and 56% women) randomly selected.

Comment [a5]: Were there are any specifics regarding inclusion and exclusion criteria for sample collection

Comment [a6]: Specify the tool

Comment [a7]: Which tool was used for this?

Comment [a8]: Sample size could have been higher

Results

A logistic regression analysis was performed for the association between two indices: non-recommended foods (NRF) and economic impact on diet (IED). The first was based on the frequency of consumption of unhealthy foods according to the ENSANUT4. The second

Comment [a9]: Enlist the foods under this category

included the socioeconomic situation of individuals in relation to their ability to pay for their basic needs and the economic problems that affected the quality of their diet.

Comment [a10]: Specify the socio demographic information and comment on the association with dietary quality. Results are not stated clearly.

The analysis showed significant association between these two indexes (Table 1), $p < 0.05$ with an OR of 4.6, demonstrating that individuals with a negative NRF index are 4.6 times more likely to consume unhealthy foods.

Table 1: Regression logistics analysis between IED and NRF

Association between Economy and intake of Non Recommended Food	
Results	OR: 4.6 IC 2.1-3.7 $p < 0.05$

Discussion

The findings of this study support the existing evidence to the close relationship between the economic situation and dietary patterns [4-6]. This significant association suggests that the perception of economic situation and financial problems influence the dietary decisions of the population [7,8]. This accentuates the importance of addressing not only dietary aspects, but also socioeconomic aspects when designing programs to promote healthy eating in communities such as Zempoala [9,10].

Comment [a11]: No concrete discussion; has to be more factual

It is important to remember that among the determinants of health, lifestyle is the one in which the least is invested. The slogan “por people first” used, as a discourse, is excellent, but there is no real impact on the poor nor positive changes in their lifestyle, this leads to think that ultimately poverty in a country is imminent, but it is also associated with the intake of unhealthy foods,

since it is eating as my aunt Tomasa says; “Poor man's bellybursting but not over” or “Full stomach, happyheart”, this heart rather full of cholesterol and frequently in people with diabetes, but also the high intake of flours is associated with overweight, obesity and type II diabetes, as my grandfather used to say, “A Word to the wise is enough”.

Comment [a12]: Very generalized statements

Comment [a13]: It is advised not to use such statements in a scientific reserach article

Conclusions

Individuals with a negative IED index are 4.6 times more likely to consume unhealthyfoods. It is very important to address economic problems, lifestyle to improve healthy eating mainly in vulnerable people.

This study gives guidelines to the importance of addressing economic issues to modify dietary habits towards the promotion of healthier eating. It is crucial to continue researching strategies that improve access to healthy foods and promote a balanced diet, especially in disadvantaged socioeconomic contexts.

Comment [a14]: Guidelines are not stated

Comment [a15]: Suggest strategies which can improve

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