

EATING RIGHT OR DYING YOUNG

Latinx Health and 21 Century Technology

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Introduction

- According to the CDC, heart disease and cancer in Hispanics are two leading causes of death in the U.S; accounting for about 2 out of 5 deaths.
- Overall, U.S born Hispanics reported to eating fast/packed food more frequently than non-U.S native Hispanics.
- Mexican immigrants who arrived as young adults (19-24) and (25+) have the healthiest diets.
- This research focused primarily on Latinx of Mexican ancestry

Research Question

How can technology support Latino/Hispanics and their quality of life by impacting their dietary choices?

Methods

- Review of scholarly publications and peer reviewed articles.

- Analyzed social media platforms which offered resources and ideas for healthy diets and informed about food education targeting Latino consumers.

- Government public health sites were also visited such as CDC.



Figures



"The Dietary Acculturation Paradox"

American Bread

Mexican Tortillas



Results

- A recent study by Harvard researchers showed that Mexican-American women perceived Mexican patterns of food preparation/consumption as unhealthy and stated that American foods were healthier. However, American foods can actually be a cause of many obesity related diseases.
- The perception by those studied is known as the "Dietary Acculturation Paradox."
- Authors found that that this might be the case because of how these traditional foods were prepared at the time of our ancestors in a healthy way in comparison to how it is currently prepared in Mexico and the United States.

Conclusion

- The importance of Latino/Hispanic health is important for present and future generations and as the largest and one of the fastest growing communities in the US.
- Using technology to raise more awareness in Latino/Hispanic communities is critical.
- Even with a digital divide, Latinos heavily use smartphones. So projects such those shown in the figures section using smart phones and social media are effective examples of how to reach communities on healthy eating.
- Public libraries are a good place to access technology and there are many internet companies who offer plans; however, everyone can't afford these options.

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