



Dietary Acculturation of Filipino-American Students from One University in Michigan

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Abstract

Background: Filipino-Americans (FA) are the third largest Asian ethnic group in the US. Statistics have shown that FAs have high preponderance of CVD. Just like other immigrants, FAs undergo acculturation to their new country, which extends to diet. There is a link between diet and risk to common chronic diseases.

Purpose/Aim: Guided by the Socio-Ecological Model, the purpose of this study was to determine dietary acculturation of FA students from one university in Michigan.

Method: A descriptive survey study was performed. Students from one university in Southeast Michigan were recruited. Dietary Acculturation Questionnaire for Filipino-Americans (DAQFA) was used to assess dietary acculturation.

Results: Twenty-two students completed the survey. Overall DA score of the students in the DAQFA was 11.6 (SD=2.3). The DA score in the Filipino foods was 4.05 ± 1.3 on a scale of 0-5, whereas the DA score with Western foods was 7.6 ± 2.3 on a scale of 0-10. No difference in DA scores between male and female students, and age.

Conclusion: Our results indicated that second-generation FA students were not dietary acculturated to either Filipino or Western foods. This study provided a small, yet, significant evidence on FAs diet and acculturation particularly among second-generation FA students. This study has significant implication to nursing research.