



Opportunities to Improve Nutrition Access in Hispanic/ Latino Communities with Multi-Level, Cultural-Tailored Approaches

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INTRODUCTION

The rapidly growing US Hispanic/ Latino population faces **limited access to nutritious foods**, leading to high rates of **chronic disease** and **food insecurity**.¹⁻³

Cultural tailoring of nutrition programs consider the language and cultural values of a group of people.⁴ These considerations are a key component ("Acceptability") of Nutrition Access (Fig 1).⁵ Nutrition access programs in NH incorporate minimal cultural tailoring and are not meeting the rise in the NH Hispanic/ Latino population.

Multi-level approaches target systemic, social, and individual health influences by addressing multiple levels of the Social Ecological Model (Fig 2).^{6,7} This approach has been effective at addressing health disparities.⁸⁻⁹

FIG 1: DIMENSIONS OF NUTRITION ACCESS ⁵

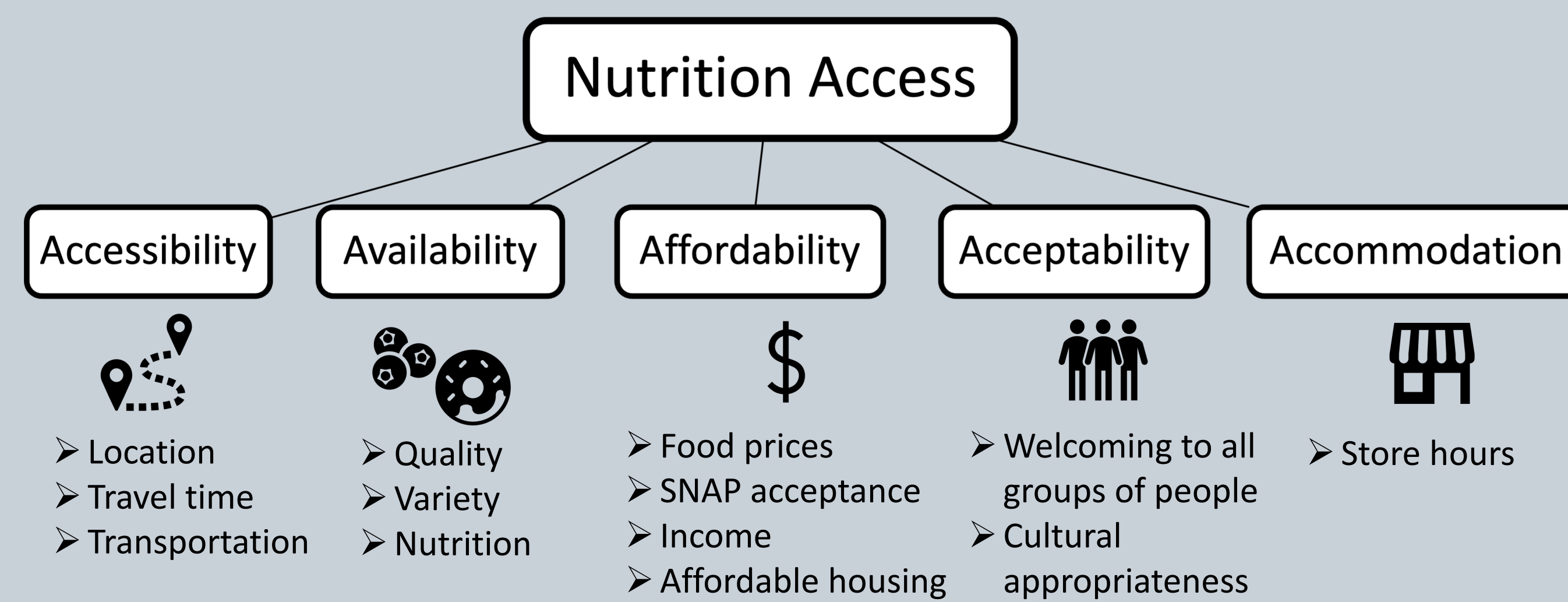
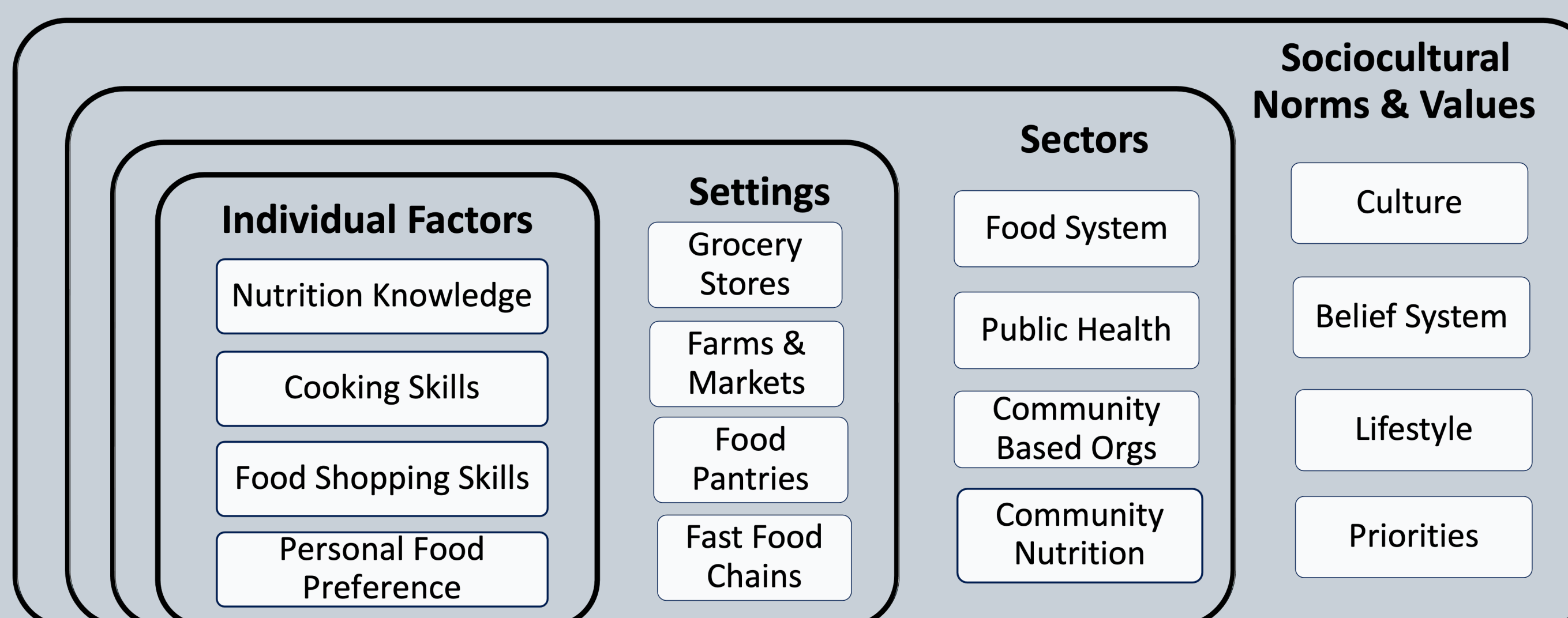


FIG 2: SOCIAL ECOLOGICAL MODEL ⁷



STUDY OBJECTIVE

To identify opportunities for participation in multi-level, culturally-tailored nutrition access approaches that support NH Hispanic/ Latino communities.

METHODS

This cross-sectional qualitative study consisted of 6 semi-structured focus group discussions with 3-5 participants per session. All discussions were conducted over Zoom.

Participants supported Nutrition Access efforts in Hillsborough County NH as part of the following sectors:



Focus Group Participants (n=20)	Females (n = 17)	Males (n = 3)
Food System: Food producers, distributors, retailers, food access (including food pantry) workers & volunteers, etc.	4	1
Public Health: Healthcare providers, public health workers, social services, hospital administrators, etc.	2	1
Community-Based/ Nonprofit: Nonprofits, community-based organizations, faith-based organizations, community spaces *excluding food pantry workers	5	1
Community Nutrition Education: SNAP-Ed, WIC, Cooking Matters teachers, etc.	6	0

FOCUS GROUP DISCUSSION

Participants were asked to reflect on their nutrition access work over the last year using the Dimensions of Nutrition Access (Fig. 1) and the Social Ecological Model (Fig. 2).

The focus group discussion explored current practices and challenges of including cultural tailoring in their programs.

DATA ANALYSIS

Zoom audio recordings were transcribed verbatim and coded using inductive thematic analysis. Data is managed using NVivo12 software. **Coding is in progress as of April 2023** and is leading to the identification of overarching themes.

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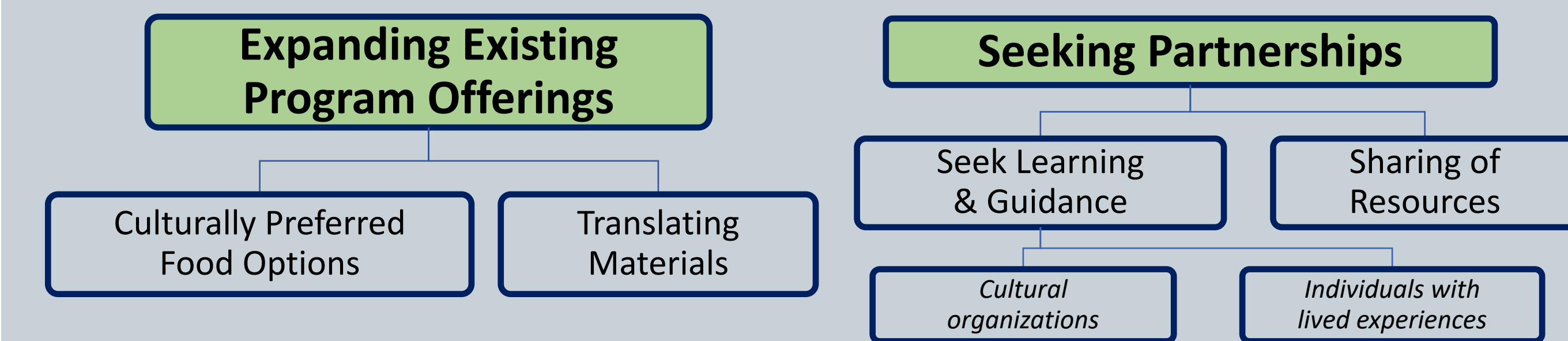
ACKNOWLEDGEMENTS

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PRELIMINARY RESULTS

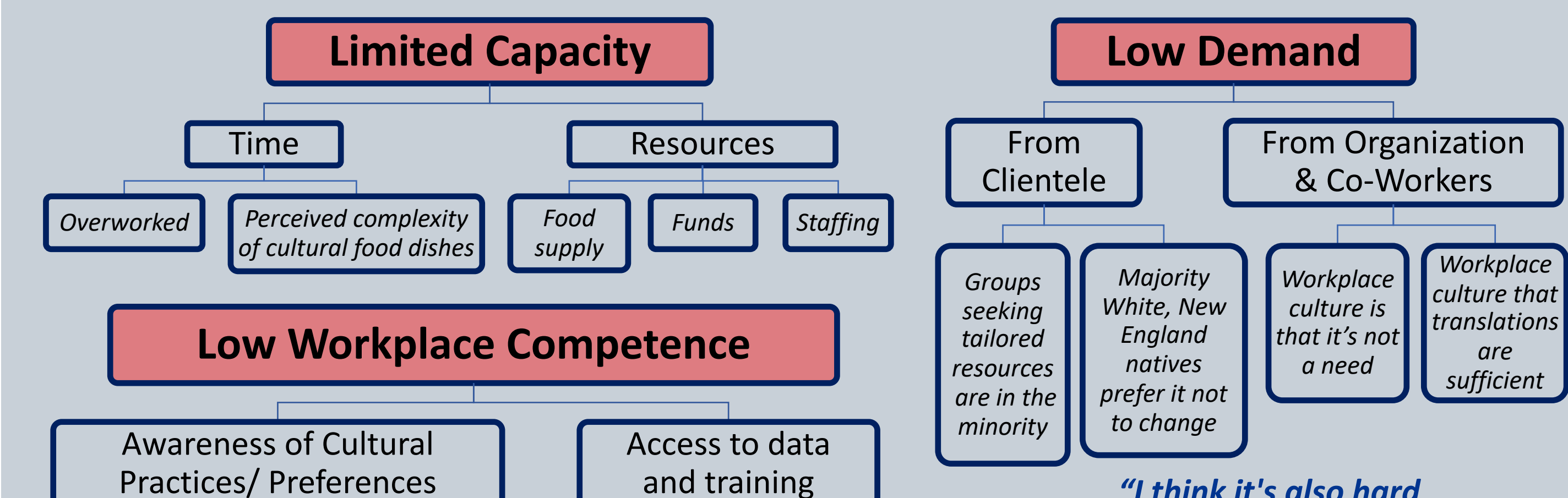
Themes related to **cultural tailoring** emerged within three categories:

CURRENT PRACTICES



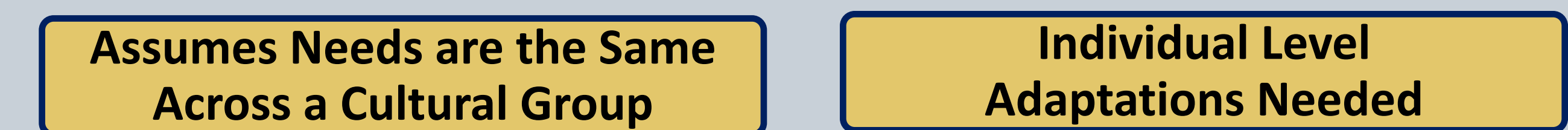
"A pantry might not be able to afford to hire a DEI consultant, right? Or somebody that can help them to do the work. But [Organization], as an example, we can write grants and hire a consultant that can then help all of those pantries. So, it's using our privilege and our capacity to be able to then share that with our partners around the state" – Community-Based/ Nonprofit

BARRIERS



"I think it's also hard because if you grew up in America, you just have a vision of what you like to eat. And so, it's like hard to even brainstorm sometimes when you're like, 'But I love lasagna!'" – Food System

CONCERNS



"A group is composed of individuals. So each individual is different. We're not talking about a monolith here. You know, people are not monolith. They're people of different cultures with different experiences." – Community Nutrition Educator

KEY FINDINGS

The current practices, barriers, and concerns identified in this qualitative study should be considered to enhance nutrition access efforts in Hispanic/Latino communities.

These findings may guide nutrition access stakeholders to take steps towards multi-level, culturally-tailored approaches to address nutrition access, chronic disease, and food insecurity in the NH Hispanic/Latino population.

These findings also revealed opportunities for cross-sector collaboration, further **supporting the feasibility of multi-level solutions.**