

## **Living and Eating in a Multicultural Society**

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### **ABSTRACT**

During the 20th century, humankind went through the most significant changes in history, from industrial and agricultural revolutions to the invention of the personal computers and the internet, and changes continue to come at an even faster rate. One of notable change is emerging multicultural societies. People tended to live in a monocultural society and new cultures were infused in controlled and confined manners, however, people now live and eat in a continuously changing multicultural society. Multicultural societies are emerged from the translocation of people (immigration) and, in a larger sense, globalization. Immigrants are faced with various and different cultures from their own, resulting in excitements and agonies in finding balance among many cultures. People who have not translocated themselves must also deal with various imported foreign cultures from fastfood restaurants to food beliefs. This lecture will use Korean Americans as an example to discuss how immigrants navigate different cultures and environments and how acculturation, the process of adaptation, affects their diet and health. In addition, how globalization has changed people's eatery will be briefly discussed. Understanding impacts of living and eating in a multicultural society is meaningful and useful to find effective approaches to promote healthy lifestyles to people in this fast changing times.

## Improving Health through Community Nutrition

Eating and Living in a Multicultural Society

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## Objectives

- Brief Overview of Sociodemographic Characteristics
- Efforts to improve Health
  - Level of authority
    - Federal level
    - State level
    - Community level
  - Target populations
    - General public
    - Individuals with limited income
    - Minorities

## America - SES

- Income
  - Median Household income \$ 44,400
  - The Female-to-male earning comparison 77%
  - Poverty rate 12.7% (37 million)
  - People without health insurance 15.7% (45.8 mil)
- By Racial/Ethnic group
  - White \$49,000
  - Black \$30,100
  - Asian \$57,500
  - Hispanic \$34,200

## America – a country of immigrants

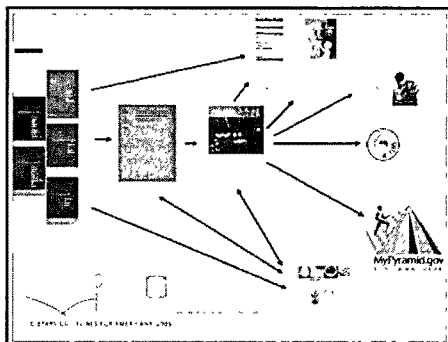
11.9 million Asian Americans  
Highest Growth Rate (65.2%)

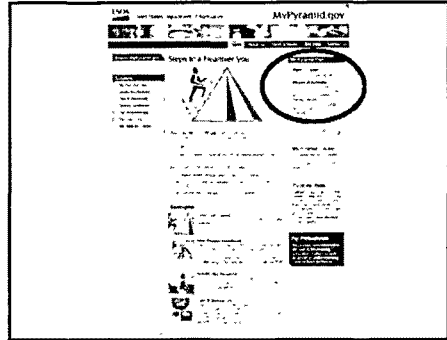
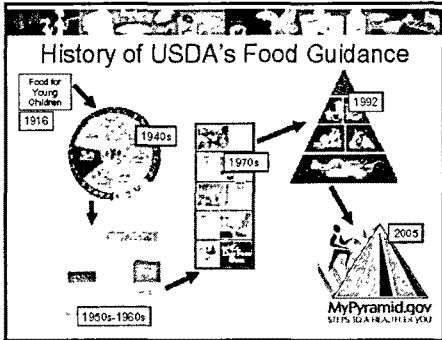
2000                      2050 , projected

Data from the US Bureau of the Census

## Federal Level Efforts

- Health and Nutrition Assessment
  - National Health and Nutrition Examination Survey
- Healthy People 2010
  - Goal 1 Increase Quality and Years of Healthy Life
  - Goal 2 Eliminate Health Disparities
    - Physical Activity, Overweight and Obesity, Tobacco Use, Substance Abuse, Responsible Sexual Behavior, Mental Health, Injury and Violence, Environmental Quality, Immigration, Access to Health Care
  - 19.1 Increase the proportion of adults who are at a healthy weight Target: 60 percent





### MyPyramid Worksheet

MyPyramid.gov

Use this worksheet to track your daily food intake and compare it to the MyPyramid recommendations. The worksheet includes sections for 'MyPyramid Recommendations' and 'My Daily Food Intake'.

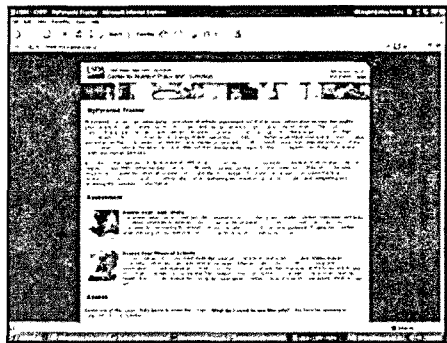
**MyPyramid Recommendations:**

| Food Group | Amount   |
|------------|----------|
| Grains     | 48-48 g  |
| Vegetables | 48-48 g  |
| Fruits     | 48-48 g  |
| Dairy      | 3-3 cups |
| Protein    | 56-56 g  |
| Oils       | 7-7 g    |

**My Daily Food Intake:**

| Food Group | Amount |
|------------|--------|
| Grains     |        |
| Vegetables |        |
| Fruits     |        |
| Dairy      |        |
| Protein    |        |
| Oils       |        |

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### The 2005 Dietary Guidelines (DG) Recommendations for Intake on 9/21/2005

USDA, ARS, Human Nutrition Research Center on Aging, Beltsville, MD

TABLE 1. Recommended Dietary Allowances (RDA) and Adequate Intakes (AI) for Selected Nutrients

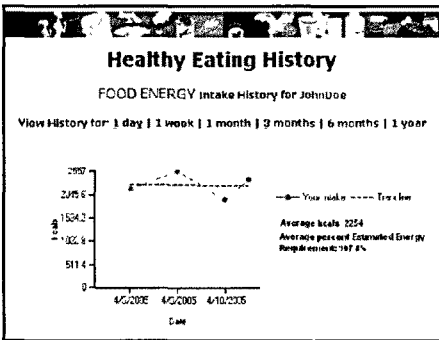
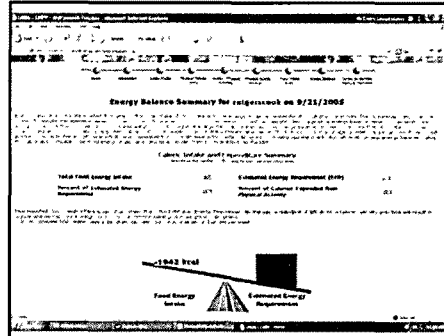
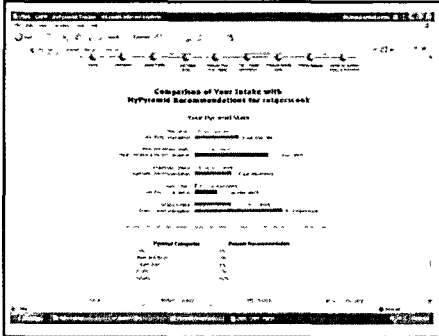
| Nutrient           | Unit | Male 19-50 | Female 19-50 | Male 51-70 | Female 51-70 | Male 71+ | Female 71+ |
|--------------------|------|------------|--------------|------------|--------------|----------|------------|
| Energy             | kcal | 2,800      | 2,200        | 2,600      | 2,000        | 2,400    | 1,900      |
| Protein            | g    | 56         | 46           | 56         | 46           | 56       | 46         |
| Total fat          | g    | 65         | 55           | 65         | 55           | 65       | 55         |
| Total carbohydrate | g    | 130        | 130          | 130        | 130          | 130      | 130        |
| Total fiber        | g    | 38         | 25           | 38         | 25           | 38       | 25         |
| Total cholesterol  | mg   | 300        | 300          | 300        | 300          | 300      | 300        |
| Sodium             | mg   | 1,500      | 1,500        | 1,500      | 1,500        | 1,500    | 1,500      |
| Potassium          | mg   | 3,500      | 2,600        | 3,500      | 2,600        | 3,500    | 2,600      |
| Calcium            | mg   | 1,000      | 1,000        | 1,000      | 1,000        | 1,000    | 1,000      |
| Vitamin A          | µg   | 5,000      | 5,000        | 5,000      | 5,000        | 5,000    | 5,000      |
| Vitamin B-6        | mg   | 1.7        | 1.3          | 1.7        | 1.3          | 1.7      | 1.3        |
| Vitamin C          | mg   | 90         | 75           | 90         | 75           | 90       | 75         |
| Vitamin E          | mg   | 15         | 15           | 15         | 15           | 15       | 15         |
| Vitamin K          | µg   | 120        | 90           | 120        | 90           | 120      | 90         |
| Folate             | µg   | 400        | 400          | 400        | 400          | 400      | 400        |
| Iron               | mg   | 8          | 7            | 8          | 7            | 8        | 7          |
| Zinc               | mg   | 11         | 9            | 11         | 9            | 11       | 9          |
| Copper             | mg   | 0.9        | 0.9          | 0.9        | 0.9          | 0.9      | 0.9        |
| Manganese          | mg   | 2.3        | 1.8          | 2.3        | 1.8          | 2.3      | 1.8        |
| Selenium           | µg   | 55         | 55           | 55         | 55           | 55       | 55         |
| Iodine             | µg   | 150        | 150          | 150        | 150          | 150      | 150        |

### MyPyramid Tracker

USDA, ARS, Human Nutrition Research Center on Aging, Beltsville, MD

TABLE 2. MyPyramid Tracker

| Nutrient           | Recommended | Actual Intake |
|--------------------|-------------|---------------|
| Energy             | 2,800       | 2,200         |
| Protein            | 56          | 46            |
| Total fat          | 65          | 55            |
| Total carbohydrate | 130         | 130           |
| Total fiber        | 38          | 25            |
| Total cholesterol  | 300         | 300           |
| Sodium             | 1,500       | 1,500         |
| Potassium          | 3,500       | 2,600         |
| Calcium            | 1,000       | 1,000         |
| Vitamin A          | 5,000       | 5,000         |
| Vitamin B-6        | 1.7         | 1.3           |
| Vitamin C          | 90          | 75            |
| Vitamin E          | 15          | 15            |
| Vitamin K          | 120         | 90            |
| Folate             | 400         | 400           |
| Iron               | 8           | 7             |
| Zinc               | 11          | 9             |
| Copper             | 0.9         | 0.9           |
| Manganese          | 2.3         | 1.8           |
| Selenium           | 55          | 55            |
| Iodine             | 150         | 150           |



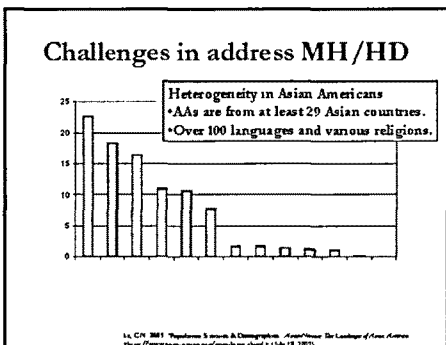
- Federal/State efforts for people with limited income**
- Women, Infants and Children Program
    - Federal Market Nutrition Program
    - Senior Farmers' Market Nutrition Program
  - Food Stamp Program
    - FS Nutrition Education
  - School Meals
    - National School Lunch Program
    - School Breakfast Program
    - Special Milk Program
    - Team Nutrition
  - Summer Food Service Program
  - Child and Adult Care Food Program
  - Food Assistance for Disaster Relief
  - Food Distribution
    - Schools/Child Nutrition Commodity Programs
    - Food Distribution Program on Indian Reservations
    - Nutrition Services Incentive Program
    - Commodity Supplemental Food Program
    - The Emergency Food Assistance Program

- Community level efforts**
- Child and Adult Care Food Program
  - Food Assistance for Disaster Relief
  - Food Distribution
    - Schools/Child Nutrition Commodity Programs
    - Food Distribution Program on Indian Reservations
    - Nutrition Services Incentive Program
    - Commodity Supplemental Food Program
    - The Emergency Food Assistance Program
  - Head Start/Elderly Center
  - Soup Kitchens
  - Food banks

**National Center on Minority Health and Health Disparity**

The mission of the National Center on Minority Health and Health Disparities (NCMHD) is to promote minority health and to lead, coordinate, support, and assess the NIH effort to reduce and ultimately eliminate health disparities. In this effort NCMHD will conduct and support basic, clinical, social, and behavioral research, promote research infrastructure and training, foster emerging programs, disseminate information, and reach out to minority and other health disparity communities.

<http://orehd.nih.gov/about/ncmhd/mission.asp>



### Immigrant Asian Americans

- **Foreign-born**
  - Total population: 11.1%
  - Asian Americans: 68.0%
  - Thai: 77.8%
  - Japanese: 39.5%
- **English Proficiency**
  - Non-English at home, English spoken less than "very well"
  - Total population: 8.1%
  - Asian Americans: 39.5%
  - Vietnamese: 62.4%
  - Asian Indian: 23.1%

**Limited English proficiency and numerous languages in use among Asian Americans are big challenge.**

Who Are People Asian in the United States? Census 2000 Special Report 224

### Challenges in address MH/HD

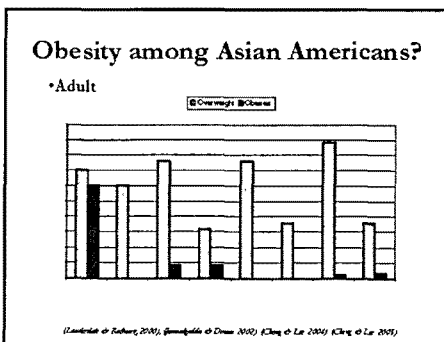
- Few data available
- Lack of funding

### Obesity among Asian Americans?

- **Children**
  - 1997: 10% of 2-5 year-old children overweight (CDC, 1998)

### Obesity among Asian Americans?

- **Adolescents**
  - Overweight: Asian American girls (6.6%) and boys (17.2%) (Neumark-Sztajner et al., 2002)
  - The obesity rate (16%) of first-generations was lower than other ethnic groups, while the rates (30-35%) of second- and third-generations were comparable (Popkin & Udry, 1998)



**Collaboration among  
Community Nutritionists**

- In Research
- In Nutrition Education
- On specific issues