



Self-Reported Nutrition Habits of Puerto Ricans. How Can Their Primary Care Provider Optimize These?

Thalía Vega Carattini, MD; Harry Martínez, MD; Antonio Gutiérrez, MD; Alejandro Berrocal, MD-DABFM

Mayagüez Medical Center, Family Medicine Residency Program

Affiliation: Ponce Health Science University

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INTRODUCTION

- Chronic conditions such as obesity, DM2, heart disease, dyslipidemia, and certain cancers, to mention a few, may be affected by nutritional habits.
- The prevalence of obesity alone in Puerto Rico is between 30 – 35%.
- Understanding our population's nutritional habits leads to better counseling and educational interventions that may improve the management of chronic conditions.
- By improving primary care provider's awareness of their patient's dietary habits, they can provide the tools necessary to facilitate patient education and promote adherence to better food choices.

OBJECTIVES

- Understand our population's eating habits.
- Identify the primary care provider's role in meeting the educational needs of the population with regards to a balanced diet.

METHODS

- Descriptive Study
- Participants were recruited from the Family Medicine Express Clinic census by Resident Physicians during general maintenance appointments.
- Candidates include adults 21 years and older who do not have dietary restrictions.
- The developed questionnaire was provided in the language of the participant's preference (English or Spanish).

RESULTS

- There were 72 participants, 2 of which did not want to disclose sex.
- 44.63% were males and 26.37% were female
- Mean Age = 47.8 years; Median = 46; Range = 21 – 91; SD = 18.1
- Most participants were from the municipalities of Mayagüez (40%) and Cabo Rojo (14%)

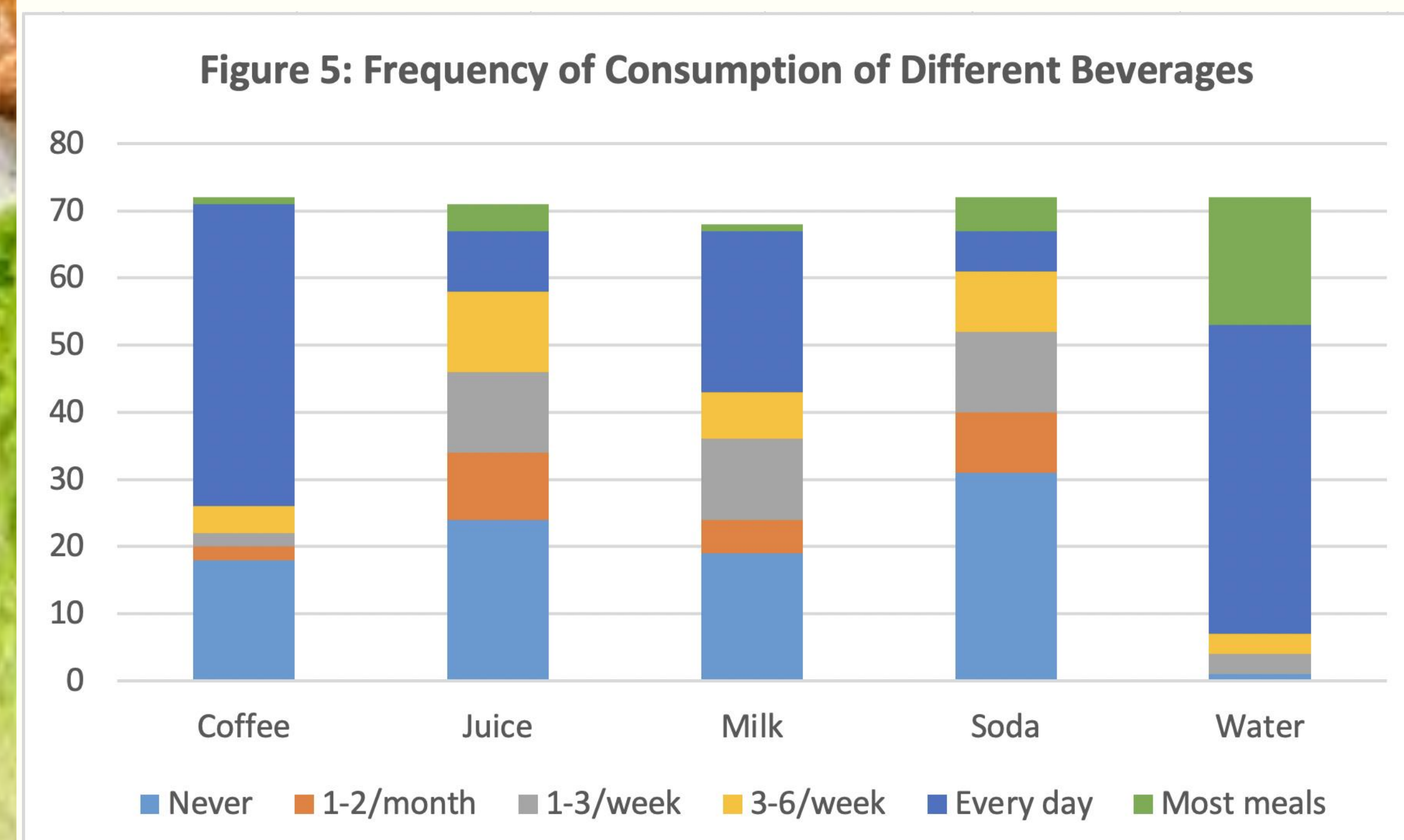
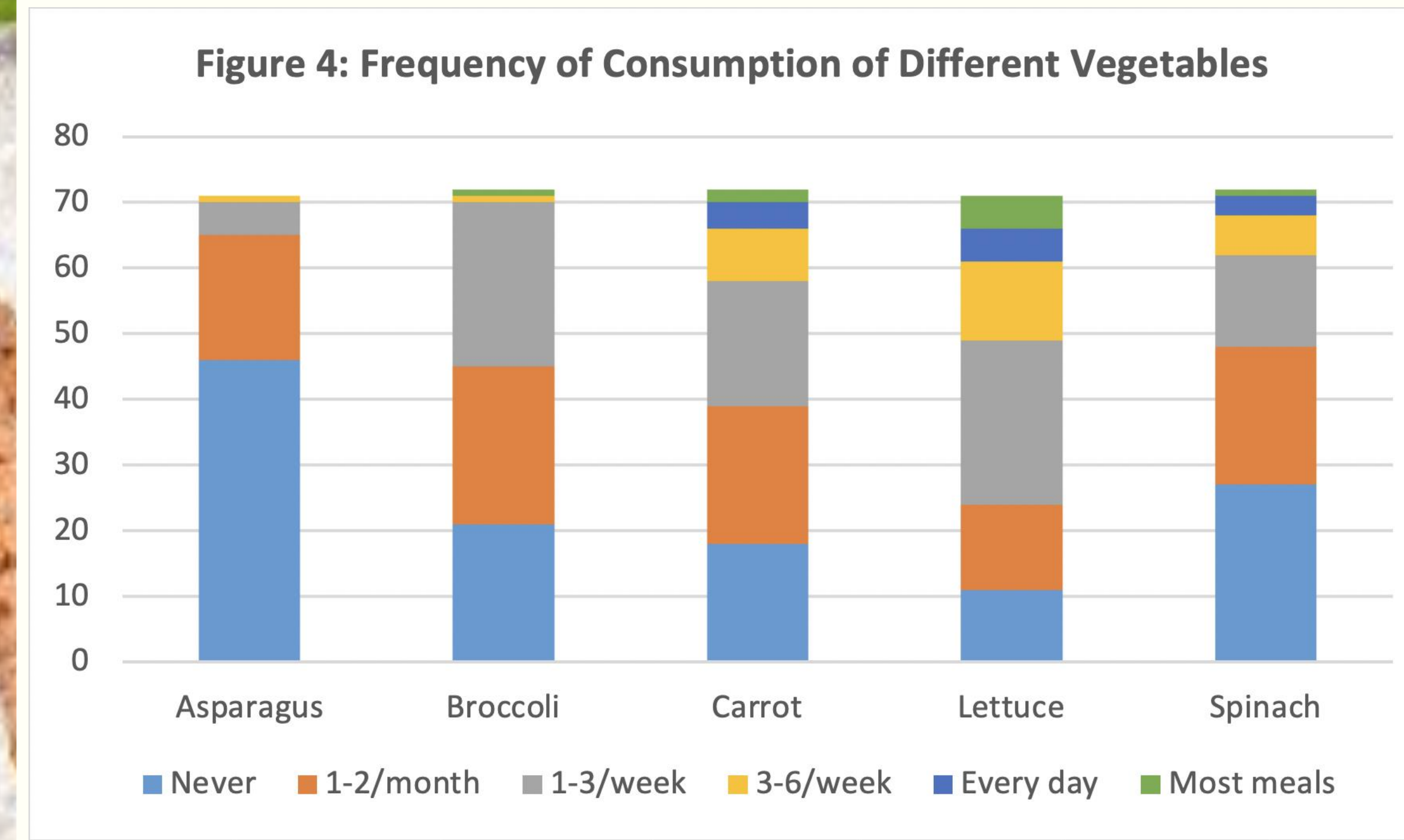
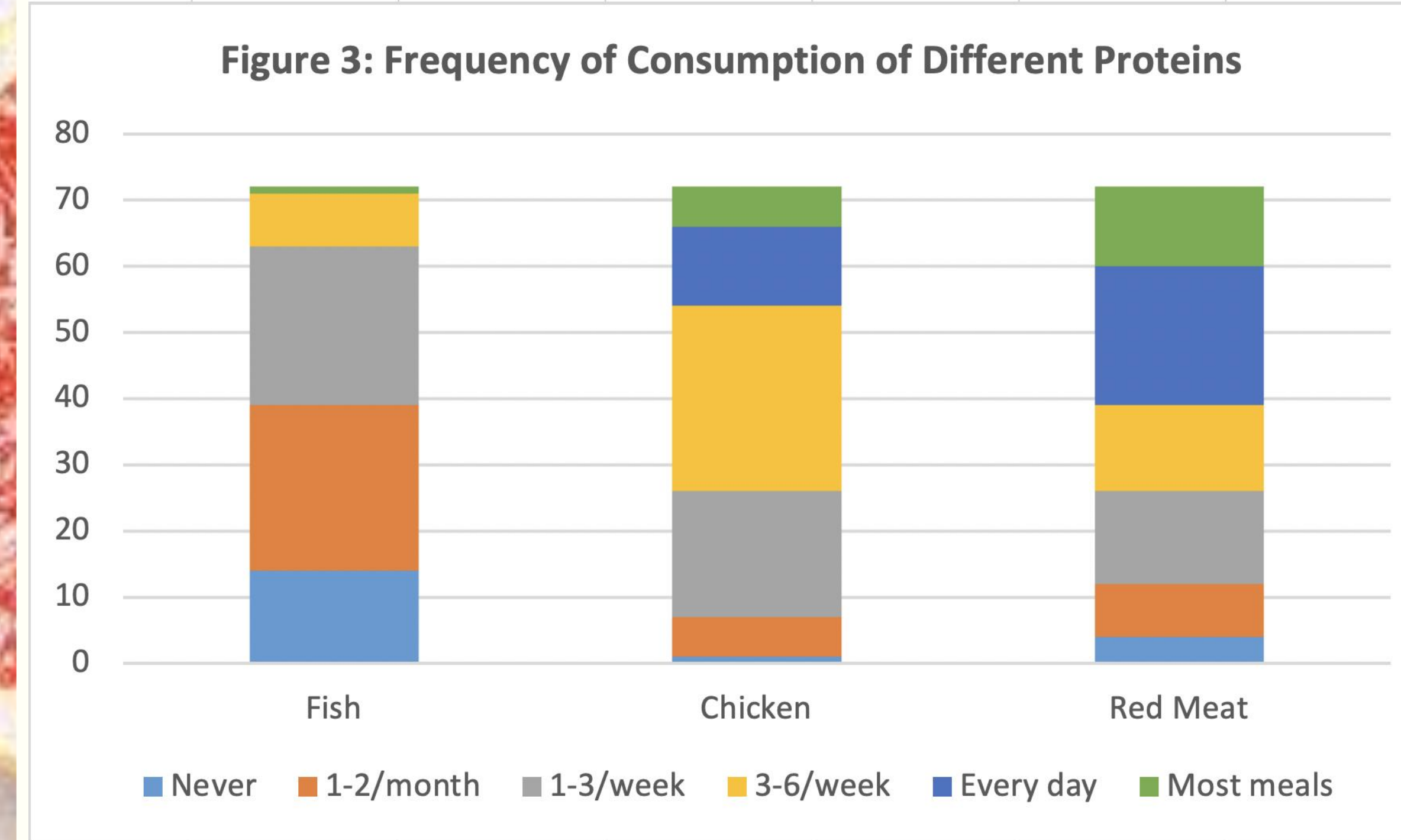
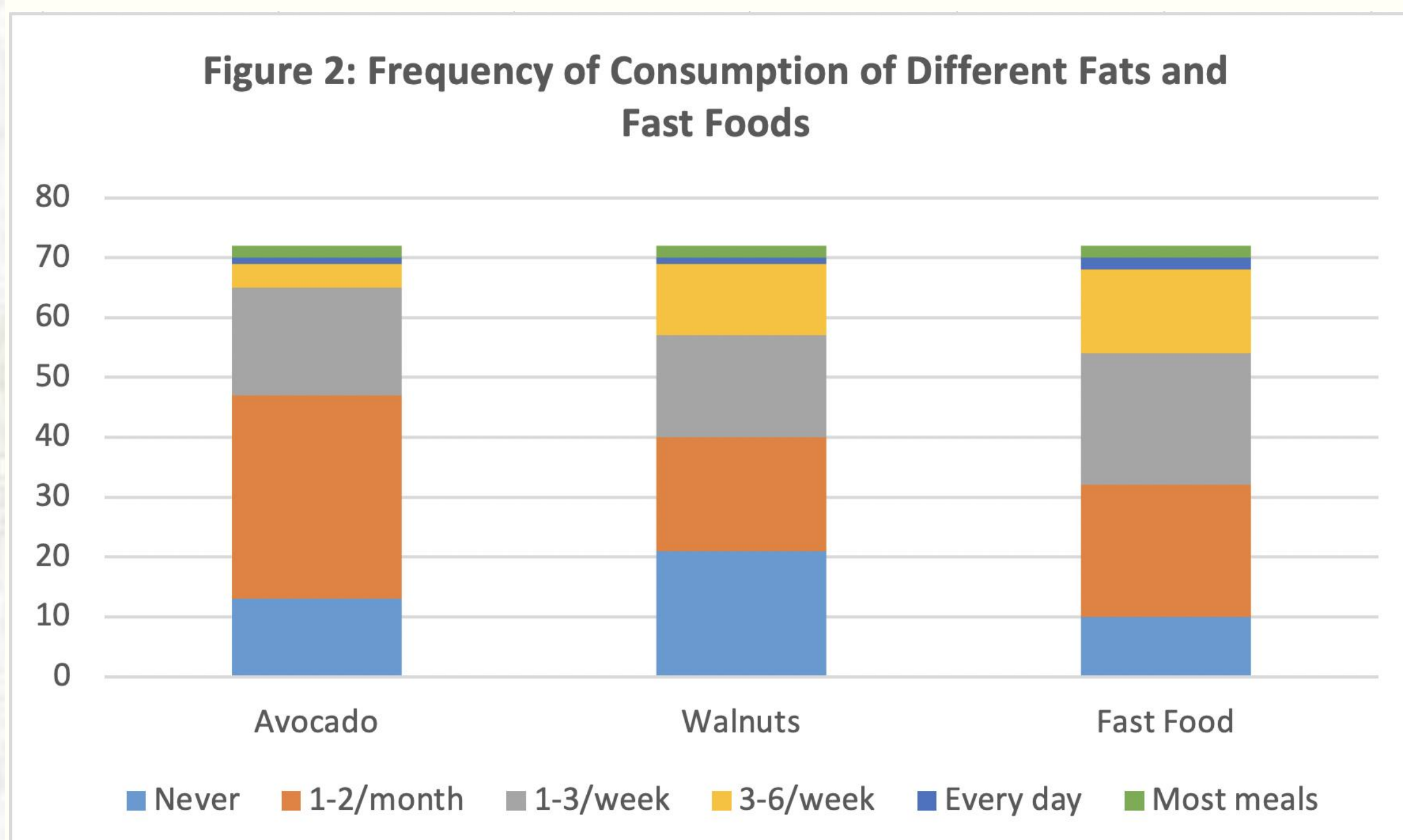
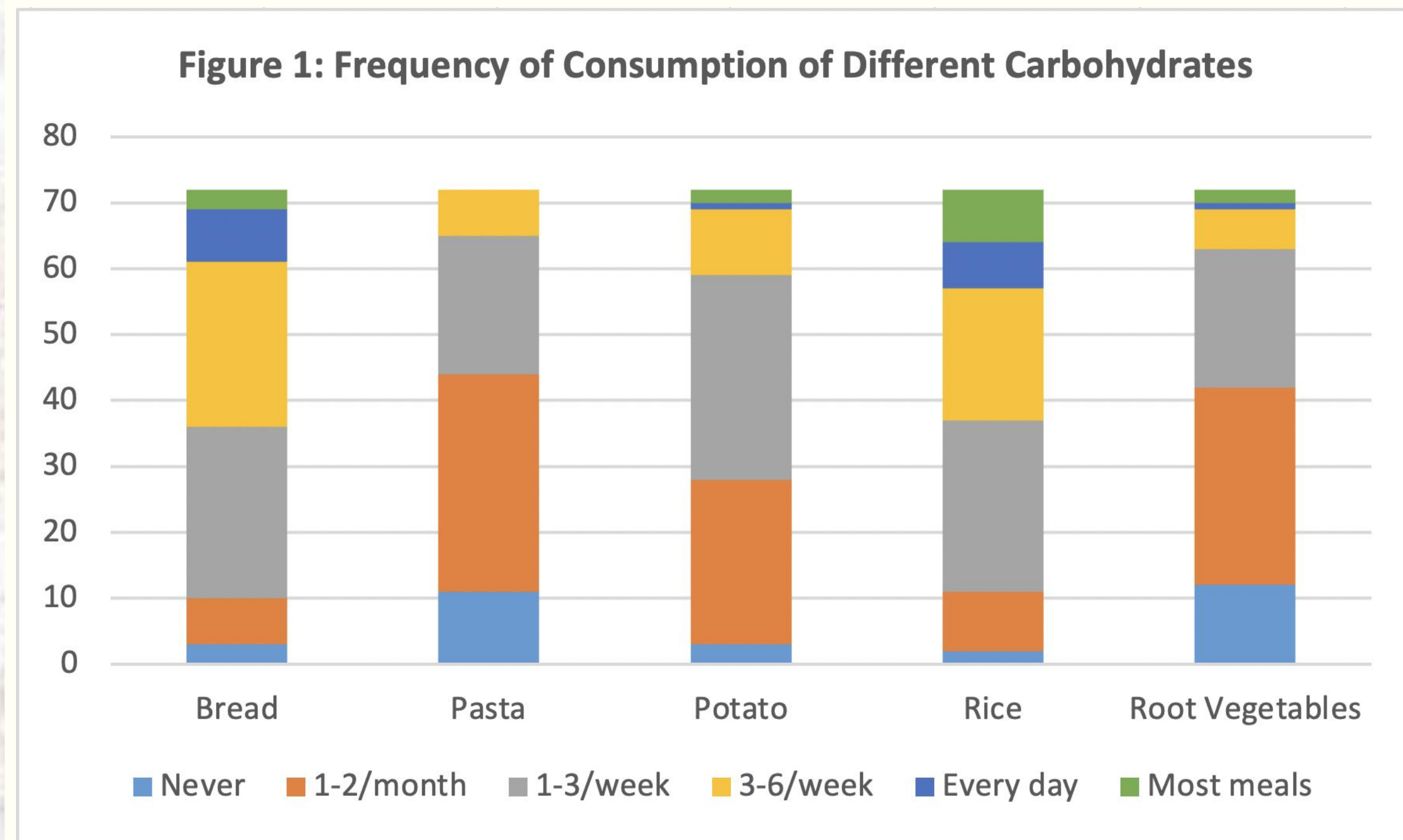


Table 2: Patient's Perception on PCP's Role to Improve their Dietary Habits	
Questions	Affirmative answer = n (%)
More frequent appointments with PCP directed towards nutritional education.	28 (38.9)
Referral from PCP to nutritionist after dietary habits evaluation.	34 (47.2)
Access to nutritionist in PCP's office.	49 (68.1)
Lectures in office regarding nutritional education.	26 (36.1)
Receiving emails with education on nutrition topics.	42 (59.7)

CONCLUSION

- As expected, although Puerto Ricans have a diverse diet, consumption of carbohydrates is the most prevalent while vegetables are the least consumed.
- The consumption of fast food can be improved in this population.
- Coffee and water are the most consumed beverages.
- Patients believe that by having access to nutritionist in the PCP's office and by receiving emails with education on nutrition topics their dietary habits will improve.

FUTURE DIRECTIONS

- On a subsequent project we will be choosing participants based on BMI, and other chronic conditions such as HTN, and DM2.
- We will be educating these patients on the access of nutritionist at the outpatient clinic and sending emails.
- Follow up questionnaire will be provided.

REFERENCES

