ASSOCIATION OF TYPE OF FOOD STORES SHopped AND THE FOOD ITEMS BOUGHT WITH THE PREVALENCE OF OVERWEIGHT/OBESITY AMONG MEAL PLANNERS IN SELECTED AREAS IN THE PHILIPPINES

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Background:
In response to the increasing prevalence of overweight and obesity among Filipino adults, the link between food environment, or what foods are available in their immediate surroundings and overweight and obesity has to be identified.

Objectives:
The study aimed to determine the association between the type of food stores and food items bought and overweight/obesity among meal planners in Taguig City, Occidental Mindoro, Aurora, Biliran and Davao Occidental.

Materials and Methods:
This study used the data from the 2016 Updating of the Nutritional Status of Filipino Population Groups: Local Level Food, Health and Nutrition Surveys. Chi-square test was done to determine the association between the prevalence of overweight and obesity and the type of food stores and food items.

Results and Findings:
A high proportion of meal planners aged 30 to 49 years old were overweight and obese, being highest in Taguig City (43.3%), followed by Biliran (37.8%), Aurora (35.0%), Occidental Mindoro (28.3%) and Davao Occidental (22.4%).

Results showed that shopping in grocery store showed a significant relationship with the prevalence of overweight and obesity with the meal planners in Occidental Mindoro and Biliran. Furthermore, shopping in night market and mobile store showed a significant relationship with the prevalence of overweight and obesity with the meal planners in Davao Occidental and Biliran, respectively. On the other hand, significant association between buying eggs and the prevalence of overweight and obese meal planners in Occidental Mindoro, Aurora and Davao Occidental. In addition, buying milk and milk products were observed to have a significant association with the prevalence of obesity of their meal planners in Occidental Mindoro, Biliran and Davao Occidental. No significant relationship was observed in Taguig City.

Conclusion and Recommendations:
Selected food items and food stores have significant association with the prevalence of overweight/obesity among meal planners of households in all study areas covered except for Taguig City.

Further study is recommended to identify other factors that have significant associations with the prevalence of obesity and to determine the nature of the relationship found between these variables.