The Health Impact on Hispanic Adults Who Shop for Food Primary at Non-Traditional Stores.
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Background
- Non-traditional stores such as Dollar Stores are expanding in the United States (US).\(^1\)
- In New Mexico, 32.3% adults are obese.\(^2\)
- The largest group affected by obesity is Latinos, at 32.8%.\(^2\)
- Obesity, when left untreated, can increase the risk of developing chronic diseases such as type II diabetes, cardiovascular disease, hypertension, stroke, kidney disease, sleep apnea, dyslipidemia, and possibly some types of cancers (breast, colon, and prostate).
- Dollar Stores provide self-stable food items, however lack fresh fruit and vegetables.
- There is currently no published research that has been conducted to explore the relationship of non-traditional retail food stores and food shopping habits, weight, waist circumference, and BMI among Hispanic adults who live in small towns located in northern New Mexico.

Research Question
- In Hispanic adults who shop for their food primarily at non-traditional retail food stores in Chama, Peñasco, and Questa, New Mexico, what is the relationship with their food shopping habits and their weight, waist circumference and BMI?

Proposed Methodologies
- Inclusion: Adults aged 18 and older who identify as a Hispanic, New Mexican, Latino/a, Spanish, or Hispanic American.
- Recruitment surveys online and in-person located at health clinics, community centers, and food pantry's locations in Chama, Peñasco, and Questa.
- Data collection: demographic information, weight, height, waist circumference, and BMI.
- Questionnaire: will collect the following information: food shopping habits, what is purchased, driving distance to stores, how often they shop for food, and how often they shop at non-traditional food stores vs. regular grocery stores.

Potential Implications
- This study will provide important information regarding the relationship of non-traditional retail food stores and food shopping habits, weight, waist circumference, and BMI among Hispanic adults who live in rural communities.

References