

ROMANIAN EATING MOTIVATIONS SCALE – FOR COMMUNITY INTERVENTION STRATEGIES

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Introduction: Our aim was to evaluate different aspects related with food choices made by Romanian consumers, influenced by their attitudes, practices and habits, in order to develop proper intervention preventive strategies.

Materials and methods: The present study was a cross sectional survey, based on a validated questionnaire, develop through an international project in 2018 (EATMOT), filled in online after consent by adult population from various counties. The Romanian sample has 821 subjects (from wich 69% women), and represented 7% of total sample of 11.960 participants from 16 countries (Europe, America and Africa).

Results: The results showed that women are generally better informed than men about healthy eating. There has been a conflict between traditional food-related cultural values and modern guidelines based on scientific information in the diet. The responses of some categories of patients have revealed the tendency to overdue the diets recommended for the afflictions they suffer, maybe due to a lack of more detailed information on specific and personalized aspects. Significant links have been identified especially between attention for calories intake and gender variables, cardiovascular disease, obesity and hypertension.

Conclusion: This population food behavior screening scale may be used to better assessment of food choice determinants, and to plan strategies to improve healthy eating patterns, diminishing the burden of chronic diseases. Also well trained dietitians can compensate the population practice deficiencies.

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