



THE UNIVERSITY OF ARIZONA
COLLEGE OF AGRICULTURE & LIFE SCIENCES
**Nutritional Sciences
& Wellness**

SEMINAR ANNOUNCEMENT

The School of Nutritional Sciences and Wellness presents:

“Diet Quality and Food Insecurity in Hispanic/Latinos: El Banco por Salud”

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Moderated by: Carrie Standage-Beier



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12pm

Shantz Building, Room 247

<https://arizona.zoom.us/j/82678706371>

Diet quality and food insecurity in Hispanic/Latinos: El Banco Por Salud

Background and Aim: Food insecurity has been associated with poor diet quality and increased diet-related disease risk. Reportedly, Hispanic/Latinos have lower overall diet quality, experience food insecurity twice as often as non-Hispanic Whites, and are more likely to be diagnosed with type 2 diabetes (T2D).

Problem Statement: Few studies have explored the association of diet quality and food insecurity among Hispanic/Latinos living in under-resourced communities and at high risk for T2D and subsequent complications.

Objective(s): To examine the association between diet quality and food insecurity in El Banco por Salud, a wellness biobank for Latino adult patients from partnered Federally Qualified Health Centres in southern Arizona.

Methods: El Banco por Salud was established by the University of Arizona Centre for Disparities in Diabetes, Obesity and Metabolism. Participants recruited were self-identified Latinos diagnosed with T2D or pre-diabetes (probands). Family members including close friends (referred as kin/family) were also enrolled. A recalled sample of 86 participants underwent at least one 24-hour dietary recall (94% completed 3 recalls) to calculate Healthy Eating Index (HEI-2015) between October 2020 and November 2021. The United States Household Food Security Survey (18-item questionnaire) was obtained during enrollment and at recall. Linear regression models examined the associations between HEI-2015 and household food insecurity status.

Results: Of the 86 participants, 76.7% were female and 44.2% had T2D. Mean (SD) age and BMI were 47.3 years (13.0) and 33.1 kg/m² (7.4), respectively. Average HEI-2015 was 55.7 (14.1). During the COVID-19 pandemic, the prevalence of food insecurity increased from 33% at enrollment (pre-pandemic) to 47% at recall since March 2020. Food insecure individuals had 6.60 lower HEI-2015 score compare to food secure participants (95% CI: -12.41, -0.79, *p*-value=0.02), after adjustment for age, biological sex, participant status (proband versus kin), US-born, and marital status.

Conclusions: Food insecurity is associated with lower overall diet quality among Latinos at high risk for diabetes. Interventions targeting food insecurity have the potential to impact T2D risk and subsequent complications, however diet quality also needs to be considered when designing community-based programs.