How does the diet and exercise of Latinos who immigrate to NYC change over time?

Research has shown that immigrants who have lived in the U.S for a longer time have a higher risk of obesity and diabetes. The Latino assimilation process into American culture seems to be affecting the social and environmental factors that contribute to Latino health.

Conducted a semi-structured interview with a 64 year old Latino who has lived in the U.S. since the age of 20 and experienced differences in his diet since moving to the US.

Conducted research to find scholarly articles that support our research question.

U.S. born Latinos compared to Latino immigrants are more likely to become Obese, develop Hypertension, smoke, develop Heart Disease and Cancer.

The affordability of fast food helps lower Latino income families get by.

Since Latinos are three times more likely to live in poverty than non-Latino whites, the affordability of fast foods exceeds health concerns.

Language barriers contribute to the deterioration of Latino health; many cannot communicate effectively with their healthcare providers.

Latinos are more at risk for Diabetes, Obesity and High Cholesterol than non-Hispanic Whites.

American culture and lifestyle.

Smoking, drinking, and high calorie diets are introduced to a lot of immigrants when they assimilate into an American lifestyle.

Leading causes of Latino death include: Cancer, Heart Disease, Unintentional injury, Stroke, Diabetes, Chronic Liver Disease, and Cirrhosis.

Latinas have higher obesity rates compared to Latino males.

There should be fewer fast food restaurants and more farmer’s markets so people who are not eating healthy can begin to change their food choices.

Food companies should supply their products with translated nutritional labels in order for Latinos/as to understand what they are consuming.

Immigrants who have lived in the U.S for a short amount of time have experienced no dramatic change in their weight; however, immigrants who have lived in the U.S. much longer do experience a change in their weight.

Latinas have higher obesity rates compared to Latino males.

References