

Food Habits Survey & Source Assessment: Republic of Palau

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Abstract

- Years of foreign influence introduced various diets/lifestyle habits some of which include increase of disease
- Surveys were designed to analyze the amount of local/foreign food as well as lifestyle activities.
- Surveys were conducted at one of the most rural states, Ngarchelong in 2015, Koror, the most urban/populated state in 2016, and 12 states out of 16 in the span of 2 months.
- Approximately 250 surveys have been collected
- Preliminary results show more than 70% reliance on outside foods and 50% reduced activity.



Objective

- Analyze drastic changes in the diets of the Palauan people through surveys (Food Habits Survey 2017)
- 20 households per state (16 states)



Intro

- Summer of 2017: conducted a Food Habits Survey; this survey is a 2-part survey.
- The initial survey, the General Information Survey asked about lifestyle activities of the respondent.
- The Food Habits Survey is a 7-day meal audit ---breakfast, lunch, snack and dinner.



Materials

2015 & 2016

- PC tablets (20 count) distributed by Tokyo University
- Surveys were uploaded onto the tablets on Excel spreadsheets
- Paper-based surveys (also provided by Tokyo University) were used as backup

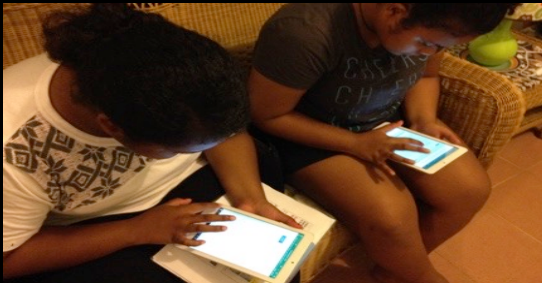
2017

- Paper-based surveys designed by the STEP-UP survey team (Food Habits pamphlets and General Info Surveys)

Methodology

2015 & 2016

- 20 PC tablets
- Ngarchelong and Koror
- collected 7 days later



EXAMPLE		EXAMPLE	EXAMPLE	EXAMPLE	EXAMPLE	
Survey Sheet A: General Information			DATE	June 27, 2016		
What is your contact?			Phone number or e-mail			
1	What is your name?	_____	T			
2	What is your e-mail?	_____	Arlis's list			
3	What is your cell phone?	_____	0000			
4	What is your fax number?	_____	0000			
5	Where is your subject?	_____	English			
6	What is your subject code?	_____	_____			
Section 1			What is your subject code?			
1	What is your subject code?	_____	0	YES	or	NO
2	What is your subject code?	_____	0	YES	or	NO
3	What is your subject code?	_____	0	YES	or	NO
4	What is your subject code?	_____	0	YES	or	NO
5	What is your subject code?	_____	0	YES	or	NO
6	What is your subject code?	_____	0	YES	or	NO
7	What is your subject code?	_____	0	YES	or	NO
8	What is your subject code?	_____	0	YES	or	NO
9	What is your subject code?	_____	0	YES	or	NO
10	What is your subject code?	_____	0	YES	or	NO
Section 2			What is your subject code?			
1	What is your subject code?	_____	0	YES	or	NO
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3	What is your subject code?	_____	0	YES	or	NO
4	What is your subject code?	_____	0	YES	or	NO
5	What is your subject code?	_____	0	YES	or	NO
6	What is your subject code?	_____	0	YES	or	NO
7	What is your subject code?	_____	0	YES	or	NO
8	What is your subject code?	_____	0	YES	or	NO
9	What is your subject code?	_____	0	YES	or	NO
10	What is your subject code?	_____	0	YES	or	NO
Section 3			What is your subject code?			
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5	What is your subject code?	_____	0	YES	or	NO
6	What is your subject code?	_____	0	YES	or	NO
7	What is your subject code?	_____	0	YES	or	NO
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10	What is your subject code?	_____	0	YES	or	NO
Section 4			What is your subject code?			
1	What is your subject code?	_____	0	YES	or	NO
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3	What is your subject code?	_____	0	YES	or	NO
4	What is your subject code?	_____	0	YES	or	NO
5	What is your subject code?	_____	0	YES	or	NO
6	What is your subject code?	_____	0	YES	or	NO
7	What is your subject code?	_____	0	YES	or	NO
8	What is your subject code?	_____	0	YES	or	NO
9	What is your subject code?	_____	0	YES	or	NO
10	What is your subject code?	_____	0	YES	or	NO
Section 5			What is your subject code?			
1	What is your subject code?	_____	0	YES	or	NO
2	What is your subject code?	_____	0	YES	or	NO
3	What is your subject code?	_____	0	YES	or	NO
4	What is your subject code?	_____	0	YES	or	NO
5	What is your subject code?	_____	0	YES	or	NO
6	What is your subject code?	_____	0	YES	or	NO
7	What is your subject code?	_____	0	YES	or	NO
8	What is your subject code?	_____	0	YES	or	NO
9	What is your subject code?	_____	0	YES	or	NO
10	What is your subject code?	_____	0	YES	or	NO
Section 6			What is your subject code?			
1	What is your subject code?	_____	0	YES	or	NO
2	What is your subject code?	_____	0	YES	or	NO
3	What is your subject code?	_____	0	YES	or	NO
4	What is your subject code?	_____	0	YES	or	NO
5	What is your subject code?	_____	0	YES	or	NO
6	What is your subject code?	_____	0	YES	or	NO
7	What is your subject code?	_____	0	YES	or	NO
8	What is your subject code?	_____	0	YES		

2017

- Paper-based
- 12 states
- collected 7 days later

		Chase did not even get ingredients to well used settings					
		Ingredients		What did you get the best?		Locally produced VS Imported	
Age	10-20 20-30 30-40 40-50 50+	1. Beef	2. Pork	3. Chicken	4. Fish	5. Eggs	6. Dairy
Gender	Male / Female	7. Turkey	8. Lamb	9. Veal	10. Duck	11. Pork	12. Beef
Native or born in France?		13. Chicken	14. Fish	15. Eggs	16. Dairy	17. Pork	18. Beef
Number		19. Turkey	20. Lamb	21. Veal	22. Duck	23. Pork	24. Beef
Number of people in household		25. Chicken	26. Fish	27. Eggs	28. Dairy	29. Pork	30. Beef
Do you have a social class?		31. Turkey	32. Lamb	33. Veal	34. Duck	35. Pork	36. Beef
How many times a week do you spend on food?	How 1-5 6-10 11-15 16-20 21-25 26-30 31-35 36-40 41-45 46-50 51-55 56-60 61-65 66-70 71-75 76-80 81-85 86-90 91-95 96-100	37. Chicken	38. Fish	39. Eggs	40. Dairy	41. Pork	42. Beef
What are the best places to eat?	TV Newspaper Internet Radio Radio	43. Turkey	44. Lamb	45. Veal	46. Duck	47. Pork	48. Beef
What are the best places to eat?		49. Chicken	50. Fish	51. Eggs	52. Dairy	53. Pork	54. Beef
What are the best places to eat?		55. Turkey	56. Lamb	57. Veal	58. Duck	59. Pork	60. Beef
What are the best places to eat?		61. Chicken	62. Fish	63. Eggs	64. Dairy	65. Pork	66. Beef
What are the best places to eat?		67. Turkey	68. Lamb	69. Veal	70. Duck	71. Pork	72. Beef
What are the best places to eat?		73. Chicken	74. Fish	75. Eggs	76. Dairy	77. Pork	78. Beef
What are the best places to eat?		79. Turkey	80. Lamb	81. Veal	82. Duck	83. Pork	84. Beef
What are the best places to eat?		85. Chicken	86. Fish	87. Eggs	88. Dairy	89. Pork	90. Beef
What are the best places to eat?		91. Turkey	92. Lamb	93. Veal	94. Duck	95. Pork	96. Beef
What are the best places to eat?		97. Chicken	98. Fish	99. Eggs	100. Dairy	101. Pork	102. Beef
What are the best places to eat?		103. Turkey	104. Lamb	105. Veal	106. Duck	107. Pork	108. Beef
What are the best places to eat?		109. Chicken	110. Fish	111. Eggs	112. Dairy	113. Pork	114. Beef
What are the best places to eat?		115. Turkey	116. Lamb	117. Veal	118. Duck	119. Pork	120. Beef
What are the best places to eat?		121. Chicken	122. Fish	123. Eggs	124. Dairy	125. Pork	126. Beef
What are the best places to eat?		127. Turkey	128. Lamb	129. Veal	130. Duck	131. Pork	132. Beef
What are the best places to eat?		133. Chicken	134. Fish	135. Eggs	136. Dairy	137. Pork	138. Beef
What are the best places to eat?		139. Turkey	140. Lamb	141. Veal	142. Duck	143. Pork	144. Beef
What are the best places to eat?		145. Chicken	146. Fish	147. Eggs	148. Dairy	149. Pork	150. Beef
What are the best places to eat?		151. Turkey	152. Lamb	153. Veal	154. Duck	155. Pork	156. Beef
What are the best places to eat?		157. Chicken	158. Fish	159. Eggs	160. Dairy	161. Pork	162. Beef
What are the best places to eat?		163. Turkey	164. Lamb	165. Veal	166. Duck	167. Pork	168. Beef
What are the best places to eat?		169. Chicken	170. Fish	171. Eggs	172. Dairy	173. Pork	174. Beef
What are the best places to eat?		175. Turkey	176. Lamb	177. Veal	178. Duck	179. Pork	180. Beef
What are the best places to eat?		181. Chicken	182. Fish	183. Eggs	184. Dairy	185. Pork	186. Beef
What are the best places to eat?		187. Turkey	188. Lamb	189. Veal	190. Duck	191. Pork	192. Beef
What are the best places to eat?		193. Chicken	194. Fish	195. Eggs	196. Dairy	197. Pork	198. Beef
What are the best places to eat?		199. Turkey	200. Lamb	201. Veal	202. Duck	203. Pork	204. Beef
What are the best places to eat?		205. Chicken	206. Fish	207. Eggs	208. Dairy	209. Pork	210. Beef
What are the best places to eat?		211. Turkey	212. Lamb	213. Veal	214. Duck	215. Pork	216. Beef
What are the best places to eat?		217. Chicken	218. Fish	219. Eggs	220. Dairy	221. Pork	222. Beef
What are the best places to eat?		223. Turkey	224. Lamb	225. Veal	226. Duck	227. Pork	228. Beef
What are the best places to eat?		229. Chicken	230. Fish	231. Eggs	232. Dairy	233. Pork	234. Beef
What are the best places to eat?		235. Turkey	236. Lamb	237. Veal	238. Duck	239. Pork	240. Beef
What are the best places to eat?		241. Chicken	242. Fish	243. Eggs	244. Dairy	245. Pork	246. Beef
What are the best places to eat?		247. Turkey	248. Lamb	249. Veal	250. Duck	251. Pork	252. Beef
What are the best places to eat?		253. Chicken	254. Fish	255. Eggs	256. Dairy	257. Pork	258. Beef</

Questionnaire

☐ Male ☐ Female

☐ Age **18-29** ☐ **30-39** ☐ **40-49** ☐ **50-59** ☐ **60+**

☐ Marital Status
☐ Single ☐ Married ☐ Divorced ☐ Other

☐ How many children do you have that live with you?
☐ 0 ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10 ☐ 11 ☐ 12 ☐ 13 ☐ 14 ☐ 15 ☐ 16 ☐ 17 ☐ 18 ☐ 19 ☐ 20 ☐ 21 ☐ 22 ☐ 23 ☐ 24 ☐ 25 ☐ 26 ☐ 27 ☐ 28 ☐ 29 ☐ 30 ☐ 31 ☐ 32 ☐ 33 ☐ 34 ☐ 35 ☐ 36 ☐ 37 ☐ 38 ☐ 39 ☐ 40 ☐ 41 ☐ 42 ☐ 43 ☐ 44 ☐ 45 ☐ 46 ☐ 47 ☐ 48 ☐ 49 ☐ 50 ☐ 51 ☐ 52 ☐ 53 ☐ 54 ☐ 55 ☐ 56 ☐ 57 ☐ 58 ☐ 59 ☐ 60 ☐ 61 ☐ 62 ☐ 63 ☐ 64 ☐ 65 ☐ 66 ☐ 67 ☐ 68 ☐ 69 ☐ 70 ☐ 71 ☐ 72 ☐ 73 ☐ 74 ☐ 75 ☐ 76 ☐ 77 ☐ 78 ☐ 79 ☐ 80 ☐ 81 ☐ 82 ☐ 83 ☐ 84 ☐ 85 ☐ 86 ☐ 87 ☐ 88 ☐ 89 ☐ 90 ☐ 91 ☐ 92 ☐ 93 ☐ 94 ☐ 95 ☐ 96 ☐ 97 ☐ 98 ☐ 99 ☐ 100 ☐ 101 ☐ 102 ☐ 103 ☐ 104 ☐ 105 ☐ 106 ☐ 107 ☐ 108 ☐ 109 ☐ 110 ☐ 111 ☐ 112 ☐ 113 ☐ 114 ☐ 115 ☐ 116 ☐ 117 ☐ 118 ☐ 119 ☐ 120 ☐ 121 ☐ 122 ☐ 123 ☐ 124 ☐ 125 ☐ 126 ☐ 127 ☐ 128 ☐ 129 ☐ 130 ☐ 131 ☐ 132 ☐ 133 ☐ 134 ☐ 135 ☐ 136 ☐ 137 ☐ 138 ☐ 139 ☐ 140 ☐ 141 ☐ 142 ☐ 143 ☐ 144 ☐ 145 ☐ 146 ☐ 147 ☐ 148 ☐ 149 ☐ 150 ☐ 151 ☐ 152 ☐ 153 ☐ 154 ☐ 155 ☐ 156 ☐ 157 ☐ 158 ☐ 159 ☐ 160 ☐ 161 ☐ 162 ☐ 163 ☐ 164 ☐ 165 ☐ 166 ☐ 167 ☐ 168 ☐ 169 ☐ 170 ☐ 171 ☐ 172 ☐ 173 ☐ 174 ☐ 175 ☐ 176 ☐ 177 ☐ 178 ☐ 179 ☐ 180 ☐ 181 ☐ 182 ☐ 183 ☐ 184 ☐ 185 ☐ 186 ☐ 187 ☐ 188 ☐ 189 ☐ 190 ☐ 191 ☐ 192 ☐ 193 ☐ 194 ☐ 195 ☐ 196 ☐ 197 ☐ 198 ☐ 199 ☐ 200 ☐ 201 ☐ 202 ☐ 203 ☐ 204 ☐ 205 ☐ 206 ☐ 207 ☐ 208 ☐ 209 ☐ 210 ☐ 211 ☐ 212 ☐ 213 ☐ 214 ☐ 215 ☐ 216 ☐ 217 ☐ 218 ☐ 219 ☐ 220 ☐ 221 ☐ 222 ☐ 223 ☐ 224 ☐ 225 ☐ 226 ☐ 227 ☐ 228 ☐ 229 ☐ 230 ☐ 231 ☐ 232 ☐ 233 ☐ 234 ☐ 235 ☐ 236 ☐ 237 ☐ 238 ☐ 239 ☐ 240 ☐ 241 ☐ 242 ☐ 243 ☐ 244 ☐ 245 ☐ 246 ☐ 247 ☐ 248 ☐ 249 ☐ 250 ☐ 251 ☐ 252 ☐ 253 ☐ 254 ☐ 255 ☐ 256 ☐ 257 ☐ 258 ☐ 259 ☐ 260 ☐ 261 ☐ 262 ☐ 263 ☐ 264 ☐ 265 ☐ 266 ☐ 267 ☐ 268 ☐ 269 ☐ 270 ☐ 271 ☐ 272 ☐ 273 ☐ 274 ☐ 275 ☐ 276 ☐ 277 ☐ 278 ☐ 279 ☐ 280 ☐ 281 ☐ 282 ☐ 283 ☐ 284 ☐ 285 ☐ 286 ☐ 287 ☐ 288 ☐ 289 ☐ 290 ☐ 291 ☐ 292 ☐ 293 ☐ 294 ☐ 295 ☐ 296 ☐ 297 ☐ 298 ☐ 299 ☐ 300 ☐ 301 ☐ 302 ☐ 303 ☐ 304 ☐ 305 ☐ 306 ☐ 307 ☐ 308 ☐ 309 ☐ 310 ☐ 311 ☐ 312 ☐ 313 ☐ 314 ☐ 315 ☐ 316 ☐ 317 ☐ 318 ☐ 319 ☐ 320 ☐ 321 ☐ 322 ☐ 323 ☐ 324 ☐ 325 ☐ 326 ☐ 327 ☐ 328 ☐ 329 ☐ 330 ☐ 331 ☐ 332 ☐ 333 ☐ 334 ☐ 335 ☐ 336 ☐ 337 ☐ 338 ☐ 339 ☐ 340 ☐ 341 ☐ 342 ☐ 343 ☐ 344 ☐ 345 ☐ 346 ☐ 347 ☐ 348 ☐ 349 ☐ 350 ☐ 351 ☐ 352 ☐ 353 ☐ 354 ☐ 355 ☐ 356 ☐ 357 ☐ 358 ☐ 359 ☐ 360 ☐ 361 ☐ 362 ☐ 363 ☐ 364 ☐ 365 ☐ 366 ☐ 367 ☐ 368 ☐ 369 ☐ 370 ☐ 371 ☐ 372 ☐ 373 ☐ 374 ☐ 375 ☐ 376 ☐ 377 ☐ 378 ☐ 379 ☐ 380 ☐ 381 ☐ 382 ☐ 383 ☐ 384 ☐ 385 ☐ 386 ☐ 387 ☐ 388 ☐ 389 ☐ 390 ☐ 391 ☐ 392 ☐ 393 ☐ 394 ☐ 395 ☐ 396 ☐ 397 ☐ 398 ☐ 399 ☐ 400 ☐ 401 ☐ 402



Aliii

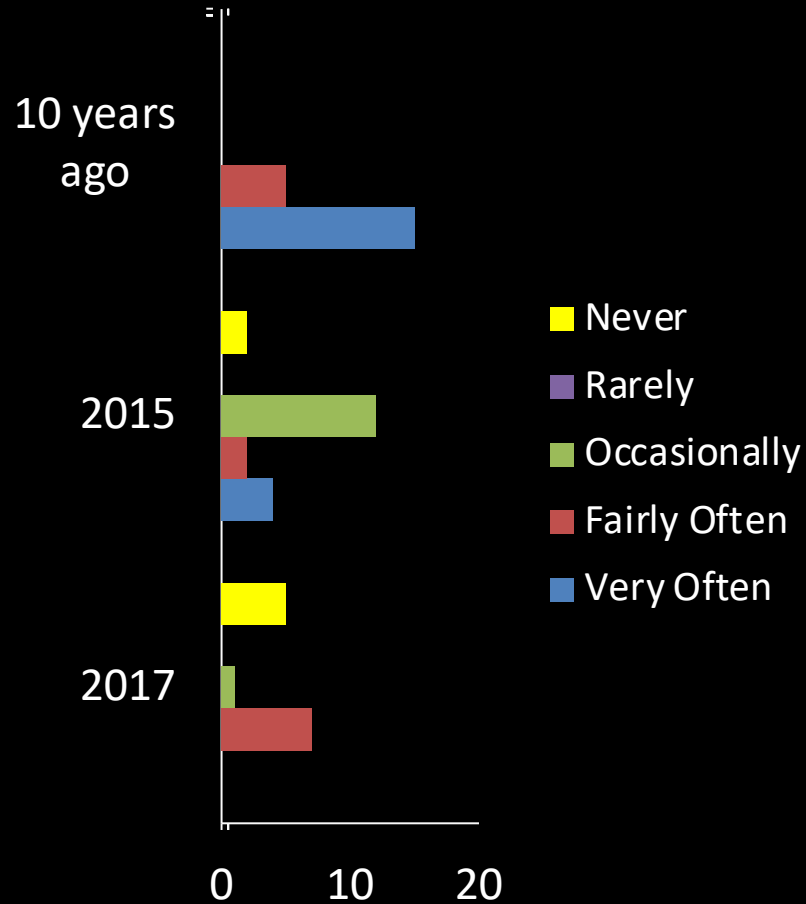
The purpose of the study is to look into eating habits in Palau to understand food sources and how to improve healthy lifestyles. Please fill out each meal for 7 days of everything you eat accordingly.

Sulong

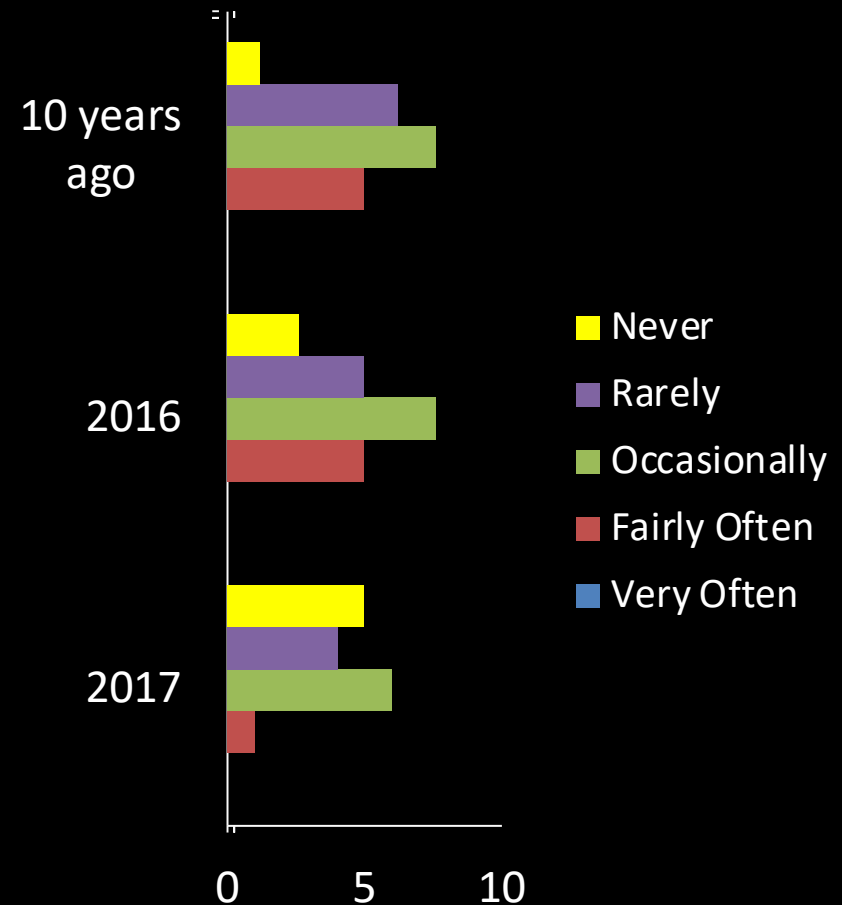


How frequently does your family fish?

Ngarchelong
(RURAL)



Koror
(URBAN)



How frequently does your family go shopping in Koror?

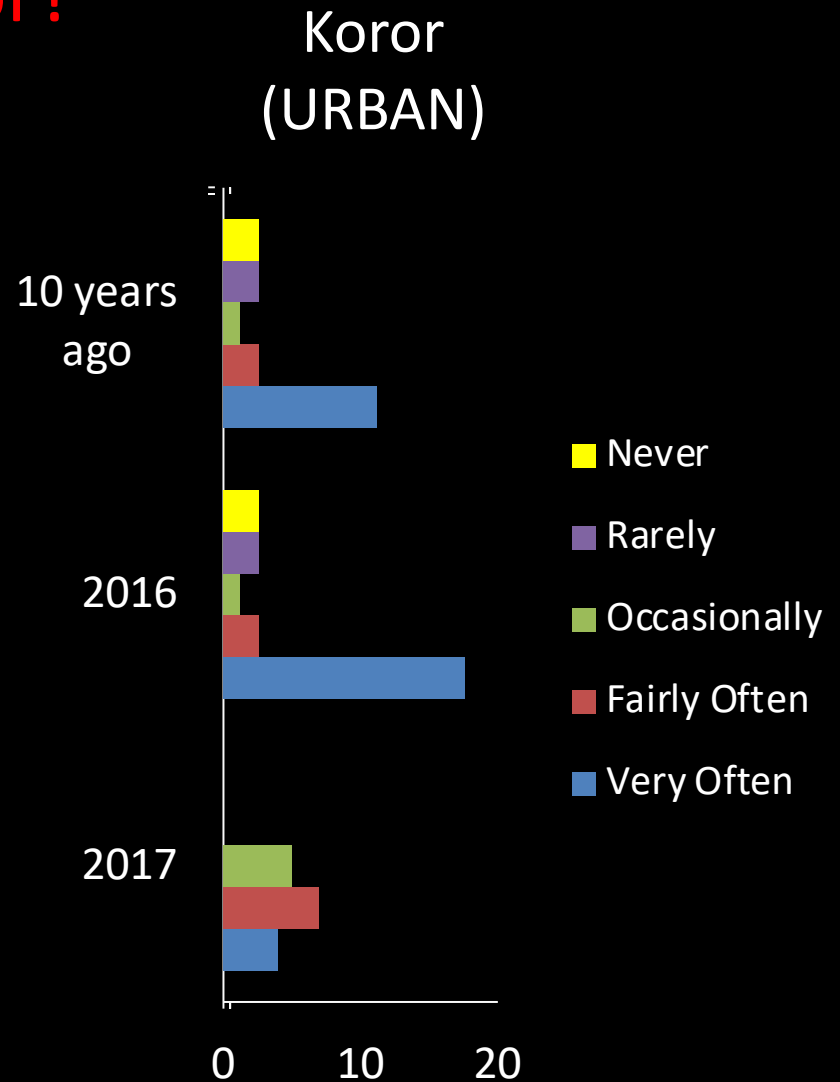
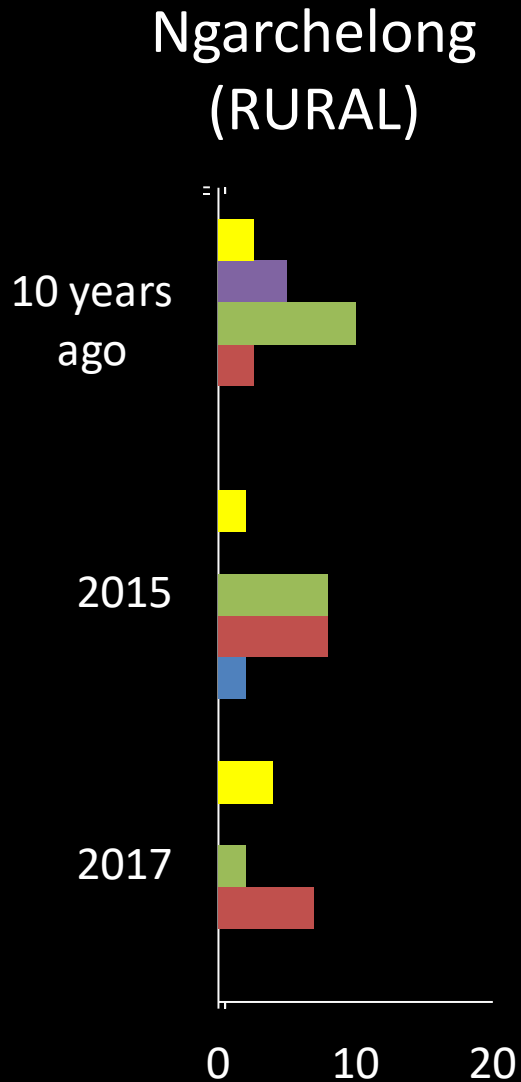


Figure 1: Comparison of the two models

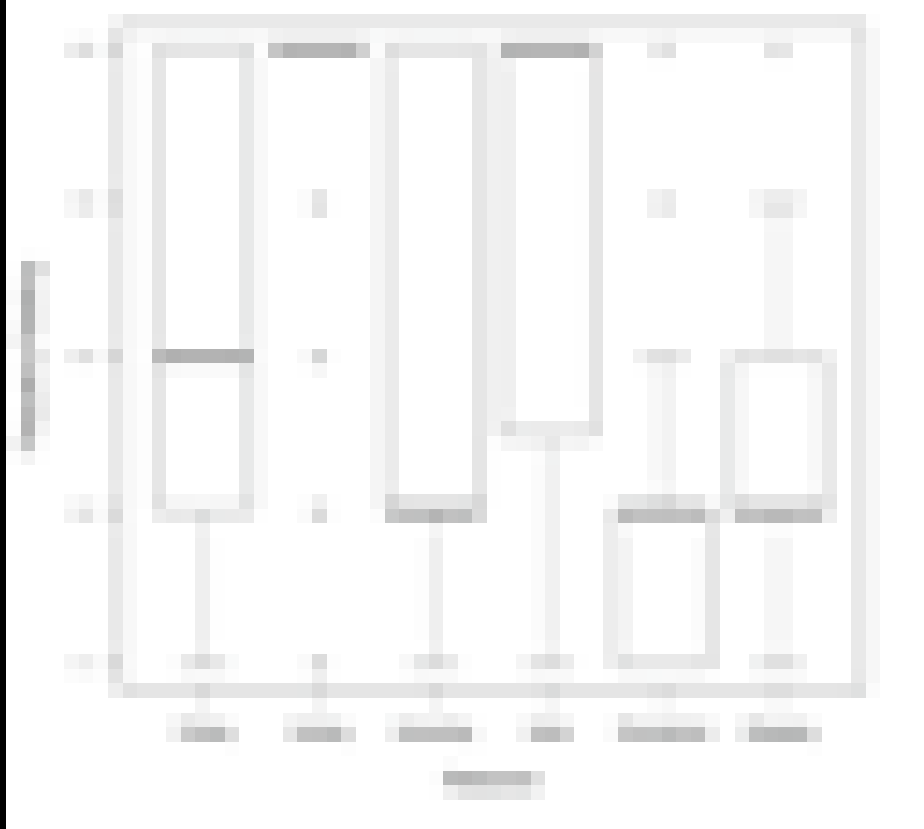
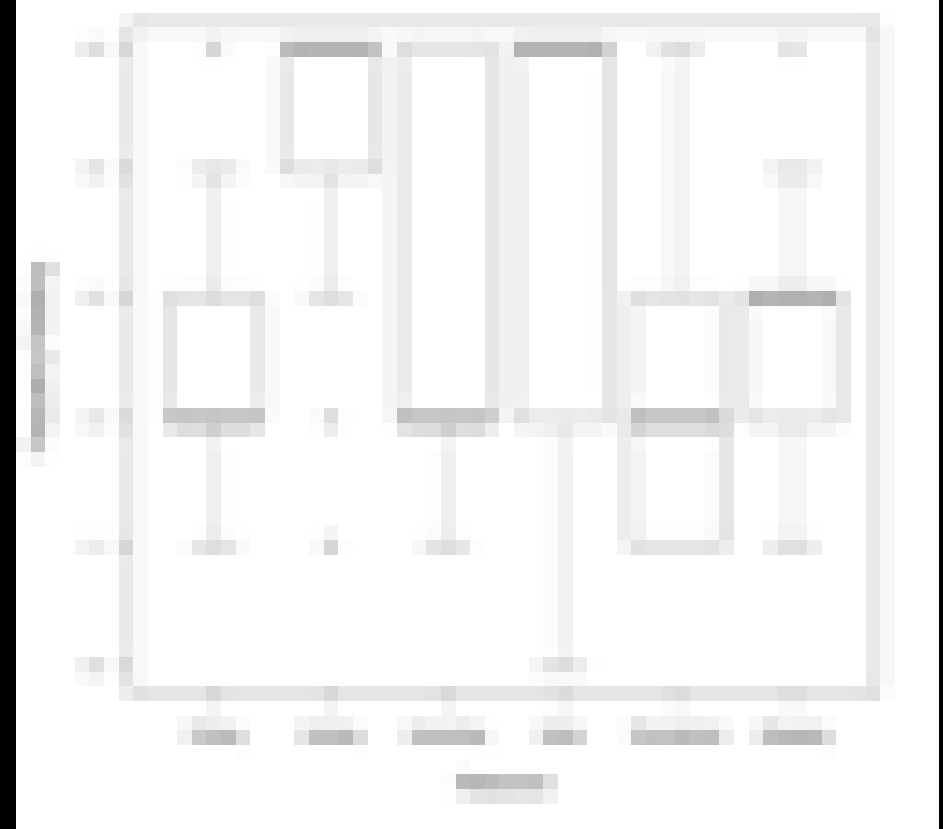


Figure 2: Comparison of the two models



Differences between 2007 and 2017

2007 vs. 2017 Frequency of Natural Resource

<i>Resource</i>	<i>P – Value</i>
<i>Fishing</i>	0.0441
<i>Hunting</i>	0.00317
<i>Harvesting</i>	0.977
<i>Herbs</i>	0.512
<i>Recreational</i>	0.48
<i>Shopping</i>	0.053

Challenges

- Surveying
 - Difficult to collect completed 7 day survey as people:
 - Forget to complete
 - Misplaced Surveys
 - Difficulty in understanding instruction
- Data Analysis
 - Quality of Data
 - Reduced information, not complete ingredients
 - States do not have 20 households
 - Slowed by learning curve of data entry and analysis methods

So We Know...

- Non-Communicable Diseases (NCDs) are the leading causes of morbidity and mortality in the United States Affiliated Pacific Islands (USAPIs) (American Samoa, Guam, Commonwealth of the Northern Mariana Islands [CNMI], Federated States of Micronesia [FSM], Republic of Palau, and the Republic of Marshall Islands [RMI]) [1]

NCD Hybrid Survey 2017 ROP

So We Think ...

- There needs to be a focused study on the amount of agriculture and fisheries products made in Palau and where these resources are being sent/consumed in order to figure out how to best increase or annex local production.
- increase in awareness and support of consumption of healthy local foods
-

“Awareness Today is a Healthier Tomorrow!”

- Leah and Omreng

What's Next?

- Analyze collected surveys during Summer 2017
- Increase sample size as quantity increases quality of result will increase
- Utilize results to compare with import data to analyze internal production.

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- Survey Team 😊

Kom Kmal Mesulang!
Thank You Very Much!

Any Questions?