

Food Habits and Source Assessment in Palau

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ABSTRACT

Palau has been introduced to different food sources and lifestyles within a single generation resulting in increased disease. In order to understand these food sources, we surveyed dispersed locations throughout Palau to provide us with necessary samples size. This data was used to see how and where food in households comes from, both imported and local. Initial interviews looked at general habits and then pamphlets were designed to audit meals for 7 days; surveys were conducted at each hamlet in all 16 states of Palau aimed at a total of 20 households per state. The pamphlets also contained basic information and fun facts such as: normal health standards of blood pressure, Body Mass Index (BMI), HbA1C, Random Blood Glucose, and Cholesterol. It also contained Glucose and Diabetes Statistics in Palau and a diagram displaying recommended measurement times for eating in order to give respondents an idea of what they would be recording. Household map developed by PALARIS were used to survey the residential areas. Preliminary results show more than 70% reliance on outside foods and 50% reduced activity, included but not limited to farming and fishing.

These results will allow for a data driven assessment of food habits and effective measurement that will be provided to relevant government and non-governmental agencies to base policy making and national projects on sustainable development.

Key Words: Palau, Food Security, Sustainable Development, Health