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Acculturation, meal frequency, eating-out, and body weight in Korean Americans

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Abstract

Consuming regular meals has been studied in relation to better health, while higher regularity of eating-out has been linked to obesity. This study examined whether acculturation was associated with regularity of meals, eating-out, and overweight in Korean Americans. Pre-tested questionnaires were mailed to a U.S. national sample with Korean American surnames, and 55% of the deliverable sample responded, producing 356 usable questionnaires. Acculturation was measured using a two-culture matrix model and Gordon's theoretical work, and showed there were three distinct groups (acculturated, bicultural, and traditional). Only 36% reported that they regularly ate three meals a day. Breakfast was the least frequent meal of the day with 43% reporting eating breakfast everyday. More than half (58%) reported that they usually eat out or get take-out food at least once a week. After controlling for age, sex, income, education, and working status, higher acculturation was related to greater regularity of eating-out, but not meal regularity. A total of 28% of men and 6% of women were overweight (BMI>25), and there were significant and positive relationships between body weight status and acculturation in men but not women. However, no significant relationships between frequency of meals and eating-out and overweight status were present. This study did not find significant relationships of meal regularity and eating-out with body weight, however, given the positive relationship between acculturation and eating-out among the subjects and the well-established relationship between eating-out and obesity, nutrition education about skipping meals and eating-for Korean Americans may be useful to prevent such relationships from developing.

Keywords: Acculturation, meal-regularity, eating-out, obesity, Korean Americans.

Tables

	Male (201)	Female (192)	Total (393)
Age (years)	32.2 (5.1)	32.2 (5.1)	32.2 (5.1)
Height (cm)	178.2 (6.5)	162.8 (5.8)	170.5 (6.1)
Weight (kg)	75.2 (12.5)	67.2 (11.5)	71.2 (12.0)
BMI (kg/m ²)	23.2 (3.5)	25.8 (4.5)	24.5 (4.0)
Acculturation (years)	10.2 (3.5)	10.2 (3.5)	10.2 (3.5)
Frequency of meals (times/day)	3.2 (0.5)	3.2 (0.5)	3.2 (0.5)
Snacking (times/day)	1.2 (0.5)	1.2 (0.5)	1.2 (0.5)
Eating-out (times/day)	0.2 (0.5)	0.2 (0.5)	0.2 (0.5)
Weight status (OR)	1.2 (0.5)	1.2 (0.5)	1.2 (0.5)

Table 1
Descriptive Characteristics of Respondents

* p<0.05; *** p<0.001: Significantly different by sex

	Male (201)	Female (192)	Total (393)
Frequency of meals	3.2 (0.5)	3.2 (0.5)	3.2 (0.5)
Snacking	1.2 (0.5)	1.2 (0.5)	1.2 (0.5)
Eating-out	0.2 (0.5)	0.2 (0.5)	0.2 (0.5)
Weight status	1.2 (0.5)	1.2 (0.5)	1.2 (0.5)

Table 2
Frequency of Meals, Snacking, and Eating-out (N (%))

* p<0.05: Significantly different by sex

	Male (201)	Female (192)	Total (393)
Relationships among acculturation, frequency of meals, eating-out, and weight status (OR)	1.2 (0.5)	1.2 (0.5)	1.2 (0.5)

Table 3
Relationships among acculturation, frequency of meals, eating-out, and weight status. (OR)

^aOnly men were included in this analysis because of the small number of overweight women.; Three different models were created for the overweight variable.

^bnot entered into the model

* p<0.05; ** p<0.01; *** p<0.005

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