We eat in this way because? Understanding eating behaviors of Chilean women of low socioeconomic status?comemos así porque??. Entendiendo las conductas alimentarias de mujeres chilenas de bajos recursos

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© 2018, Sociedad Medica de Santiago. All rights reserved. Background: The prevalence of obesity is higher in women than in men, especially in those of lower socioeconomic status. It is established that this group tends to have a less healthy diet. Aim: To explore the eating behaviors of low-income Chilean women. Material and Methods: Semi-structured interviews with photo-elicitation were conducted with 31 Chilean women aged 36 ± 6 years, who lived with a partner and had at least one sibling under 12 years of age. The interviews were transcribed and an inductive analysis of the participants? discourses was made. Results: Seven themes were described in relation to their influence on three eating behaviors (food purchase, preparation and intake): Family, preferences, temporality, financial issues, special occasions, perceptions about food, and availability of food. The family exerted a strong influence on the behaviors and had an impact on the other themes encountered. Conclusions: Eating