

**Food habits of Korean Americans in Los Angeles**

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Food habits by migrants seem to be influenced by factors internal to a person, such as tastes, sex, and personality, and by factors external to a person, such as income level and social status. Along with the rapid growth of Korean American population, the urgency of recognizing health needs and status is emerging. However, data concerning health and/or nutrition issues of Korean Americans are very limited. The objectives of this study are to obtain information about current dietary intakes and changes in food consumption of Korean Americans in Los Angeles and to investigate factor that affect their dietary behavior. The subjects of this study was Koreans and Korean Americans who were residing and/or working in greater Los Angeles area as well as in LA-Koreatown area in order to approach the representative Korean American population in LA. The interviews consisted of two parts: first, the basic information questionnaire and dietary behavior questionnaire were completed by the researcher. Next, a 24-hour food recall interview followed. About 28% of the subjects were residing in the LA-Koreatown area and 41% outside of LA city. There were 49 men and 62 women in the sample. The average age of the subjects was 42.3 years old with a range from 23 to 80. About 60% of the subjects have attended school in the US. Ninety-six percent of the subjects were the first generation immigrants and the mean length of their residence in the US was 11.9 years ranged from within 1 year to 42 years. The majority of the subjects (86%) ate Korean foods more than once a day and 76% of the subjects reported s/he or other family member cooked Korean foods more than once a day. About 50% of the subjects had American style breakfast and eight-five percent of the subjects had Korean style meal as dinner. About 70% of the subjects reported that their dietary habits have changed since they immigrated to the US. Among 19 selected food items, the consumption of beef and bread increased the most and the only food decrease in consumption was rice. The mean percentage of energy from protein was 16.8; from carbohydrate, 59.4; and from fat, 23.2. Except for energy, Vitamin E, and calcium, for the most of nutrients, the mean intakes exceed the both RDA of the Korea and the US. As a result of multiple regression analysis, the important determining factor for frequency of Korean food consumption were education

in the US and annual family income(R-Square=0.51). Subjects who had attended school in the US and moved to USA before 10 year of age tended to eat Korean foods less frequently while whose family annual income was belong to \$20,000-\$39,000 tended to eat Kream foods more frequently. In meal pattern scores, language at home and current age were significant(R-Square=0.53). Subjects who usually speak English at home tended to eat more American meals and the younger subject ate more Western-style meal.