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COMPARATIVE ANALYSIS OF TWO FOOD CULTURES (ROMANIAN AND AMERICAN) – A CASE STUDY OF DIETARY HABITS AND THEIR IMPACT ON HEALTH

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Abstract: The motivation for this work stems from the recognition of current global health challenges, with the alarming rise of chronic diseases in societies worldwide. By focusing on two distinct demographics, Romanians and Americans, the study aims to discover unique factors influencing health and dietary habits in each community. The comparative analysis of these food cultures provides insights into fundamental causes and potential solutions for existing health inequalities.

Additionally, the study offers a perspective on the evolving definition of a healthy diet and examines the role of essential nutrients in maintaining organism homeostasis. It underscores that diets promoting health, such as the Mediterranean diet or dietary interventions for preventing hypertension, have a positive impact on health compared to traditional Western diets.

• Introduction

By assessing important indicators such as dietary habits, lifestyle, prevalence of obesity, cardiovascular disease and diabetes, this chapter aims to examine the effects of these differences on the health of the populations of the two countries. In addition, socio-economic and cultural differences in food preferences and health habits of the two nations will be analyzed.

• Material and method

The study involved 173 adult participants living in Romania and 173 adult participants living in the United States. To ensure an adequate comparative analysis of health status and diet between the two populations, questionnaires were designed that were addressed to US participants in English, and to Romanian participants in Romanian. This balanced sample size allowed us to investigate and compare differences and similarities in dietary habits, physical activity levels and health-related perceptions between participants from both countries. The study was conducted in 2023 and participants were given detailed information about the purpose of the study and asked for consent to participate.

• Results and discussions



Distribuția evaluărilor stării generale de sănătate

• Conclusions

Through a comprehensive comparative analysis, this study aims to contribute to existing knowledge in the fields of nutrition and health, providing new insights and valuable evidence to support future research efforts. The ultimate goal is to enhance the complex understanding of food culture and its impact on health, facilitating evidence-based interventions and informed decision-making in public health.

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