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| **Title of Research Presentation** Exploring the influences on dietary behaviour using an ecological framework to develop cultural and context specific interventions: A qualitative intervention development study |
| **Maximum 2500 characters (including spaces but excluding title)****Background**The increase in consumption of unhealthy foods contributes to the rise in non-communicable diseases [NCDs] in low income countries [LICs]. Tackling unhealthy food consumption is important to address NCDs such as diabetes. This intervention development study aimed to: a) develop a contextually constructed ecological model of determinants of healthy eating considering the cultural habitat in which individuals live, b) identify potential dietary behaviour interventions, c) consider which interventions (individual or habitat focused) would be most effective based on feasibility, sustainability and scalability.**Methods**Phase 1: 38 semi-structured interviews with 3 groups (patients with diabetes and their families [22]; health workers [9]; policy-makers and researchers [7]). Recruitment was through purposive sampling. Interviews explored the dietary behaviour of patients and considered the impact of existing support (individual and habitat focused). Dietary behaviours were characterised into an ecological model and interventions proposed.Phase 2: Workshops with 3 groups (researchers [12], medical professionals [5] and patients [8]), and interviews (government officials [3] and researcher [1]) to consider the feasibility, scalability and sustainability of intervention proposals identified in Phase 1.**Results**In Phase 1, the most influential factors on dietary behaviour in the ecological model were habitat-related factors, particularly cultural and social factors such as gender (e.g. female role in food preparation). Social relationships (e.g. eating within families) and cultural norms (e.g. consumption of culturally appropriate foods like rice) were highly influential and interrelated. Eleven potential interventions were identified. In Phase 2, participants judged the most feasible interventions to be social (e.g. peer education) and community-based interventions (e.g. community camps).**Discussion**Interventions targeted at cultural habitats rather than individual-focused interventions were judged to be the most effective at bringing about improvements to health outcomes (dietary behaviour). The ecological model of determinants also found cultural and social habitats (household, community) to be the most important in determining dietary behaviour. These findings suggest contextually-specific interventions targeted at cultural habitats hold significant potential to improve health outcomes in LICs.**Keywords**habitat; ecological; diet; low-income; diabetes |