Perception of Dietary Change and Attitudes Towards the Irish Diet Among Non-Nationals in Ireland.

Qianling Zhou  
*Dublin Institute of Technology, qianling.zhou@dit.ie*

Phensiri Asawasirisap  
*Dublin Institute of Technology*

John Kearney  
*Dublin Institute of Technology, john.kearney@dit.ie*

Follow this and additional works at: [https://arrow.dit.ie/scschbiocon](https://arrow.dit.ie/scschbiocon)  
Part of the [Public Health Commons](https://arrow.dit.ie/scschbiocon)

**Recommended Citation**  
Perception of Dietary Change and Attitudes Towards the Irish Diet Among Non-Nationals in Ireland.

Qianling Zhou* Phensiri Asawarisap†
John Kearney‡

*Dublin Institute of Technology, qianling.zhou@dit.ie
†Dublin Institute of Technology
‡Dublin Institute of Technology

This paper is posted at ARROW@DIT.
http://arrow.dit.ie/ahfrccon/9
— Use Licence —

Attribution-NonCommercial-ShareAlike 1.0

You are free:

• to copy, distribute, display, and perform the work
• to make derivative works

Under the following conditions:

• Attribution.
  You must give the original author credit.

• Non-Commercial.
  You may not use this work for commercial purposes.

• Share Alike.
  If you alter, transform, or build upon this work, you may distribute the
  resulting work only under a license identical to this one.

For any reuse or distribution, you must make clear to others the license terms of
this work. Any of these conditions can be waived if you get permission from
the author.

Your fair use and other rights are in no way affected by the above.

This work is licensed under the Creative Commons Attribution-NonCommercial-
ShareAlike License. To view a copy of this license, visit:

• URL (human-readable summary):
  http://creativecommons.org/licenses/by-nc-sa/1.0/

• URL (legal code):
  http://creativecommons.org/worldwide/uk/translated-license
Perception of Dietary Change and Attitudes Towards the Irish Diet Among Non-Nationals in Ireland.

Rational and Objectives
Cross-cultural attitudes to diet differ significantly. This study examined attitudes towards the Irish diet and their perceived dietary change among a random sample of non-nationals living.

Materials and Methods
A self-administered cross sectional survey was distributed to a randomly selected sample of English language students in Dublin.

Results and Findings
473 students from four geographical regions (Asia, Africa, South and Central American, and Europe) (response rate: 84%) completed the survey. Marked cultural differences between geographical regions were found with South and Central Americans being the most likely to indicate a decrease in fruit and vegetable intakes (31%) since living in Ireland while Asians (10.2%) was the least likely subgroup to pay attention to their intake of fruit and vegetables. Africans (26%) were more likely to consider no difference in terms of health between their diet in Ireland and Africa while Europeans (74%) were the most likely to perceive that their diets were now less healthy in Ireland.

Conclusions
Cultural perspectives of what constitutes a healthy diet differ significantly between geographical regions.