



# Nutrition and health of farmworkers in California

A UC Berkeley Research & Extension Program



## Introduction

Farmworkers are essential for California's labor intensive agricultural sector.

This mostly Latino immigrant population produces 2/3 of US fruits and nuts and 1/3 of US vegetables.

But their low wages and ineligibility for safety net programs, leads to food insecurity and higher risks of health conditions.

Also, acculturation and lack of health care increase farmworkers' risk of diet-related chronic conditions.



## Aim

My research and extension on the farmworker population aims to:

1. Build evidence on the food and nutrition security status of this population, their dietary patterns, and related chronic health conditions.
2. Develop, implement and evaluate culturally relevant behavioural change interventions to improve the nutrition and health of farmworker families.

## Method

Epidemiological population-based research:

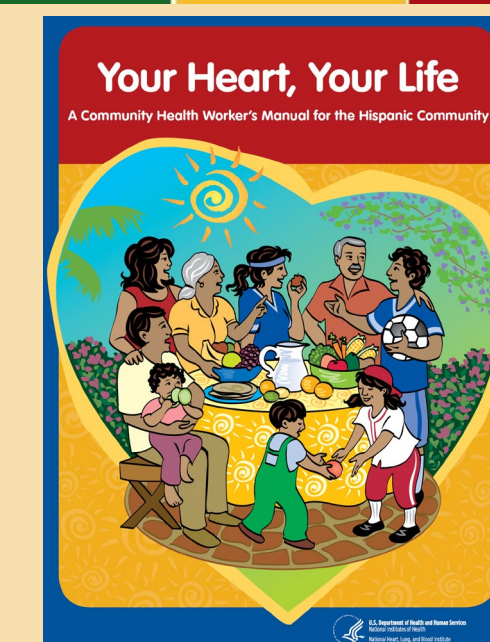
- MICASA: population-based sample of 843 farmworkers from Central California identified via household enumeration.



Culturally relevant behavioural change interventions:

- PASOS SALUDABLES: workplace based intervention implemented in Central and Southern CA to reduce obesity and diabetes.

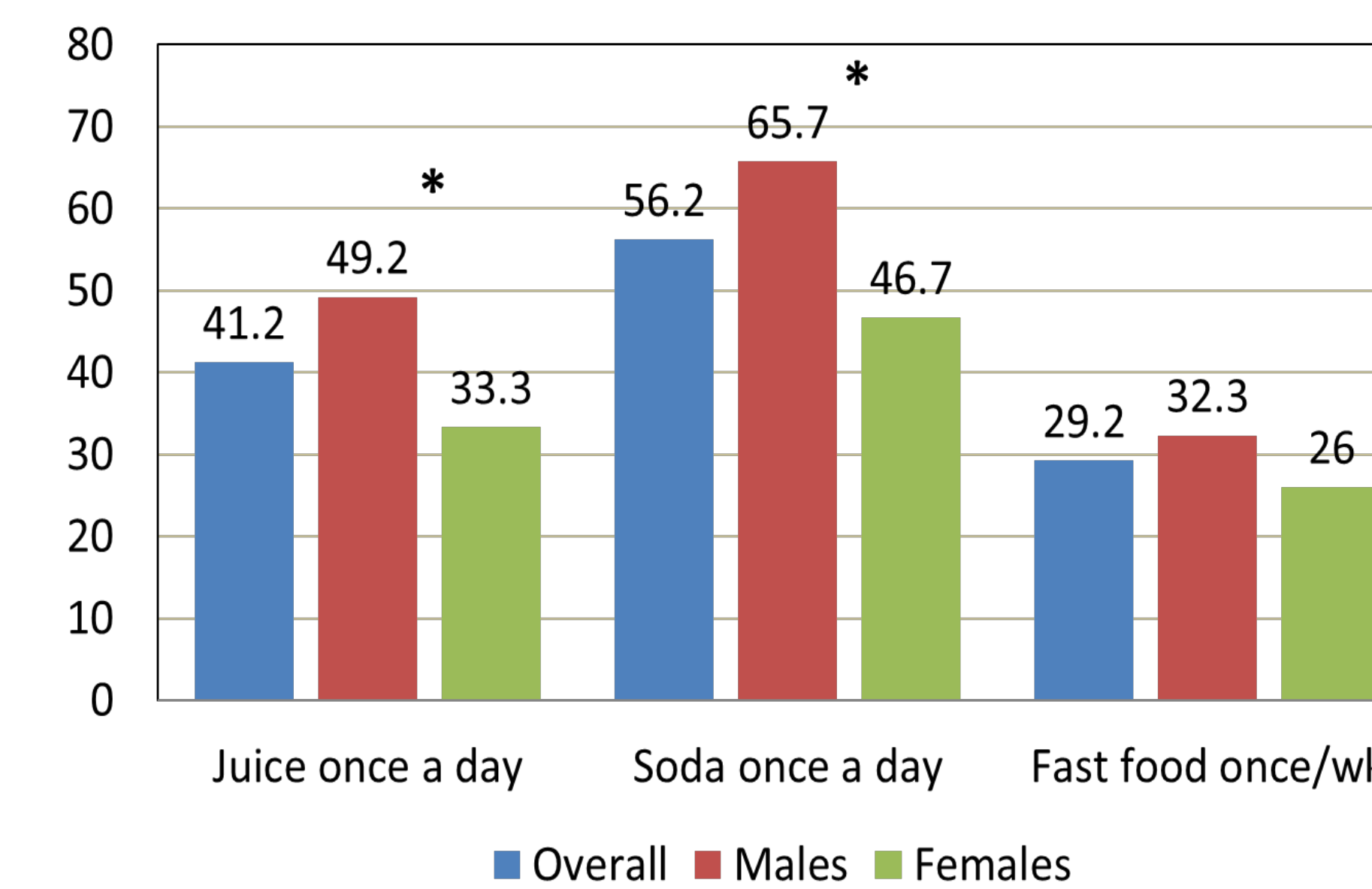
Based on a Mexican health campaign and used adaptations from the "Your Heart, Your Life" NHLBI program.



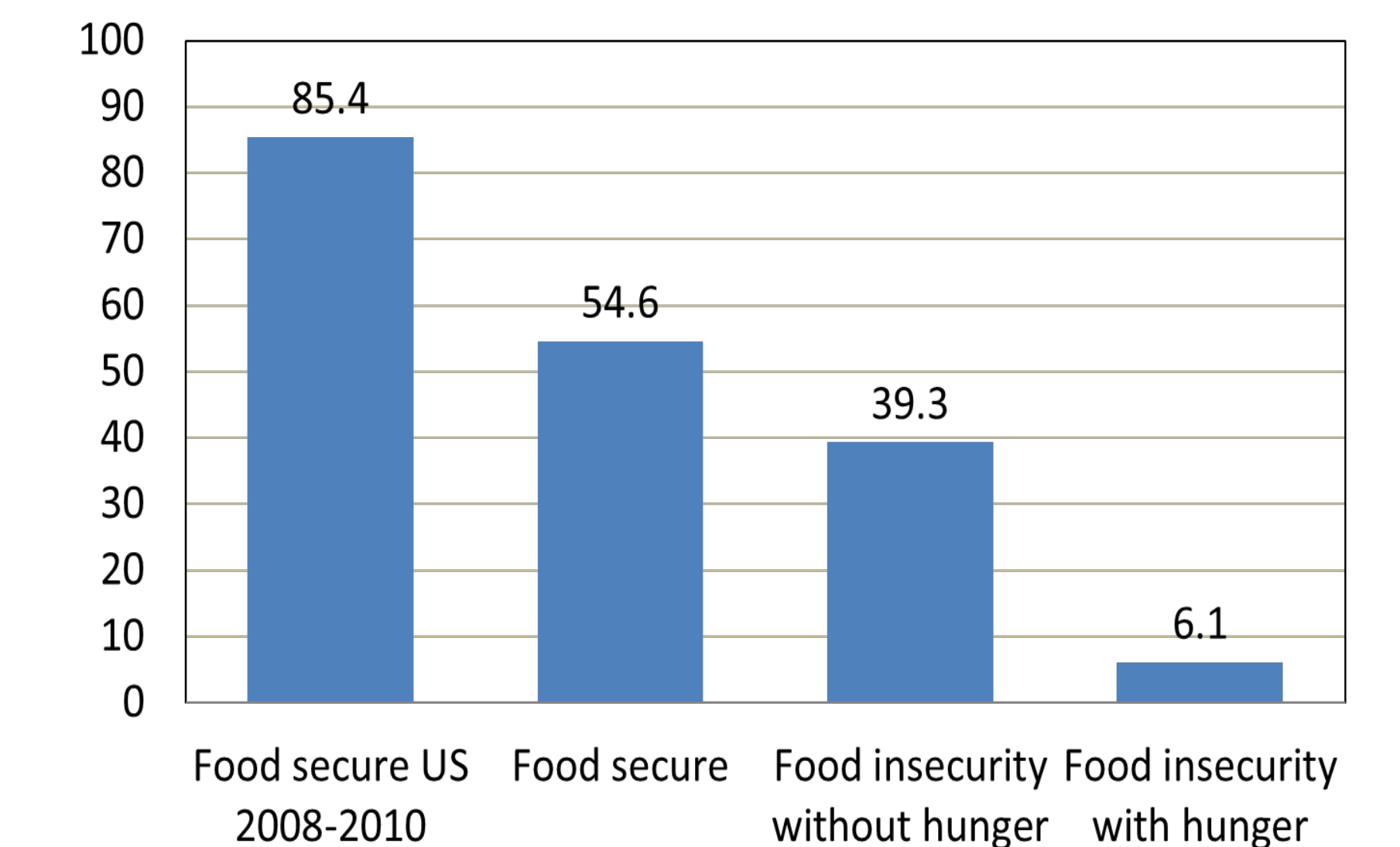
There are about 800,000 farmworkers in CA. 73% are male and 87% are foreign born. 71% speak little or no English. About 60% lack work authorization. 1 in 2 farmworkers has health insurance.

## Results

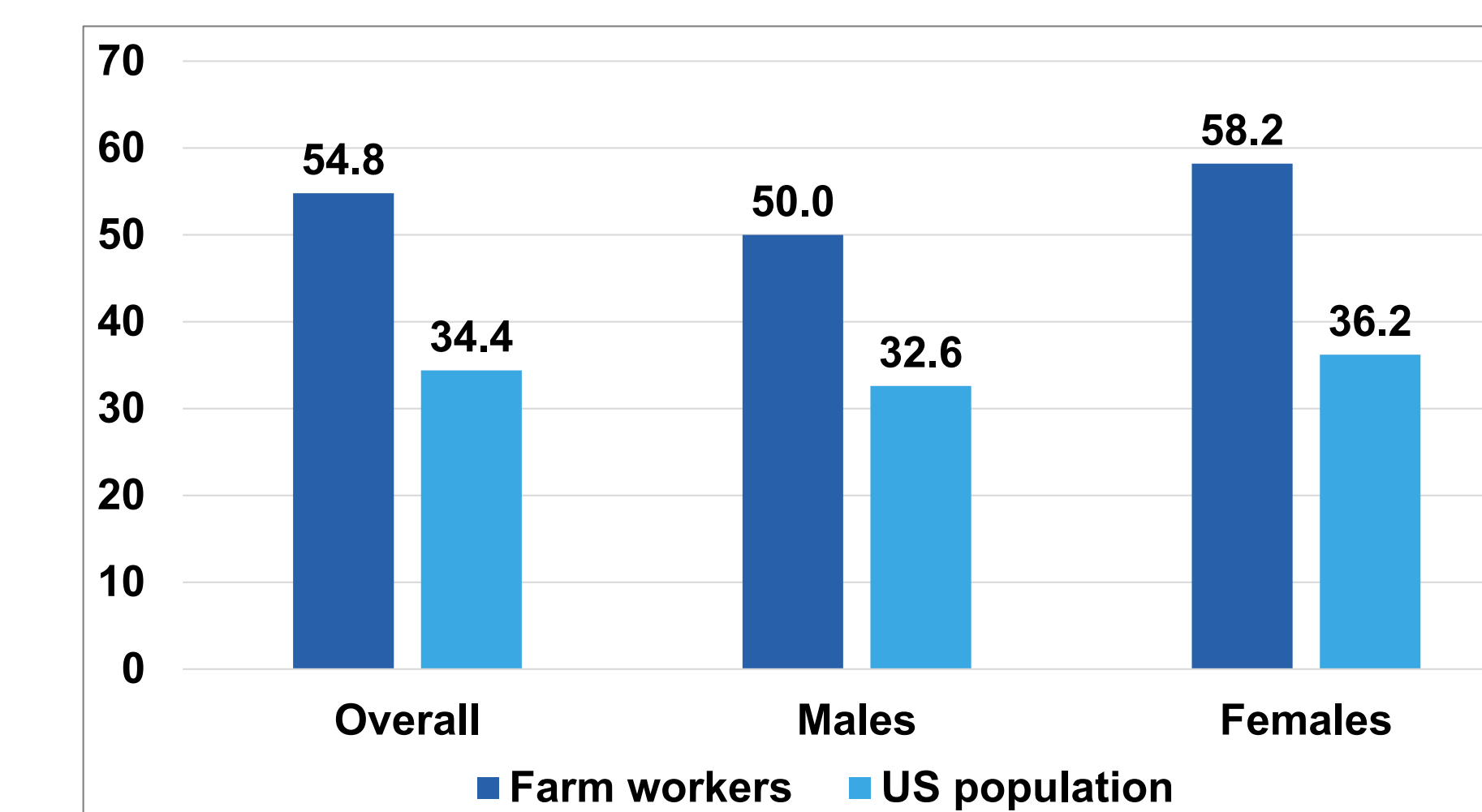
### Dietary practices



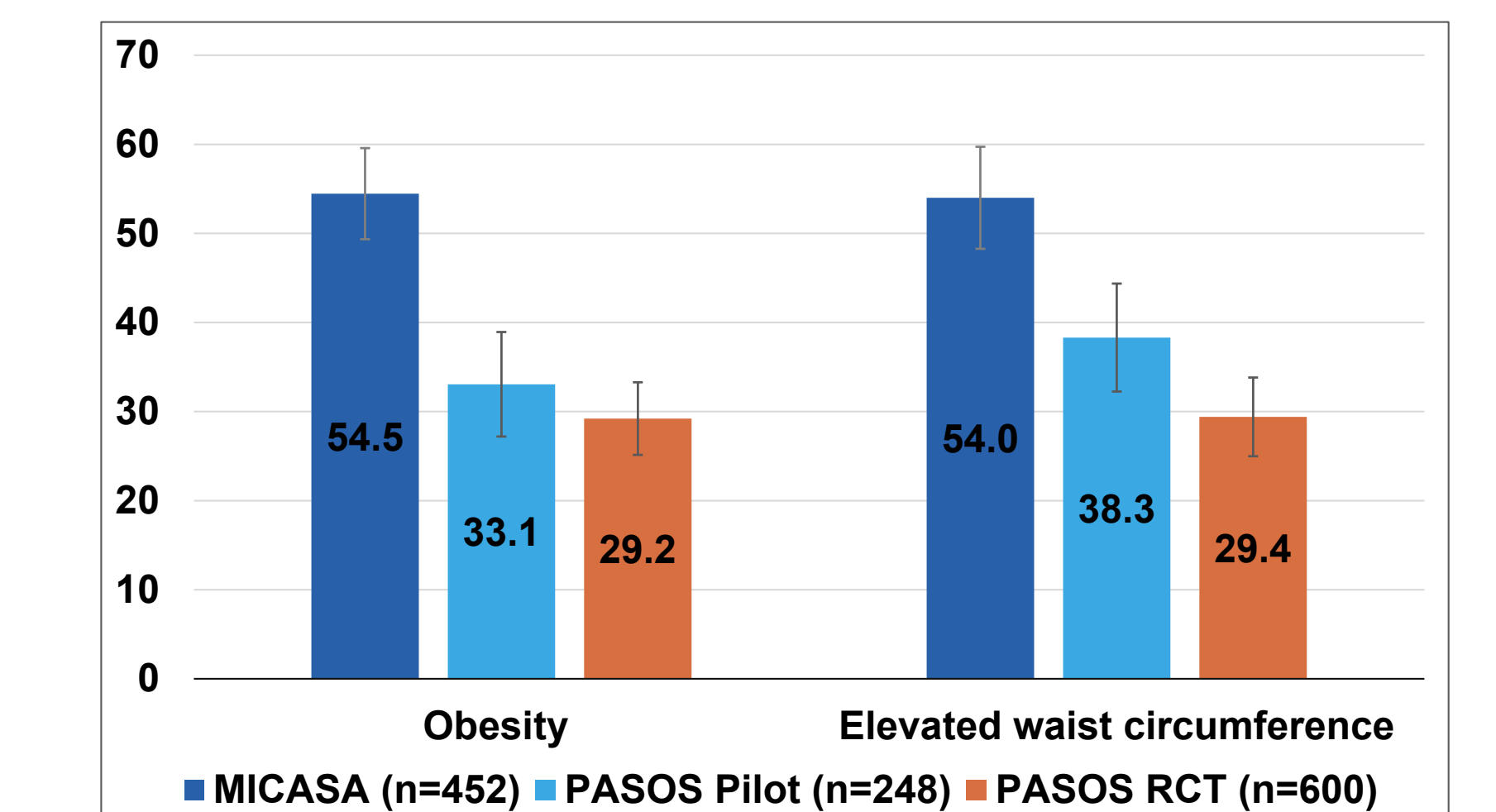
### Higher Food Insecurity



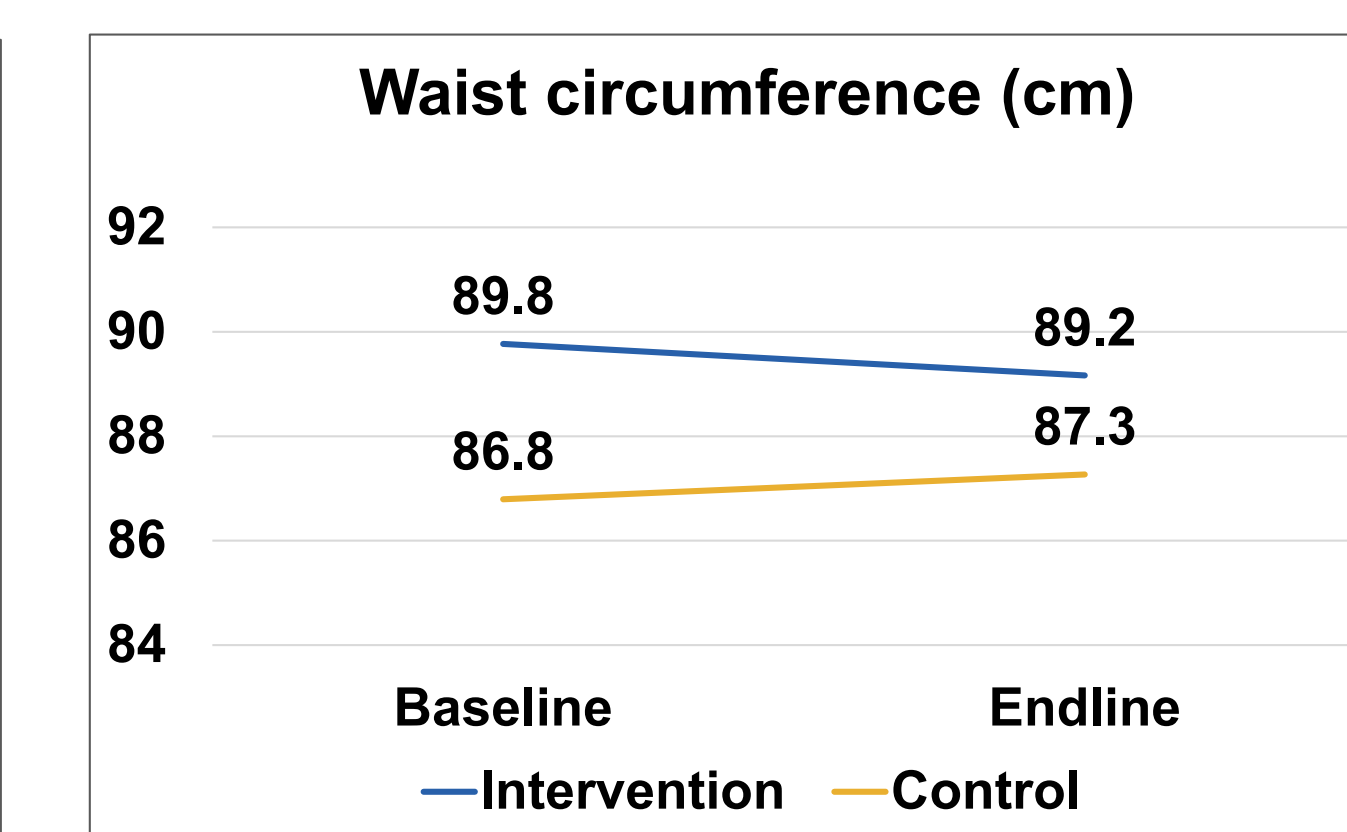
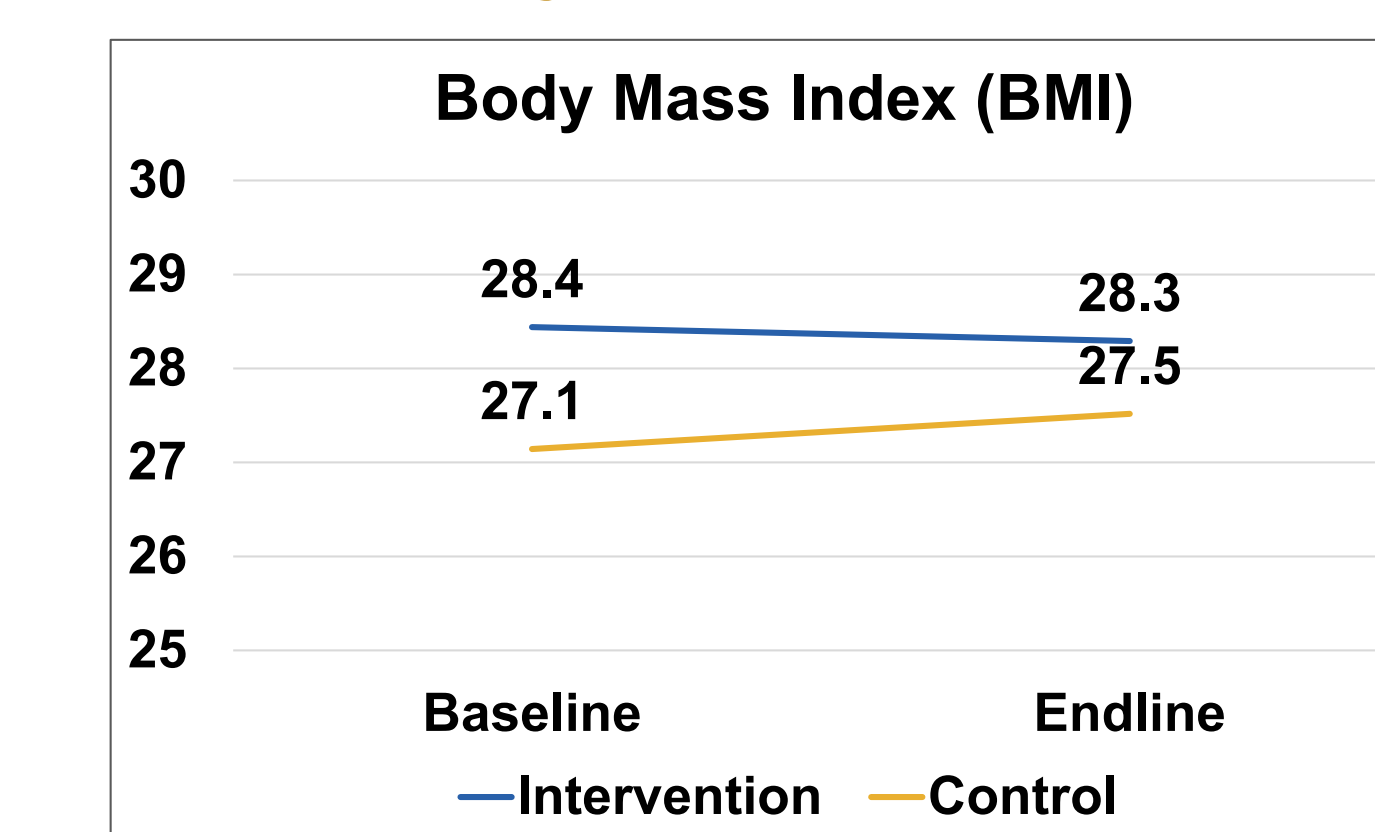
### Higher Obesity Risk



### Farmworkers with health insurance had lower risks



### Culturally relevant interventions work



### SDoH: Higher income linked to lower high cholesterol risk

Income level (ref <\$10,000)	Adjusted Odds Ratio	95% Confidence Interval
\$10,001-\$20,000	0.24	0.09 – 0.64
\$20,001-\$30,000	0.31	0.11 – 0.87
>\$30,000	0.67	0.22 – 2.11

