



FOOD LITERACY OF BRAZILIAN WOMEN DEPRIVED OF LIBERTY

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Background

- The poor conditions of prisons facilitate onset of chronic non-communicable disease.
- The ultra-processed foods are risk factor for chronic non-communicable diseases.
- The ultra-processed foods are common foods brought by family members to prison.
- Adequate food literacy of the female population deprived of freedom can be relevant in facilitating the adoption of a lifestyle both in an external environment and in na prison,as far as environment allows.

Objective

To evaluate the food literacy of incarcerated women.

Methodology

- Cross-sectional and quantitative study.
- 90 women.
- Sociodemographic data (age, education, self-reported color and sexual orientation)
- Food Literacy: Nutrition Literacy Scale
 - Brazilian version (NLS-BR)
 - 23 items
 - 6 thematic blocks:
 - 1 (6 items) Healthy eating
 - 2 (4 items) Impact of saturated and trans fats on health
 - 3 (1 item) Fiber definition
 - 4 (3 items) Calcium, Vitamin D and bones
 - 5 (6 items) Portions, calories, nutrients and weight
 - 6 (3 items) Safe food
- Tests: Mann-Whitney; t de Student, Kruskal-Wallis

Results

- Age 19-59 Years
- 66,7% Brown skin color (“parda”)
- 55,6% < 9 Years schooling
- 63,3% Heterosexual
- 83,3% Adequate food literacy
- No statistic difference:
 - Schooling
 - Self reported skin color

Block	Age		p
	19-32	33-59	
1	71,79	68,91	0,612
2	61,53	59,45	0,650
3	55,95	54,05	0,873
4	67,95	60,36	0,045
5	75,96	62,61	0,005
6	72,43	69,37	0,388

Block	Sexual Orientation			p
	A	B	C	
1	71,05	73,01	59,72	0,132
2	62,28	60,71	54,16	0,369
3	57,89	33,33	75,00	0,049
4	62,57	69,84	66,66	0,251
5	69,88	69,84	73,61	0,847
6	71,93	68,84	72,22	0,649

A = Heterosexual; B = Bisexual;
C = Homosexual

Conclusion

In the evaluated group food literacy is not a health risk variable.

NLS is focused on reading skills, with little demand for numeracy skills. This may have influenced the findings.

More studies are needed, given the scarcity of investigations focused on this field.