

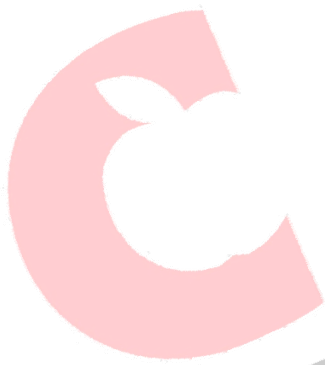
Hmong food helps us remember who we are: perspectives on food culture and health among Hmong women with young children

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Purpose: The purpose of this study was to explore diverse perspectives on food habits, acculturation, and health among Hmong women with children.

Methods: Three CSU Chico graduate researchers conducted qualitative interviews with 15 Hmong women between the ages of 22 and 37 who had been in the U.S. for more than 10 years and had small children under 5.

Results: The study suggests that Hmong food culture has been identified as the representation of their healthy life style and self-identity, and that it functions as a social support system. At the same time, many of our study participants have faced an extreme and drastic transition from the very traditional food culture in Southeast Asia to the American food habits that represent modern fast paced society during their acculturation processes.



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