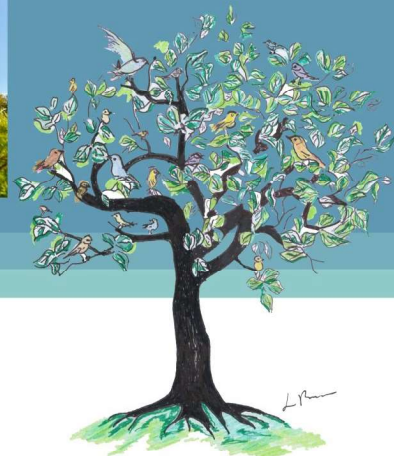




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ABSTRACTS**

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ROMANIAN'S PERCEPTION ABOUT FOOD BEHAVIOR AT RISK IN RELATIONSHIP WITH THEIR SOCIAL AND CULTURAL PROFILE

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Introduction: Nutrition is an individual choice but conditioned by the social context, health or illness, physical activity, access to care and information, and funding system.

Aim: The main goal was to assess food behavior according to the social and cultural profile, to identify food behavior at risk, with the purpose of implementing prevention methods by including nutritional knowledge in health education campaigns.

Material and methods: We performed a study based on the assessment of lifestyle and nutrition, along with social aspects, which consisted in a questionnaire of 26 questions, applied online, to a group of 821 adults, in Romania, in 2018.

Results: The results revealed that socio-economic status is a contributing factor in food choices, people with low socio-economic status opted for low-price food, especially the elderly. Social influence has a big impact on the food intake, especially on the group under 18 compared to other age groups, who perceive meals as opportunities for relaxation and socialization in a higher percentage (62.5%). Teenagers who said their parents were authoritarian about healthy food, had have later on healthy diets, more regular breakfast and more vegetables in their menu.

Conclusion: Improving eating behavior is based on changes in the psycho-social, economic and cultural characteristics of individuals, starting with educational interventions.

Keywords: *health, food intake, food price, socio-economic status*

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