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Relationship between information deprivation on food security and health risks during food consumption in the population of Piura (2018)

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The present research work is entitled "Relationship between information deprivation on food security and health risks during food consumption in the population of Piura (2018)." The report has been made due to the growing statistics of coronary metabolic diseases that are registered in Peru and especially Piura due to the deficient patterns of food consumption. It is for this reason that the perception of the risk that consumers have about food and the knowledge associated with the potential danger of developing diseases was analyzed. Another of the justifying reasons for the development of this report is the scarce coverage of the media on food security, considering that more than fifty percent of the causes of death in Peru are due to diabetes and cardiovascular afflictions. This thesis should take into account some fundamental principles such as innocuity, consumer trends, theories about cognitive deficit, risk communication, the rate of scientific literacy, the manipulation of neurointelligence in the labeling of food packaging as a means of confusion to the consumer for the adequate nutritional information interpretation of the food; coinciding with the proposal of the "Public Understanding of Science" the need of citizenship to have a wide range of understanding of terms and constructs sufficient to understand a significant number of events in daily life, including reading and understanding the label of a food package. The methodology applied was observation to take a close look at the most common and frequent eating habits of the Piura population during their visits to the main supermarkets in the city. Correlatively, a questionnaire was executed by means of a "survey" file to contrast the similarity between what was surveyed during the feeding. Sequentially, it has been concluded that the excess of kilocalories consumed by the abundant intake of foods rich in carbohydrates, starch, sugar, lack of knowledge about the development of metabolic diseases due to the repetitive consumption of rice, cassava coincides with the scarce and confusing nutritional information in food labels and the high death rate from diabetes and other coronary disease observed and what was answered in the interviews. Finally, in order to demonstrate the omissions on nutritional information in food labels, a metabolic analysis has been applied by high efficiency liquid chromatography to quantify the metabolites with genotoxic potential not declared in the foods sold by the companies. The results shows that 39.7% and 14.7% of the asked participants answer that the frequent consume of high carbohydrates (rice, yucca and potatoes) do not constituted a cardio metabolic (diabetes) risk for the health. The first one percentage answer with a categorical denial and the second one affirms that it is a myth. Correlatively, this result is related to the 4442 kilocalories average consumed per day of piuran population specifically the low physical activity index in numbers 270.39 kcal per day burning average plus 1572.74 kcal of basal metabolism give a daily spend of 1843.13 kcal. The present quantity associated with the daily 4442 kcal consumption manifest an excess of 2578, 87 non- burned kcal that is going to be transformed in fats and glucose in the blood; which is a cardiovascular risk factor for piuran people. Finally, it was found 9mg/kg of hydroxymethylfurfural (carcinogenic substance) in chocolate bars samples which are not declared as a quality and innocuous standard at the nutrition facts the main conclusions of the study show that the relationship between information deprivation on food security and health risks during food consumption in the Piura population is deficient, mainly due to the little or no perception of the risk of the population.

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