

## ABSTRACT

### FEMALE HISPANIC MIGRANT AND SEASONAL FARMWORKERS AND THEIR KNOWLEDGE, ATTITUDES, AND BELIEFS ABOUT FRUIT AND VEGETABLE INTAKE

Hispanic migrant and seasonal farmworkers are reported to be at a high risk for developing nutrition-related health problems, however, few research studies have documented the nutritional status of these individuals. The purpose of this study was to examine the relationship between acculturation of female Hispanic migrant and seasonal farmworkers and their knowledge, attitudes, and beliefs about fruit and vegetable intake. Data were collected from 113 female Hispanic migrant and seasonal farmworkers using a 33-item survey measuring sociodemographic, acculturation level, and psychosocial determinants of fruit and vegetable intake. The survey was administered to participants enrolled in the *Abuelitas y Mamacitas* program by Centro La Familia Advocacy in April and May 2004. Although the population surveyed was found to be of low acculturation status, they were knowledgeable of the recommendation for daily fruit and vegetable consumption and held positive attitudes and beliefs about eating fruits and vegetables.

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