

# “THE PERCEPTION OF NUTRITION TRENDS OF CULINARY MEDICINE IN HONG KONG”

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## Research Background

Despite the growing global interest in culinary medicine (CM) as a means to improve dietary habits and enhance health outcomes, there is limited understanding among Hong Kong residents regarding the concepts and its applications. This lack of familiarity poses a barrier to the successful integration of culinary medicine into public health initiatives, education, and local culinary practices. Participants in this study will be encouraged to reflect on their cooking and eating habits, particularly their frequency of preparing healthy meals and their overall dietary satisfaction.

## Research Objectives

- To investigate Hong Kong residents' understanding of nutrition, their perception of familiarity with "culinary medicine," and what culinary medicine is.
- To seek and analyze the significance, attitudes, concepts, and perceptions of culinary medicine among the people of Hong Kong.
- To increase public acceptability and knowledge through gathering Hongkongers' feedback, creating and selling educational programs that require students to learn about culinary medicine, and working with the Hong Kong government to create marketing campaigns that highlight the research findings.

## Methodology with Quantitative Analysis

A questionnaire on the opinions of culinary medicine in Hong Kong was created using Google Forms. Responses were collected from 249 individuals who had remained in Hong Kong for at least 14 days. The data from the survey was statistically analyzed using the SPSS program which generated graphs and tables to present the results and provide reliable insights. The analysis included Group Statistics with an Independent Samples T-Test to examine differences between genders, as well as descriptive statistics with ANOVA analysis based on age to further explore the findings of the study.

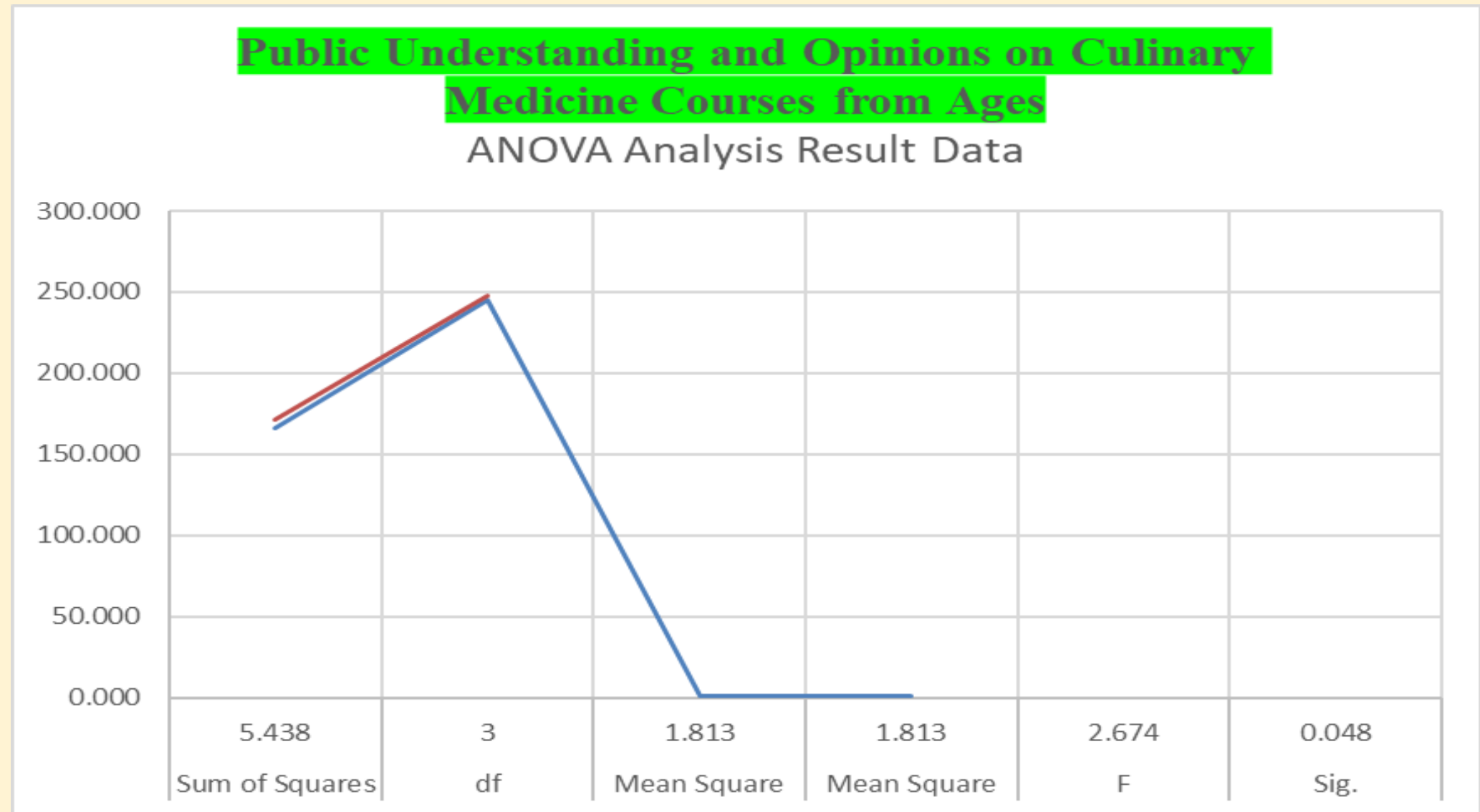
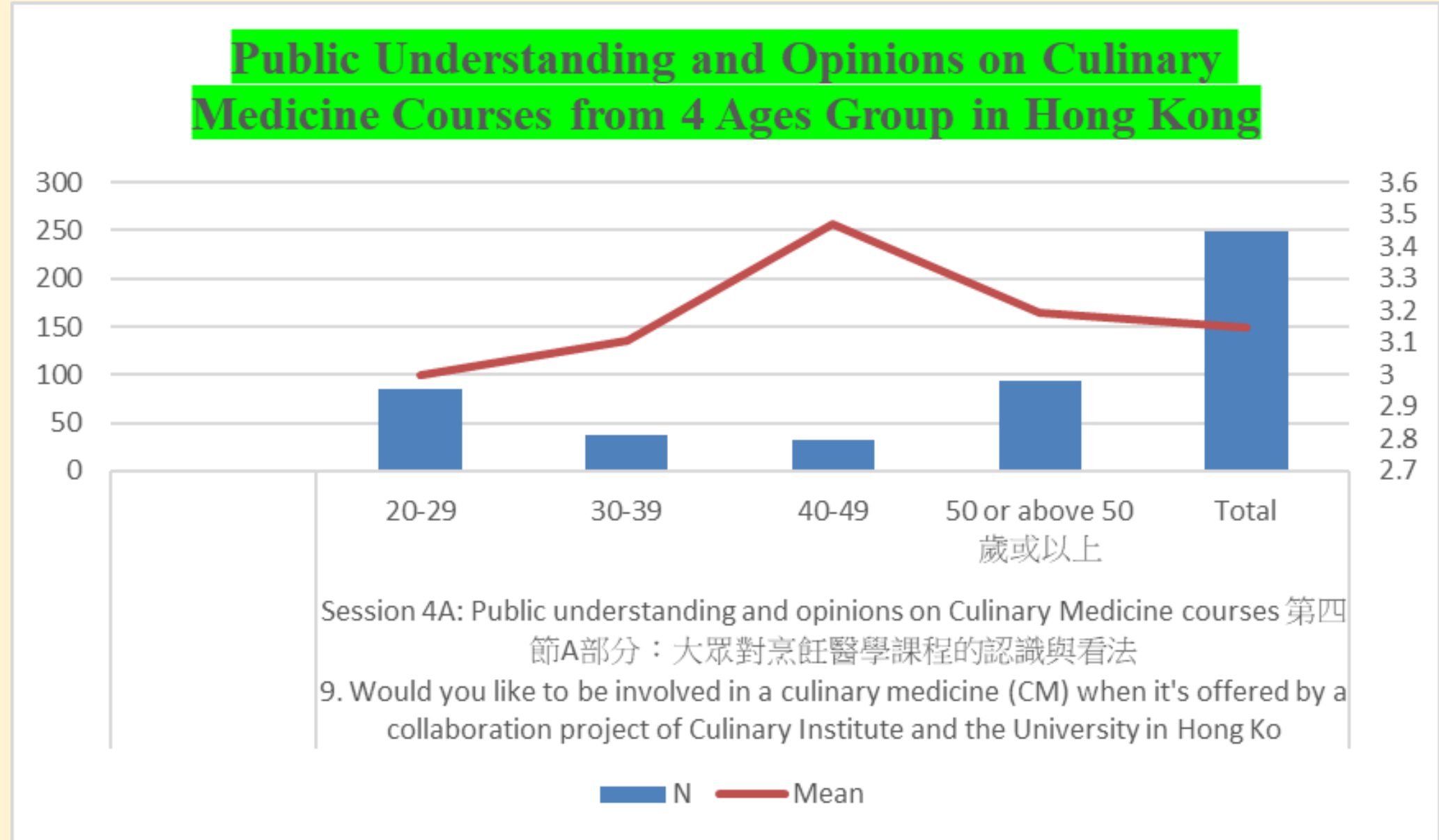
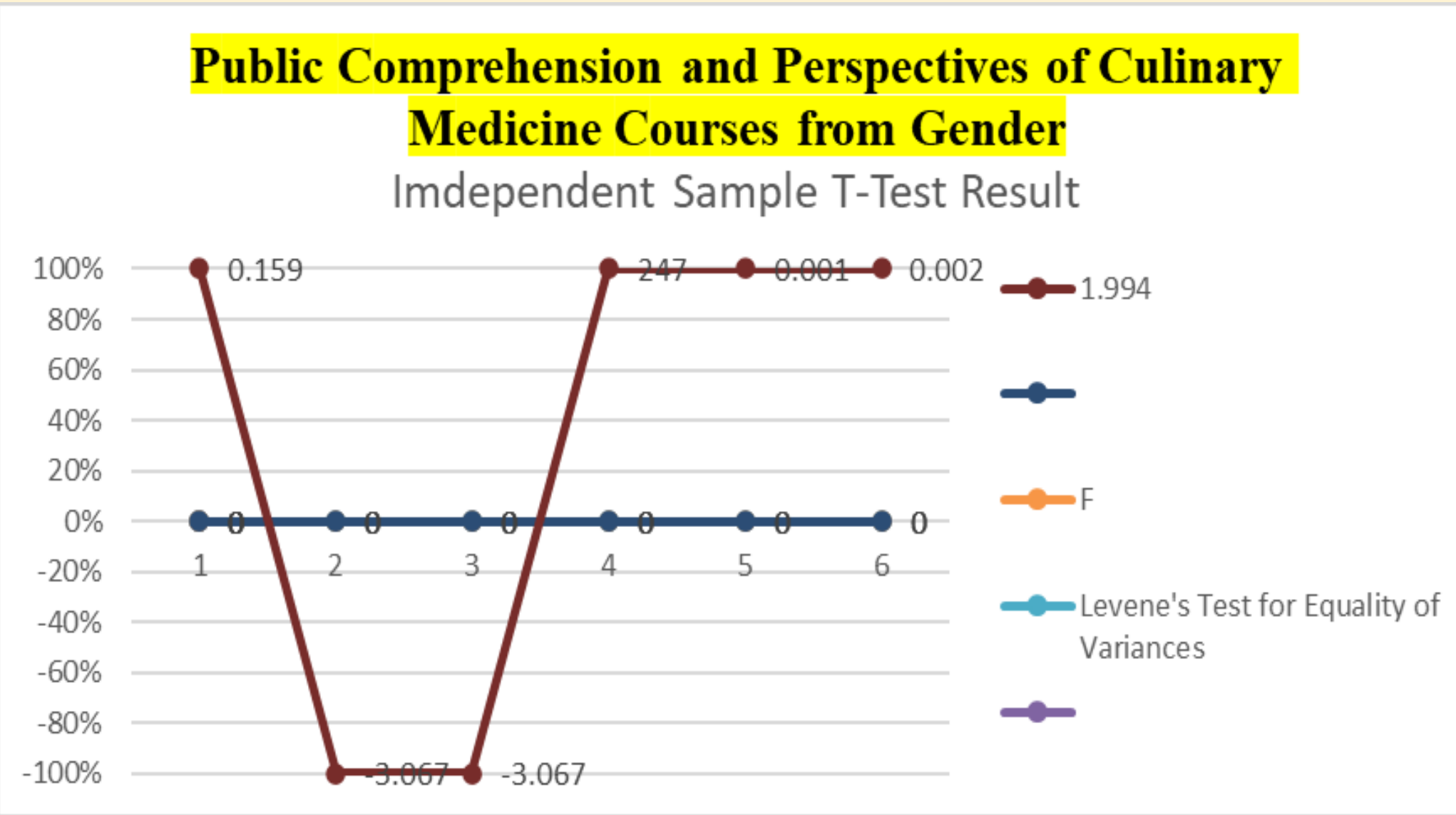
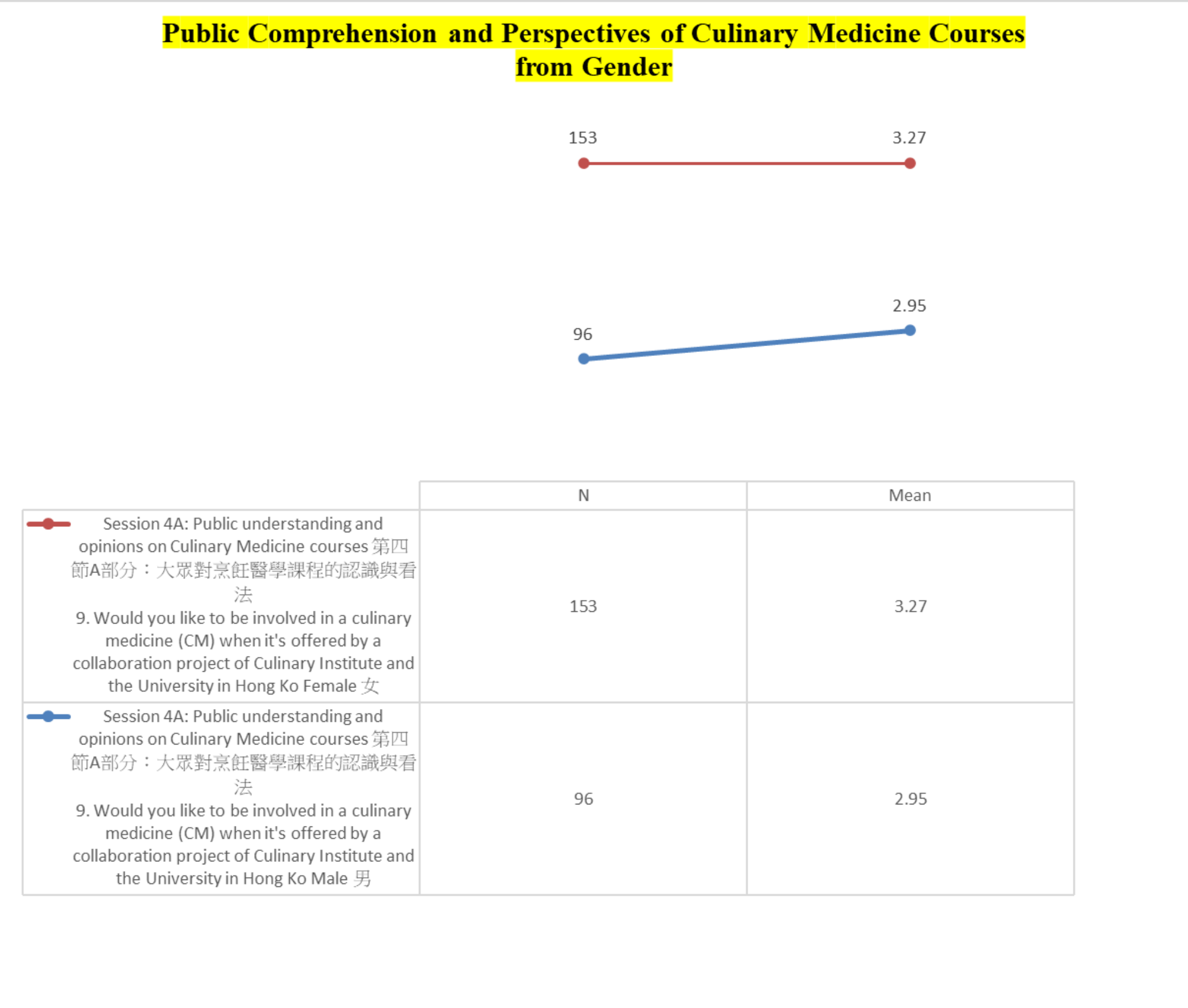
## Results of the Finding

### Public Comprehension and Perspectives of Culinary Medicine Courses from Gender

Interestingly, the standard deviation for females is higher than for males, indicating that female responses are more variable than male replies. Given that women frequently place a higher importance on nutrition and health than men do, their interest in a culinary medicine program seems to be more prominent.

### Public Understanding and Opinions on Culinary Medicine Courses from Ages

An analysis of age groups shows that participants aged 40 to 49 have a greater interest in culinary medicine, likely due to their life stage, where health management is increasingly important. In contrast, the 20-29 age group shows less interest, possibly because they prioritize other responsibilities and may not yet recognize the long-term benefits of culinary knowledge.



## Discussion of Findings

- Identifying specific subjects or areas within culinary medicine that lead to satisfaction disparities may reveal flaws in the present health education and support systems.
- By addressing these gaps, healthcare professionals and governments could improve the overall success of health efforts targeting various groups.
- The recognized benefits of culinary medicine indicates considerable public support for such initiatives.

## Conclusion

- The perception of nutrition trends in culinary medicine in Hong Kong reflects a growing awareness and appreciation for integrating health and culinary practices.
- As the local population increasingly seeks out sustainable and health-conscious eating habits, culinary medicine emerges as a vital approach that bridges the gap between nutrition science and the culinary arts.