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# Food Security And Self Sufficiency Program In Mo'orea V.2

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**We use this protocol and it's working**

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## Abstract

This research aims to investigate the impact of food dependency on local livelihoods in Mo'orea in terms of nutrition and food accessibility. Through a culturally sensitive and community-based diet program (The Mo'orea Diet Program), we envision a transition from a Westernized diet to a Tahitian diet. It will also explore opportunities for promoting local self-sufficiency through policies that encourage and enable the increased use of traditional Tahitian foods. This project is crucial for understanding the socio-economic dynamics of food dependency in Mo'orea and identifying strategies for enhancing local resilience and sustainability. By promoting the use of local Tahitian foods, this research has the potential to significantly improve local livelihoods, reduce environmental impact, and foster community resilience in the face of possible global disruptions.

## The Mo'orea Diet Program

- 1 Interview communities throughout Mo'orea for insight on food consumption patterns, barriers to accessing local foods, and perceptions of policy interventions.
  - 1.1 Target local residents, farmers, and community elders.
- 2 Identify key Tahitian foods and dietary practices that can be incorporated into current diets. This will form the "Mo'orea Diet".
  - 2.1 Only use foods eaten by Tahitians prior to Western influence. Focus research on culturally significant foods and connect them to traditional Tahitian beliefs. Present them as cultural teaching tools to participants.
- 3 Find 20 participants from the Mo'orea community. Participants will be given a non-calorie-restricted diet where they can eat within the diet until satiety.
  - 3.1 The Mo'orea Diet will be implemented with community partners, and we will provide educational resources and support throughout the program.
- 4 Record participants' baseline health status before they start the diet. This will include any history of non-communicable diseases (NCDs), glucose levels, cholesterol levels, blood pressure, etc.
- 5 Throughout a 21-day period, monitor participants' dietary intakes and health outcomes.
- 6 After the 21 days, conduct the same health assessment (from Step 4) from before the program, and compare both findings.
- 7 After five years, monitor any changes in health outcomes and participant well-being after the program.
- 8 Construct Community Engagement Plan based on research findings.