Abstract

Eating is one of the most frequent human behaviors, but there are few studies that relate eating and subjective well-being. Typologies of people were distinguished and characterized according to their level of satisfaction with life and food in central Chile.

Method: A survey was applied to a sample of 1,277 people in the main municipalities of this area, distributed proportionally by municipality. The questionnaire included the SWLS scales (Satisfaction with Life Scale), SWFL (Satisfaction with Food-related Life), Health-Related Quality of Life Index (HRQOL), Subjective Happiness Scale (SHS), and respondents’ demographic characteristics and eating habits were also ascertained. Results: Using hierarchical cluster analysis, three typologies were distinguished with significant differences in the scores on the SWLS, SWFL, SHS, self-perception of health, days with physical or mental problems in the last month, sociodemographic characteristics and frequency with which the family eats together.

Conclusions: The results suggest that a higher level of general subjective well-being, and eating is associated with better health, greater family interaction around meals, higher levels of happiness, and with some sociodemographic characteristics.

Keywords
Family meals, domains of life, life satisfaction, typologies.