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Social influences on adolescents' dietary behavior in Catalonia, Spain: A qualitative multiple-cases study from the perspective of social capital

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2 **cases study from the perspective of social capital**

3

4

5 **Abstract**

6 Adolescence has been referred to as the last best chance to prevent adult non-communicable
7 diseases. Gaining further evidence on the psychosocial determinants of health behaviors,
8 particularly the impact of peers, social networks and media on diet, is necessary to develop
9 appropriate preventive strategies. Based on a multiple-cases study, our aim was to discuss the
10 social influences on adolescents' dietary behavior from a social capital perspective. Participants
11 were reached through four high-schools in different Catalan rural-urban and socioeconomic
12 contexts. Our results confirm the different layout of social capital in the community, school, peers
13 and family. In our sample, family and peers are the most influent sources of social capital in
14 relation to dietary behaviors, inducing both protective and damaging effects.

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