Poster Topical Area: Nutritional Epidemiology

Location: Hall D

Poster Board Number: 766

P20-052 - Association between Sociodemographic Characteristics and Food Groups Consumption in Mexican Adolescents

Sunday, Jun 10 8:00 AM – 6:00 PM

Objective

To study the association between sociodemographic characteristics and the number of recommendable and non-recommendable food groups consumption in Mexican adolescents from 2016 National Health and Nutrition Survey.

Methods

From a national representative sample of 2440 adolescents, sociodemographic and dietary data from a semiquantitative food frequency questionnaire of 7 days were obtained. Foods and beverages were classified into 13 food groups, then in recommended food groups (RFG) and non-recommended food groups (NRFG). RFG included: fruits, vegetables, legumes, meats, poultry and fish; plain water, egg and dairy products. NRFG were: cured meats, fast food and fried Mexican snacks, salty snacks, candies and desserts, sweetened cereals, sweetened beverages and sweetened dairy beverages. One point was assigned to each food group if it was consumed at least 10 grams/day and 3 days/week, 7 days/week was the criterion for fruits, vegetables and plain water. RFG and NRFG score was estimated by the sum of food group points.

Sociodemographic characteristics (SDC) were: well-being index (WBI), constructed based on the household characteristics and family assets by a principal component analysis, it was divided into tertiles. Schooling of the household head, indigenous and Country regions:Northern, Center, Mexico City and Southern. Association between food group scores and SDC was evaluated by linear regression models taking into account the complex survey design and sample weights.

Results

Female adolescents were 48.8%, 9.7% were indigenous and in 22.3% of the households, its head had at least high school finished. RFG was negatively associated with indigenous (β=-0.34, p value=0.013) and positively associated with high school or greater education level (β=0.54, p value<0.001) and high WBI (β=0.49, p value<0.001). NRFG were positively associated with medium (β=0.27, p value=0.026) and high WBI (β=0.34, p value=0.015).

Conclusions

Low education, indigenous and WBI could negatively affect the consumption of RFG, nevertheless high WBI also could increase the consumption of NRFG. A deeper study on the impact of SDC and consumption of healthy diets is necessary.

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Presenting Author

Elsa Gaona-Pineda

Researcher
National Institute of Public Health
Mexico City, Distrito Federal, Mexico

CoAuthors: Sonia Rodríguez-Ramírez – National Institute of Public health; Brenda Martínez-Tapia – National Institute of Public Health; Danae Valenzuela-Bravo – National Institute of Public Health; Luz Gómez-Acosta – National Institute of Public Health; Teresa Shamah-Levy – National Institute of Public Health