

## Concurrent Session 8: Dietary Patterns and Intakes

### Beverage consumption in Belgian adolescents

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**Background** – Water is a nutrient and most of the time overlooked. Less is known about the consumption of the nutrient water and of beverage in general in an adolescent population.

**Objective** – To monitor beverages consumption in adolescents (13-18 y) and to compare with recommendations. To estimate the intake of the nutrient water.

**Design** – A random sample of adolescents (129 boys and 212 girls between 13 and 18 y) was drawn from secondary schools in the region of Ghent, Belgium. A 7-day estimated food record method was used to quantify nutrient and food intake. The Belgian recommended fluid intake (without milk) is 1500ml. For milk(products) the recommended intakes is 450-600ml. The recommendation depends on the scientific body: the Belgian health council recommends between 55 – 65 ml/kg body weight/day, ILSI recommends 3300 ml/day for boys and 2300 ml/day for girls. Other sources recommend 1ml per 1 kcal consumed.

**Outcomes** – The total median consumption of all non-alcoholic beverages is 1200 ml. The median consumption of non-alcoholic beverages without milk(products) is 1011ml. The median intake of milk(products) is 133ml. The median water consumption is 423ml. Almost 5% of the adolescents never drink water. More than 90% of the adolescents consume soft drinks. Only 12.6% of the adolescents reached the age-specific fluid recommendation., Only 4% of the adolescents reached the recommendation of the Belgian Health Council and respectively ILSI, 15% of the adolescent had a water intake above their energy intake.

**Conclusions** – The fluid intake is too low; especially the water intake is worrisome. Health promotion campaigns should take into account the issue of fluid intake.

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### A food coping strategy index applied to a community of farmworker households

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**Background** – In South Africa, households living in informal urban/rural settlements and on commercial farms experience various levels of dietary variety, food intake or household hunger. Low incomes, poor food production, availability and low spending power (less on food), characterize these households. Households employ various food coping strategies (FCS) to alleviate the hardship of food stress or low food availability.

**Objective** – To apply an existing FCS-index to assess household food security in farmworker households and its usefulness to identify the level of food stress. Food coping scores were used to describe coping patterns.

**Design** – A cross-sectional survey was conducted. A structured food coping questionnaire and a standardized FCS-index were used to gather data from women (23-65 yrs) responsible for food provision in a small farmworker community, in the Fouriesburg district, SA. Focus groups were used to rank the FCS (severity).

**Outcomes** – Individual scores were used to rank the FCS. The most common FCS were relying on cheaper (chicken feet)/less-preferred (meat bones) food and food seeking strategies (wild foods). Seasonal patterns of food coping behaviour emerged per household, varying according to the level of food stress experienced. Most in late summer (78) and spring (73.4); mean community score of 66.8 ( $\leq 55$  indicates food security). Frequency of use decreased with increased severity of FCS but increased in households' using them.

**Conclusions** – The FCS index of utilized practices constructed from the data assessed food coping behaviour in households successfully (early, clear signals of the level of food distress – if any). These results could be used to allocate appropriate food aid (food type) and to design nutrition education programs using positive (food gathering or bartering) and avoiding negative (only starchy food) FCS to prevent suboptimal health.