

DIETARY INTAKE IN A RURAL QUEENSLAND COMMUNITY

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A high prevalence of overweight has been reported in the rural Queensland community of Dalby (Harvey et al. 1990). Dietary intake in this community was assessed in 1989 as part of an investigation of this problem and also to provide baseline data for later evaluation of health promotion activities.

Randomly selected residents were invited to attend a health assessment and to complete a semiquantitative food frequency questionnaire (FFQ). The FFQ contained 128 food items and questions about additional foods eaten, types of fat used in cooking and spreads, and about dietary supplements. After coding, food frequency responses were converted to estimates of usual daily nutrient intake with software developed for the project. Food composition data used were from NUTTAB 90.

Nutrient	Age in Years									
	25 - M	34 F	35 M	44 F	45 M	54 F	55 M	64 F	All ages M F	
Energy (MJ)	11.3	8.3	10.3	8.5	9.9	8.4	9.7	7.5	10.4	8.2
Protein (g)	108	85	99	86	98	86	99	82	101	85
Total fat (g)	113	83	98	84	95	80	92	67	100	79
Carbohydrate (g)	287	220	265	229	250	226	244	211	263	222
Alcohol (g)	19.0	3.9	21.1	3.4	21.0	6.8	19.8	3.3	20.4	4.3
Fibre (g)	25.1	24.3	26.6	26.9	26.9	26.6	26.3	27.0	26.3	26.2

The table shows mean daily intakes of selected nutrients by age and sex for 312 male and 361 female respondents. For all ages combined, intakes in Dalby were similar to those reported for the 1983 national survey (DCSH 1987). The proportions of energy contributed by macronutrients for the males and respectively were: protein 17% and 18%; carbohydrate 41% and 44%; fat 36% and 36%; and, alcohol 6% and 2%. Comparisons between data from this Dalby survey and the national survey must be made cautiously because the methods and food composition tables used were different.

The results suggest that diet alone is unlikely to explain the high prevalence of overweight people in the Dalby community.

DCSH (1987). 'National dietary survey of adults, 1983. Report No 2. Nutrients consumed.' (AGPS: Canberra).

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