

Metadata – Nutritional Habits

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| Description | <p>Proportion of the population aged between 15 years and 64 years consuming more or less than internationally recommended food group specific cut offs</p> <p>Proportion of the population aged 6 years and over that consumes the daily recommended amount of fruits and vegetables (at least 5 portions).</p> <p>Proportion of the population that drinks sugary drinks (no 'diet') daily and those that drink at least 1 liter of sugary drinks (no 'diet') daily.</p> |
| Rationale | <p>Dietary quality is an important factor in health and disease burden. A healthy diet helps protect against non-communicable diseases (NCDs) including diabetes, cancer, heart disease and stroke [1].</p> <p>Fruit and vegetables are low-energy density foods and are important sources of dietary fiber, vitamins and minerals. A high consumption of fruit and vegetables has been significantly associated with a decrease in the risk of coronary heart disease, stroke and obesity [2]. The WHO recommends a daily consumption of 400 grams of fruit and vegetables (i.e. 5 portions) [3].</p> <p>A high intake of free sugars, particularly in the form of sugar-sweetened beverages, is associated with poor dietary habits, unhealthy weight gains, risk of dental caries and other NCDs [1,2]. The WHO strongly recommends restricting the intake of free sugars to less than 10% of the total energy consumption, throughout the life course [4]. With respect to this guideline the consumption of sugar-sweetened beverages should be avoided.</p> |
| Primary Data source | <p>Sciensano, Food consumption survey (FCS) 2004, 2014</p> <p>Sciensano, Belgian Health Interview Survey (HIS), 2013, 2018</p> |
| Indicator source | <p>Sciensano, Food consumption survey (FCS) 2004, 2014 https://fcs.wiv-isp.be/SitePages/Home.aspx</p> <p>Sciensano, Belgian Health Interview Survey (HIS), 2018 https://his.wiv-isp.be/fr/Documents%20partages/NH_FR_2018.pdf [5].</p> |
| Periodicity | <p>FCS: every 10 years</p> <p>HIS: every 3-5 years</p> |
| Calculation, technical definitions, and limitations | <p>Precise information about dietary consumption are better assessed via the national food consumption survey (FCS). Two FCS were conducted in 2004 and 2014. The proportion of the population aged between 15 years and 64 years consuming more or less than internationally recommended food group-specific cut offs were computed by a mathematical model, using as input data the two 24-hour food consumption recall questionnaire of the FCS.</p> <p>More recent information about consumption of fruits, vegetables, and sugary drinks can be found in the last Belgian health interview survey:</p> <ul style="list-style-type: none">- Respondents were asked to report separately the number of portion of vegetables and fruits consumed daily. At least 5 portions of fruits and vegetables was considered meeting the WHO daily recommendation of 400 grams of fruit and vegetables. Consumption of 100% fruit or vegetable juice is also eligible as a portion.- Respondents were asked the frequency of sugary drinks consumption and the quantity drank on a typical consumption day. Based on these answers, it is possible to estimate the proportion of the population drinking sugary drinks everyday and those drinking at least one liter. Diet drinks like diet coke were excluded. |

Indicators from the HIS 2018 are based on self-reported questions and thus subject to recall and social desirability bias. To reduce differences in the estimation of a portion of fruits or vegetables, visual response cards were shown to the respondents.

International comparability

- a. Availability: Questions related to the consumption of fruits, vegetables, and sugary drinks are part of the European Health Interview Survey conducted in all member states.
 - b. Comparability: Slight differences in the estimation of a portion are possible.
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