USING HEALTH BEHAVIOUR SURVEYS IN NUTRITIONAL MONITORING

FINBALT HEALTH MONITOR

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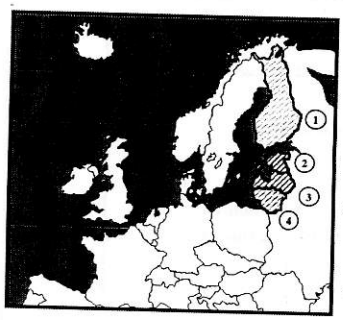
www.ktl.fi/eteo/finbalt

STRUCTURE OF THE PRESENTATION

1) Background of Finbalt Health Monitor
2) Aims of Finbalt
3) Food-related questions, examples
4) Practical aspects of behavioural monitoring
6) Uses of food-related health behaviour data

THE FINBALT COUNTRIES



1. FINLAND
2. ESTONIA
3. LATVIA
4. LITHUANIA

THE COUNTRIES IN BRIEF

	EST	FIN	LAT	LIT
Population (millions)	1.5	5.0	2.5	3.7
Independence	1918-40 1991-	1917-	1918-40 1991-	1918-40 1990-
Religion	-Luth.	-Luth.	-Luth. -Rom C.	-Rom C.
Lanquage groups	-Fenno ugr.	-Fenno ugr.	-Baltic	-Baltic
Native speakers (%)	61	90+	56	80
Life expct. 1996 (years)				
Men	65	73	64	65
Women	76	80	76	76

BACKGROUND OF THE *FINBALT* -PROJECT

-The origins of the FINBALT are in the North Karelia project

-Surveys on health behavior and risk factors among adult population

-Nationally representative random samples from population registers

-Finland	1978-, annually
-Estonia	1990, 1992, 1994, 1996, 1998, 2000, 2002, 2004
-Lithuania	1994, 1996, 1998, 2000, 2002, 2004
-Latvia	1998, 2000, 2002, 2004

AIMS OF THE *FINBALT* -PROJECT

1998-

-To disseminate information and research expertise in order to evaluate *health policy* and *health promotion* efforts

-To carry out comparative analyses and prepare scientific reports

THE PROJECT WILL:

1) Explore how the existing system can be used in comparative analyses

2) Develop health behavior data collection methods for comparative analyses

3) Transfer the data processing and reporting procedures to the respective countries

Response rates, n (rr %)

Year	Estonia	Finland	Latvia	Lithuania
1994	1189 (83%)	3136 (70%)	...	1858 (64%)
1996	1396 (77%)	3274 (72%)	...	2018 (69%)
1998	1223 (68%)	3198 (70%)	2121 (77%)	1874 (62%)
2000	1244 (63%)	3188 (70%)	2169 (80%)	2195 (74%)
2002	1219 (67%)	2968 (65%)	1816 (68%)	1879 (64%)
Total	**6271**	**15764**	**6106**	**9824**

MAIN DOMAINS IN THE QUESTIONNAIRE

1) Background information
2) Health services and health status
3) Smoking
4) Food habits
5) Alcohol consumption
6) Other (physical activity etc.)

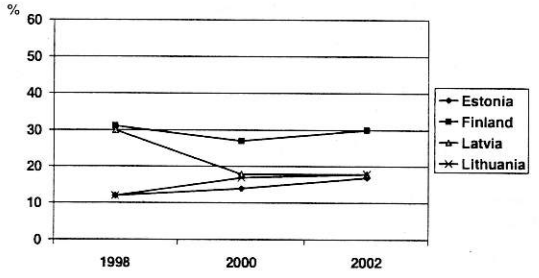
QUESTIONS ON FOOD HABITS

1) Having breakfast (yes/no)
2) Type of fat used in food preparation
3) Type of fat used on bread
4) Food preparation at home (How often)
5) Type of milk usually drank
6) Coffee and tea cups/day (How many)
7) Sugar used in coffee and tea
8) Slices of bread/day (How many)
9) During the last year have you been advised to change your food habits

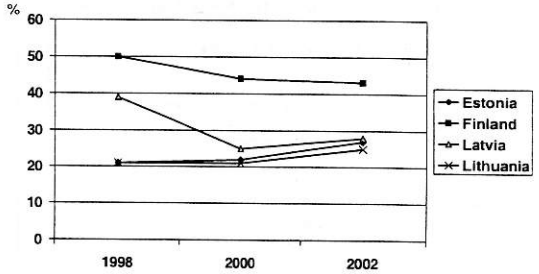
QUESTIONS ON FOOD HABITS

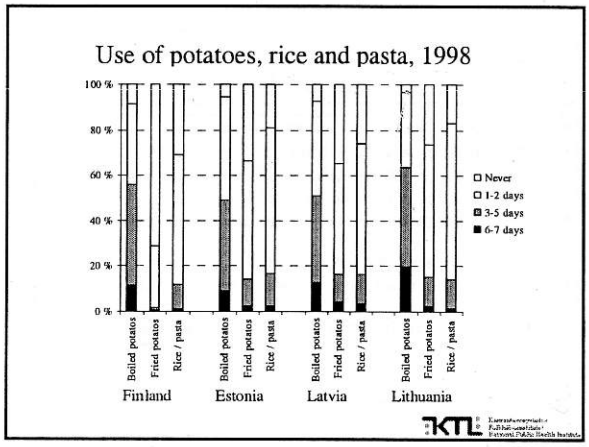
10. How often during the last week have you consumed the following foods and drinks? (never…6-7 times)
-boiled potatoes, fried potatoes,
-rice/pasta, cereals,
-cheese, chicken, fish, meat, meat products,
-fresh vegetables, other vegetables
-fresh fruit/berries, other fruit/berries
-sweet pastries, candy, soft drinks
-eggs

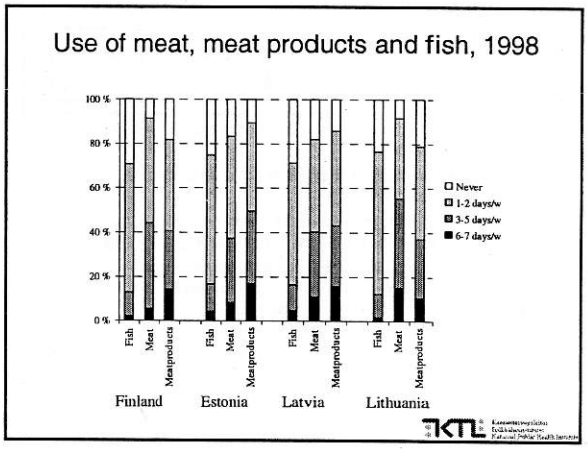
Trends in daily use of vegetables in 1998, 2000 and 2002 among men

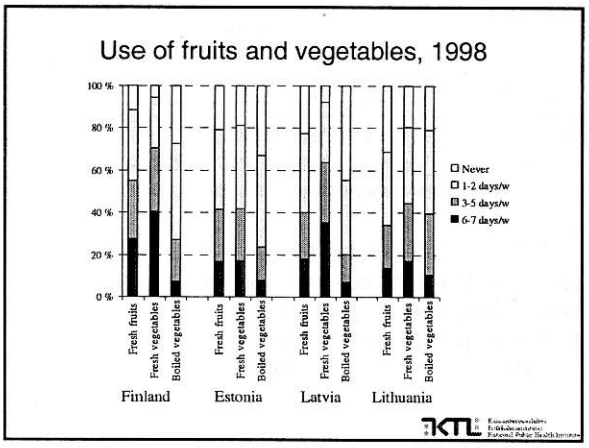


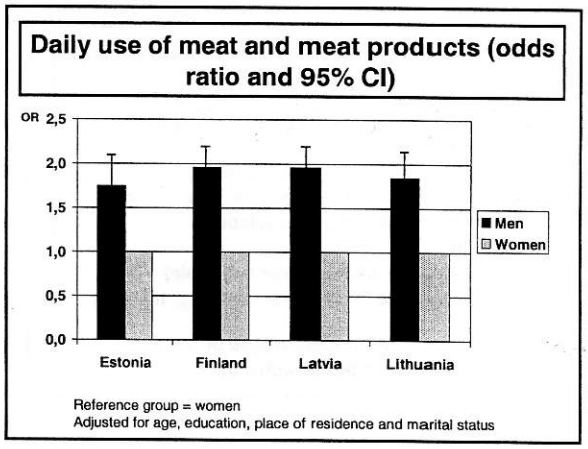
Trends in daily use of vegetables in 1998, 2000 and 2002 among women

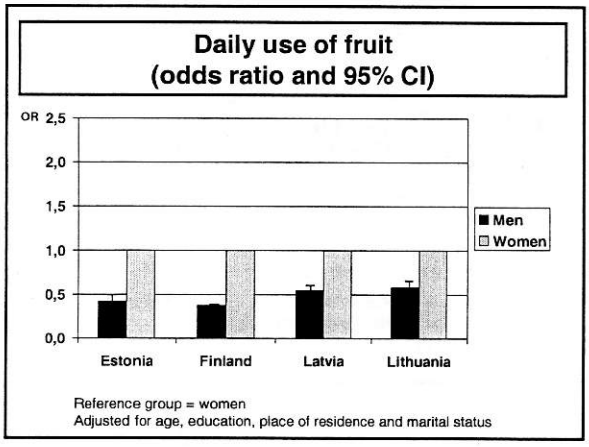


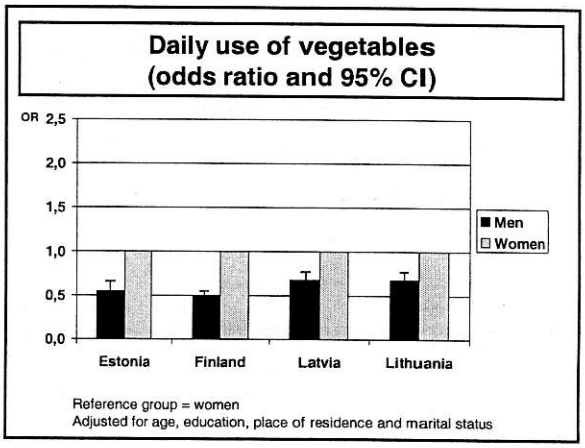

Use of potatoes, rice and pasta, 1998
100 %
80 %
60 %
40 %
20 %
0 %
Never
1-2 days
3-5 days
6-7 days
Boiled potatos
Fried potatos
Rice / pasta
Finland
Estonia
Latvia
Lithuania


Use of meat, meat products and fish, 1998
100 %
80 %
60 %
40 %
20 %
0 %
Never
1-2 days/w
3-5 days/w
6-7 days/w
Fish
Meat
Meatproducts
Finland
Estonia
Latvia
Lithuania


Use of fruits and vegetables, 1998
100 %
80 %
60 %
40 %
20 %
0 %
Never
1-2 days/w
3-5 days/w
6-7 days/w
Fresh fruits
Fresh vegetables
Boiled vegetables
Finland
Estonia
Latvia
Lithuania


Daily use of meat and meat products (odds ratio and 95% CI)
OR 2,5
2,0
1,5
1,0
0,5
0,0
Men
Women
Estonia
Finland
Latvia
Lithuania
Reference group = women
Adjusted for age, education, place of residence and marital status


Daily use of fruit (odds ratio and 95% CI)
OR 2,5
2,0
1,5
1,0
0,5
0,0
Men
Women
Estonia
Finland
Latvia
Lithuania
Reference group = women
Adjusted for age, education, place of residence and marital status


Daily use of vegetables (odds ratio and 95% CI)
OR 2,5
2,0
1,5
1,0
0,5
0,0
Men
Women
Estonia
Finland
Latvia
Lithuania
Reference group = women
Adjusted for age, education, place of residence and marital status

Practical aspects of behavioural monitoring
Comparability

- Comparability - over time, between countries and population groups
- Comparison requires identical (?) questions and data collection methods
- Food habits change over time, new foods enter into the diet - Trends will be lost if questions change
- Questionnaires cannot be directly translated – Differences in the national questionnaires may make international comparisons impossible

Practical aspects of behavioural monitoring
Representativeness

- Nationally representative random sample
- Population register systems vary by country
- Number respondents at least 2000
- Non-response is a growing problem
- Increasing sample size does not diminish response bias
- 1-3 reminders to non-respondents
- Reminding method should be the same as in the first survey
- Substitution of non-respondents not allowed

Practical aspects of behavioural monitoring
Documentation

- The survey process should be documented using a uniform method
- The following topics should be covered:
  1) contact information, responsible data analyst
  2) description of the target population
  3) sampling
  4) data collection (method, time schedule)
  5) making the data file (variables, coding, missing data etc.)
- Decisions made in the early stages of the survey process can seldom be corrected later

Practical aspects of behavioural monitoring
Questionnaire planning

- Collect background information on local diet: previous dietary surveys, food balance sheets, food composition tables, local experts
- Make a list of typical foods
- Carry out a pilot survey to test the food list
- International comparability: face to face meetings with national nutrition experts, translation-back-translation

Practical aspects of behavioural monitoring
Advantages and limitations

+ low costs
+ good coverage
+ fast
+ easy to answer (?)
+ effective
+ supply data on individuals

- no information on nutrients and energy
- you get what you ask
- specifying the questions requires knowledge on local food consumption
- expertice and pilot studies needed

USES OF A FOOD BEHAVIOUR SURVEY

- Monitoring trends of food behaviours in different population groups, nutritional surveillance
- Knowledge development, increasing public information
- Research
- Education and training of professionals
- Evaluation and development of food and nutrition policies, programmes and interventions

KTL