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Evaluation of the dietary habits of Jēkabpils inhabitants in relation to adherence to the Nordic diet recommendations

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Background

The Nordic diet (ND) is recommended as healthy, sustainable diet, mostly using local products.

Nordic Council is actively promoting ND in Scandinavia, but we are lacking the data about the adherence to ND dietary habits in Latvian citizens.

The aim of the study

The aim of the study was to evaluate adherence to the ND in average Latvian population.

Materials and methods

- Sub-study of the “Multicentric randomised study of H. pylori eradication and pepsinogen testing for prevention of gastric cancer mortality (the GISTAR study)”;
- 40 to 64 years old Jekabpils inhabitants were invited to participate in this study from Oct. 2019 until Nov. 2020;
- Socioeconomic data were collected within the GISTAR study protocol;
- 22 item self-administered questionnaire (in Latvian or Russian) included translated and adapted New Nordic Diet score questionnaire. Adherence to ND was evaluated as:
 - low (score 0-3)
 - medium (score 4-5)
 - high (score 6-10)

Results

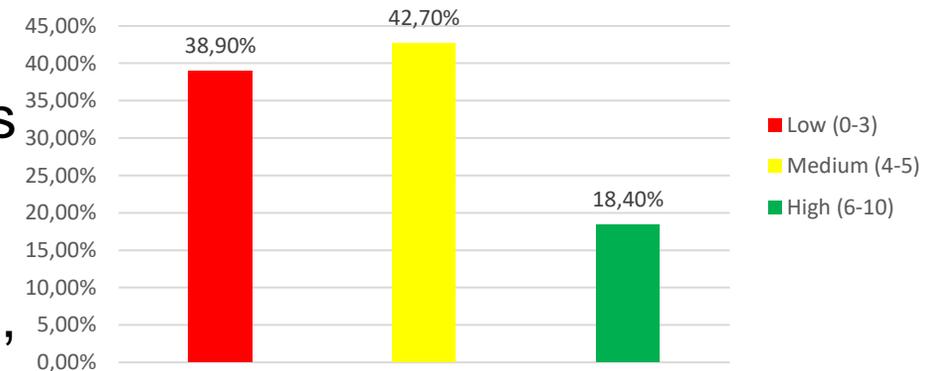
In total, the questionnaire was completed by 988 participants.

The final sample for analysis contained 854 questionnaires, 602 (70.5%) completed by females.

High adherence to ND was reported by 157(18.4%), medium- by 365 (42.7%) and low – by 332 (38.9%) respondents.

The adherence to ND was associated with sex:

- high adherence was observed in 23.3% of females compared to 6.7% of males;
- medium - in 49.0% of females and 27.8% of males;
- low – in 27.75% of females and 65.5%of males, respectively ($p < 0.0001$).



Adherence to Nordic Diet among participants

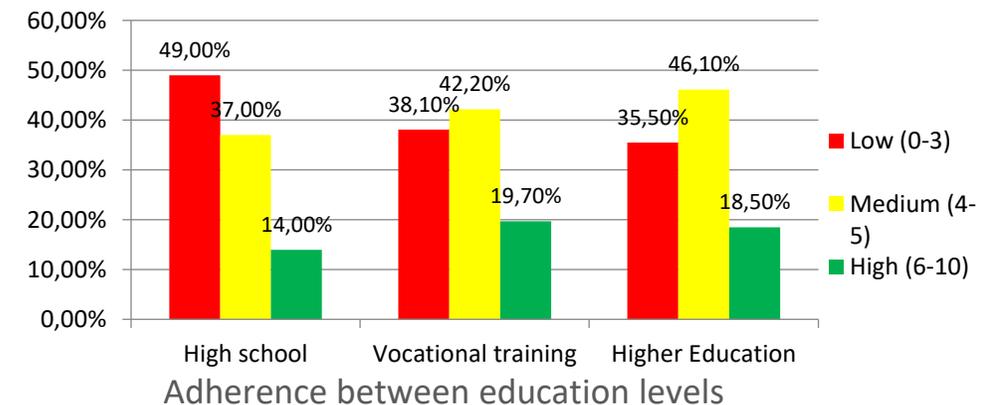
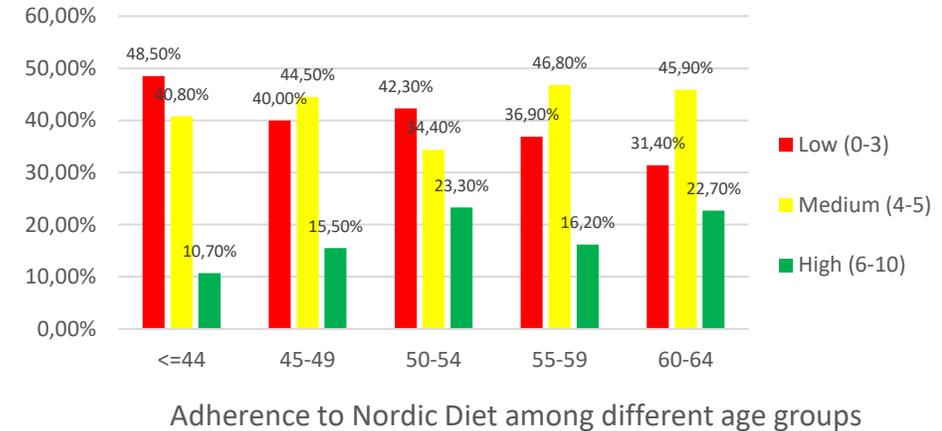
Results

The highest adherence showed respondents in the age group of 50 – 54 years, while the lowest - in the individuals up to 44 years of age ($p=0.012$).

Adherence to ND was associated with higher educational status:

- adherence to ND was observed in 18.5% of respondents with higher education;
- In 19.7% of respondents with professional technical education;
- In 14.0% of respondents with secondary education ($p=0.038$).

No difference in adherence was observed in respect to employment status.



Conclusions

The adherence to ND among 40-64 year old general population in Jekabpils is medium.

The differences in adherence in respect to sex, age and educational pattern should be taken into account promoting ND in Jekabpils.

Nevertheless, assessment of factors influencing adherence to ND in other regions of Latvia should be studied.

Acknowledgements.

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