

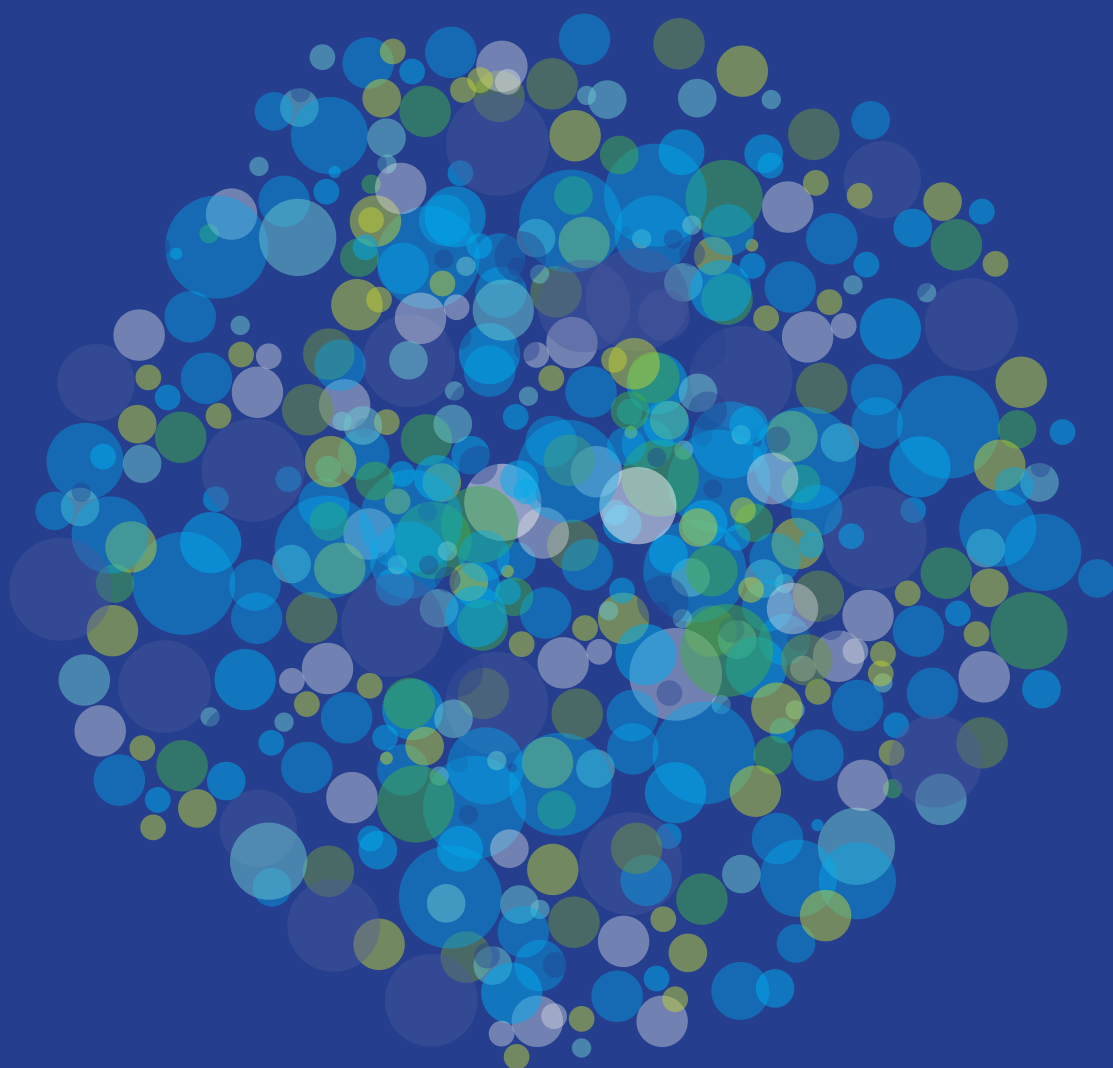


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Global report on the state of dietary data



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DIETARY SURVEY IMPLEMENTATION

Dietary data in household budget and health surveys in Brazil

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Brazil has a long history of dietary studies and surveys, starting in the 1880s, although nationally representative surveys only started in the 1970s. These first national dietary surveys were independently planned and funded, which resulted in costly and time-consuming processes, as well as in the irregularity of data collection and in different objectives and methodologies, which limited the comparability of results over time.

Household budget surveys (HBSs) were initiated in the 1970s, and at the end of the 1980s the country's main HBS, known as the *Pesquisa de Orçamentos Familiares* (POF), was created as a study of the metropolitan areas of state capitals. The POF, which became nationally representative in the early 2000s, is coordinated and implemented by the Brazilian Institute of Geography and Statistics (IBGE), and is mostly funded by the Ministry of Economy. The national POF is now programmed as quinquennial and is both nationally and regionally representative. It covers urban and rural populations, with visits to over 60 thousand households around the country conducted over the course of a full year of data collection, in

order to account for the seasonality of variables.

The primary aim of the POF is to provide economic data, especially regarding household purchases and the prices of all household expenses including foods. Data from the POF have also been used in nutrition research, for example for indirect analyses of food consumption. The use of food composition tables together with POF data allowed for the analysis of dietary diversity, macronutrients and sodium in diets. As a result, the IBGE became interested in the use of POF data for nutritional studies, which prompted discussions between the Ministry of Health, IBGE and national research teams. These discussions resulted in the official incorporation of the analysis of food availability in the household (based on per capita food consumption) and the publication of a specific report on POF. Later, in 2008, after more negotiations and additional funding by the Ministry of Health, the inclusion of quantitative 24-hour dietary recall data collection in the POF surveys represented another milestone in the availability of dietary data for Brazil. This allowed

for individual dietary analyses for a subsample of individuals over ten years of age, and became a specific module of the survey.

The change from conducting independent dietary surveys to including dietary modules within the national POF has resulted in a trade-off that is mostly positive, as the integration of the dietary modules within the POF allows for the dietary analysis to be linked to other household purchases (including the costs of foods and variations in these costs), and to the socio-economic and demographic characteristics of the families and individuals. There is also a significant reduction in operational costs when integrating the dietary survey into an existing regular survey. Additionally, the work of the IBGE is universally accepted by the population, thereby reducing sample losses as compared to other surveys. And the use of a common master sample for all surveys strengthens the study of historical trends as well as the comparability of data between different national surveys. Nevertheless, by working with a pre-existing survey, there is less flexibility

for customized reports and modules, and the continuity of additional modules (such as the 24-hour dietary recalls, anthropometry, and food and nutrition insecurity), requires ongoing negotiation. There is also the constant risk that funding from IBGE and its partners may be transferred to other surveys. Moreover, the POF was not capable of incorporating data collection on the diets of younger

children (including breastfeeding and complementary feeding), or of incorporating the study of diet-related health outcomes, which continue to require specific national surveys.

In Brazil, both household food availability and quantitative 24-hour dietary recall data have proven to be compatible with the national POF, and extremely useful in the analysis

of food consumption trends over time, as well as in informing, monitoring and evaluating food and nutrition policies. Moreover, open data policies implemented over the last decade in Brazil have promoted public access to the anonymized microdata, and have consequently expanded the use of the national data by researchers and policy makers.



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