

# Investigating convergence in dietary quality among adolescents in low- and middle-income countries: A cross-cohort comparison

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# Motivation

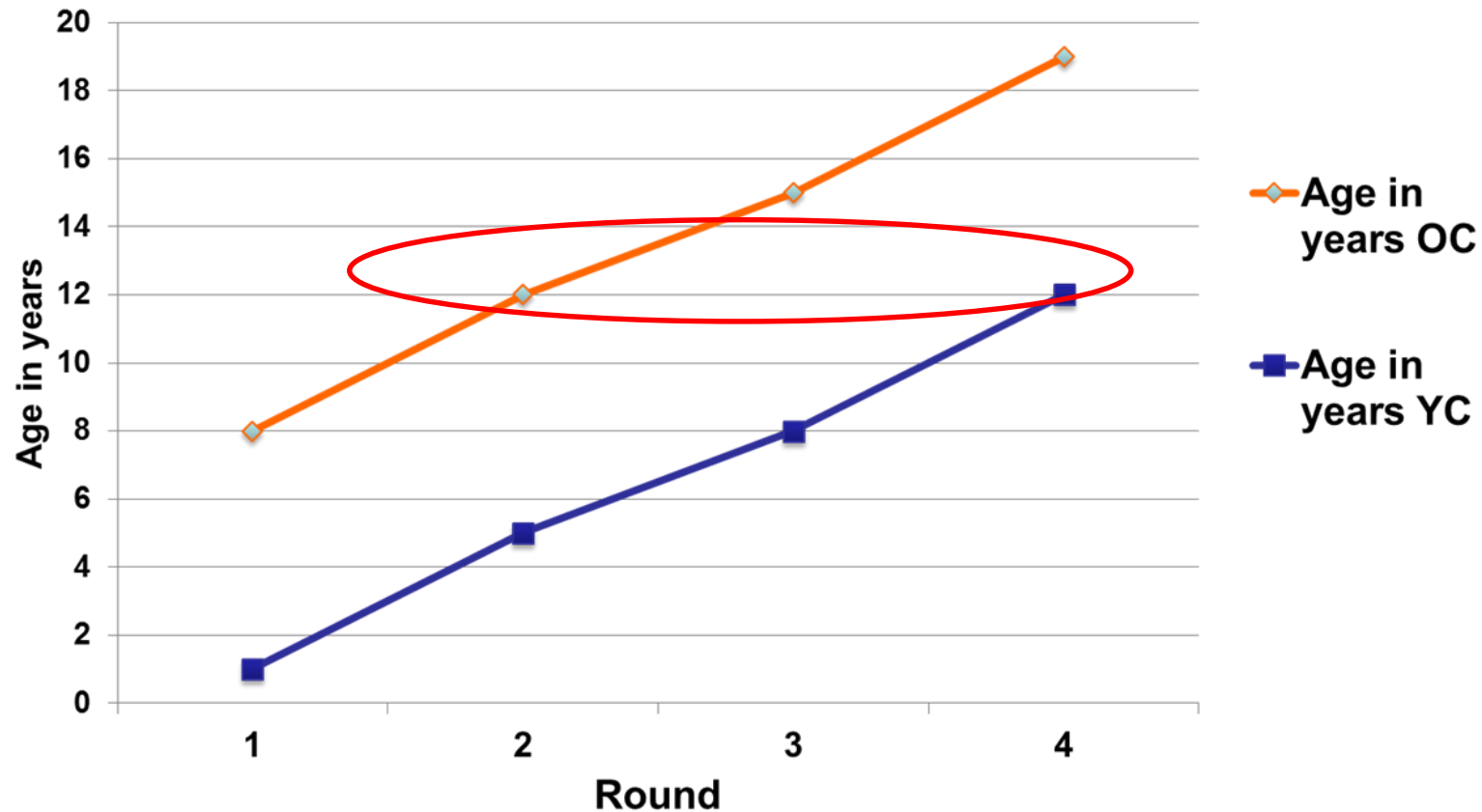
- Food systems are changing rapidly in LICs and MICs (Hawkes 2006)
- ... Significant changes in disease burden also evident
  - Shift from communicable to non-communicable diseases
  - Theory suggests a “nutrition transition”
  - Rigorous evidence is limited especially for children and adolescents

## Objectives

- 1) Document cross-country trends in dietary diversity; and
- 2) Investigate within-country trends by population sub-groups;
  - Age: 12 year olds
  - Time period: 2006 and 2013
  - Data: Young Lives Study
  - Countries: Ethiopia, India, Peru and Vietnam

## Young Lives – Data structure

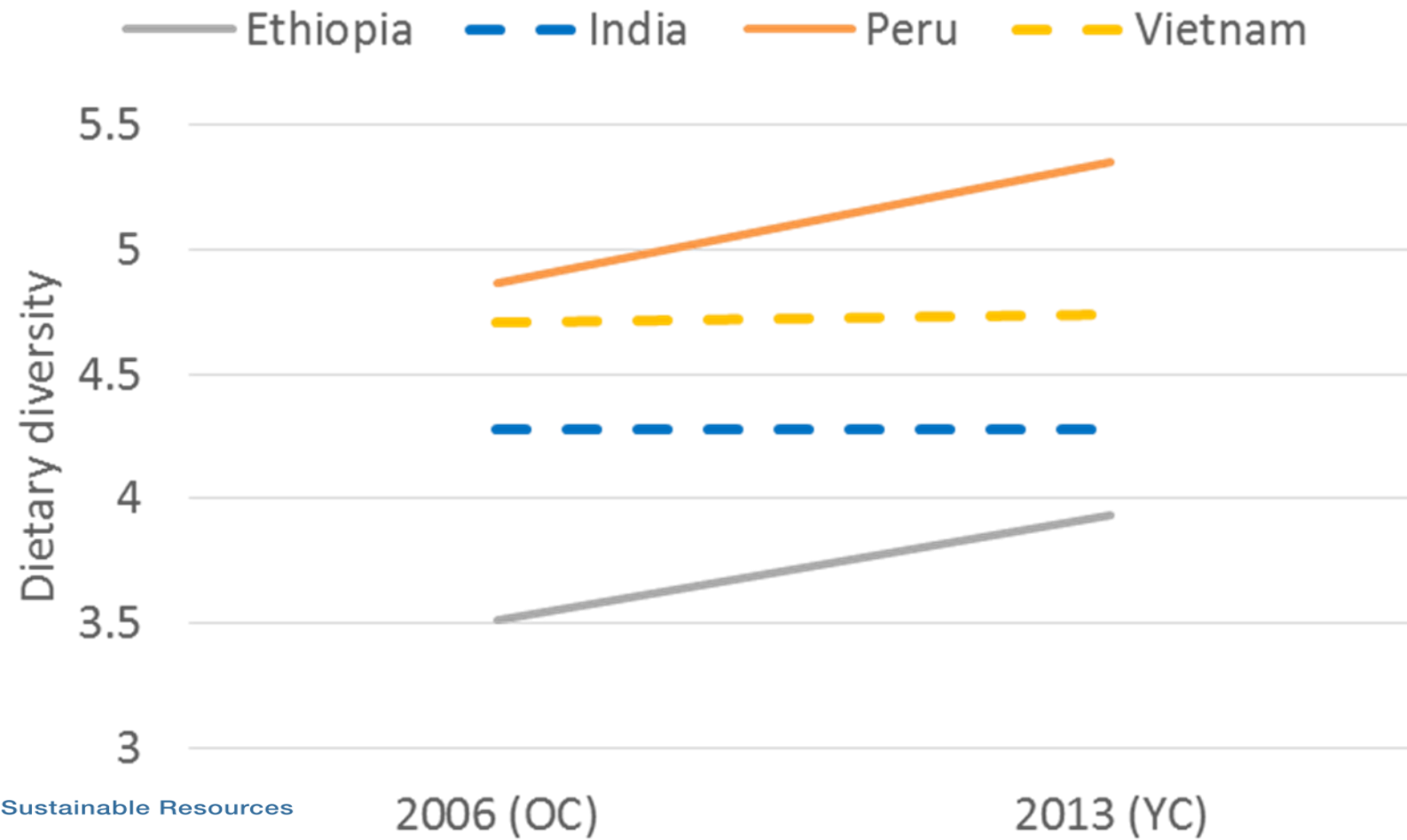
- Younger Cohort: 2,000 children born in 2001-02
- Older Cohort: 1,000 children born in 1994-95



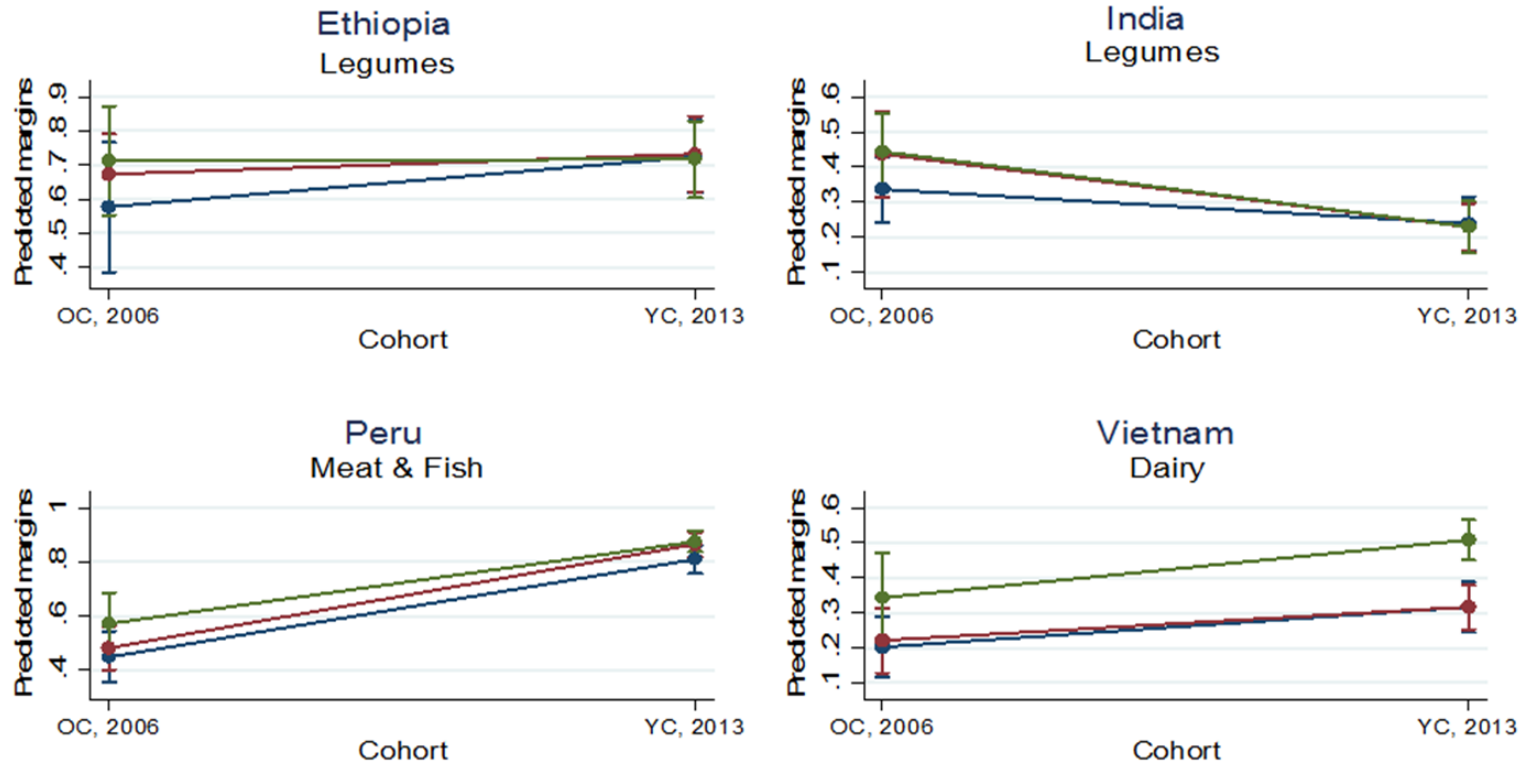
# 4 Key Messages



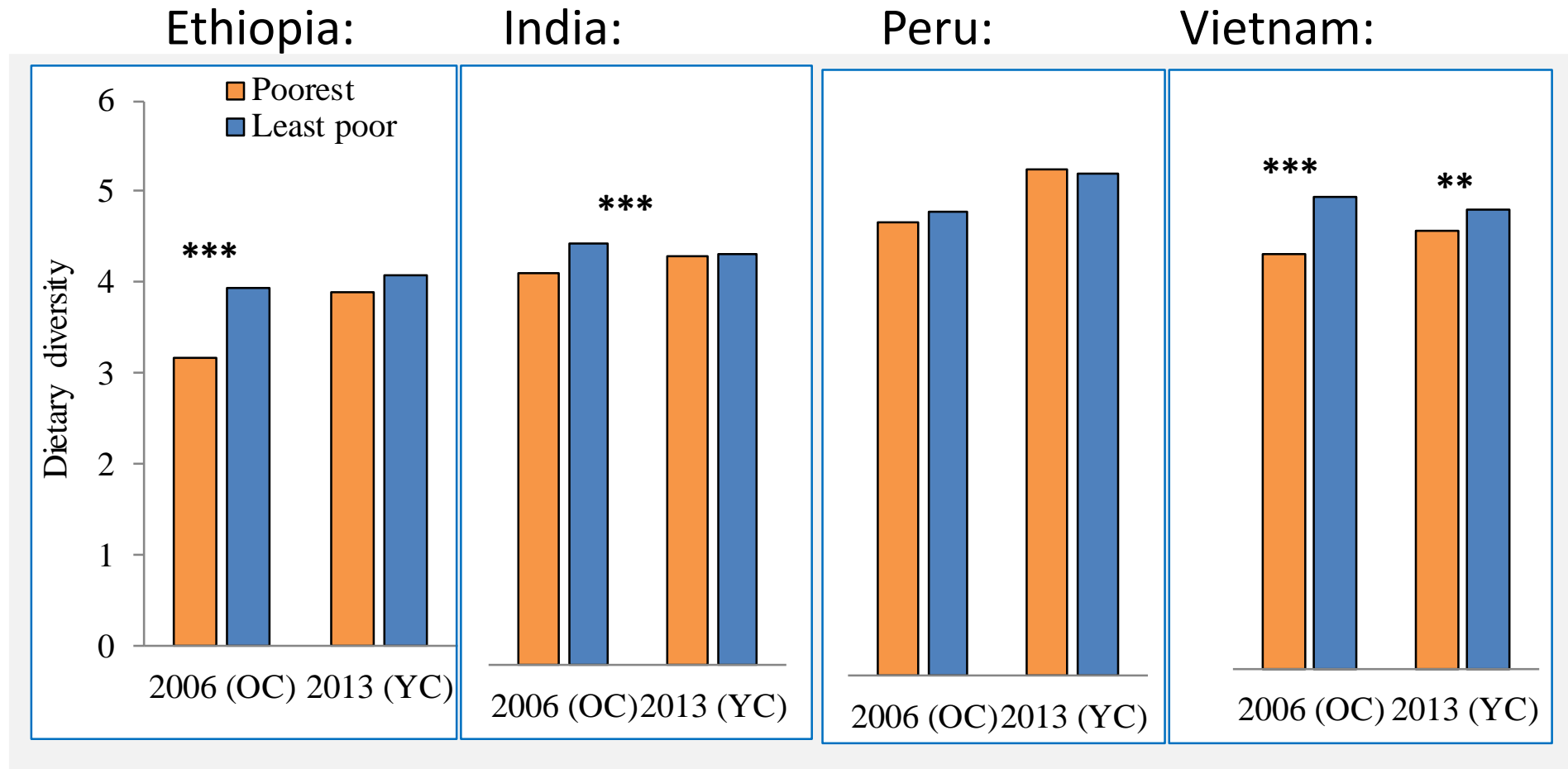
## *Key Message #1:* Dietary diversity rose in some countries



## Key Message #2: Shifts in protein-source foods noted in all countries

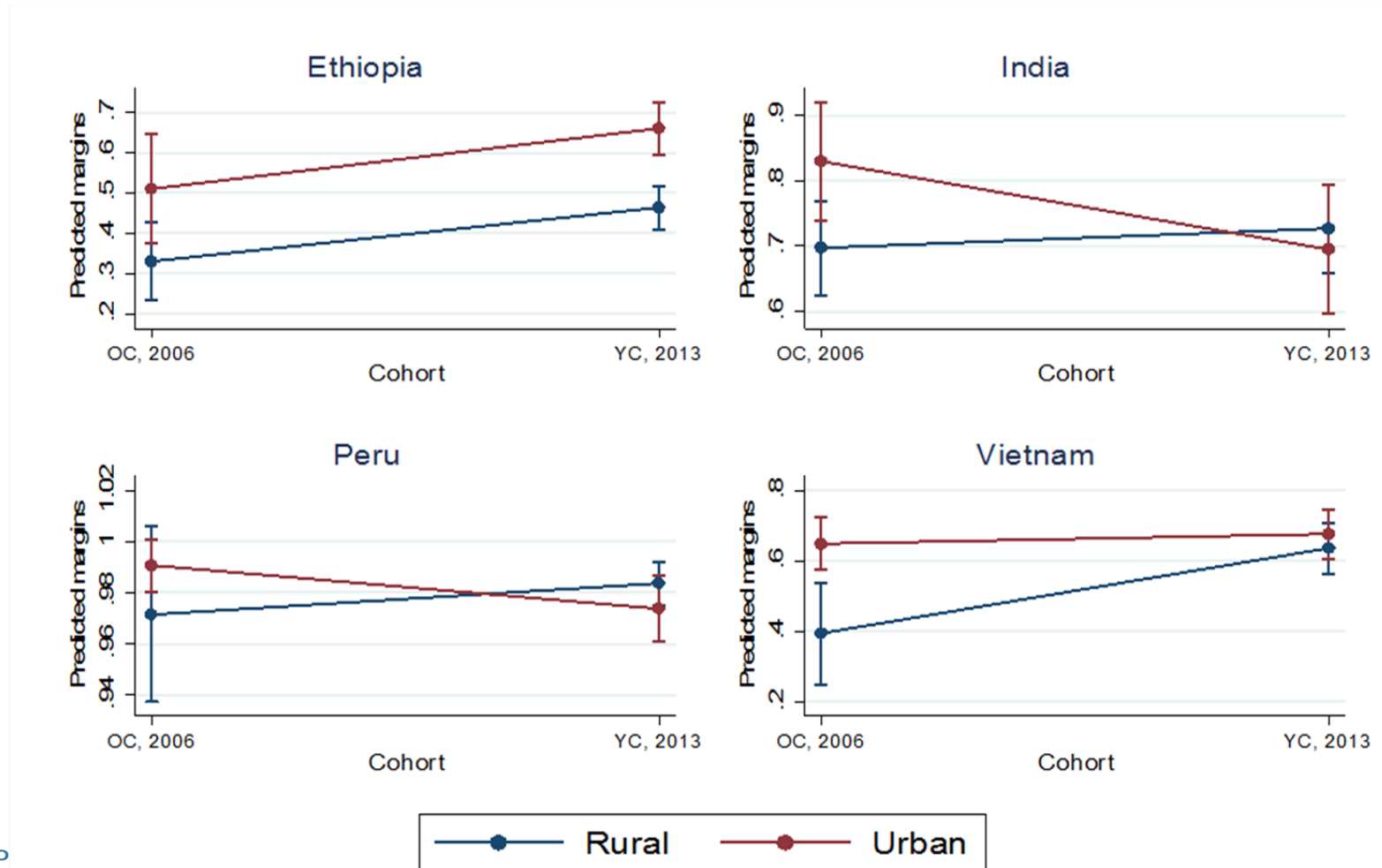


## Key Message #3: Within country inequalities narrowed



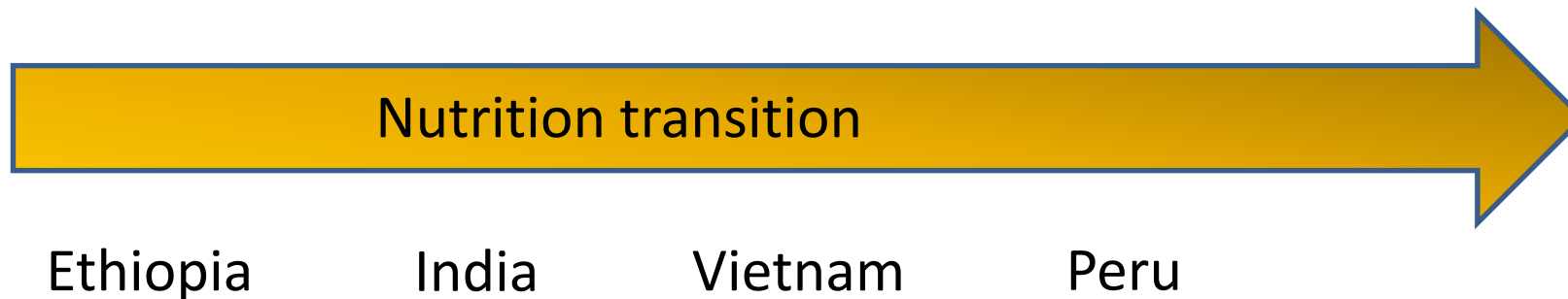


# Key Message #4: Added sugar intake increased in rural areas



## In summary...

- Clear and rapid shifts in adolescent diets
- Changes appear to be secular and not limited to sub-groups (e.g. urban or high income)
- Dietary patterns vary by country context

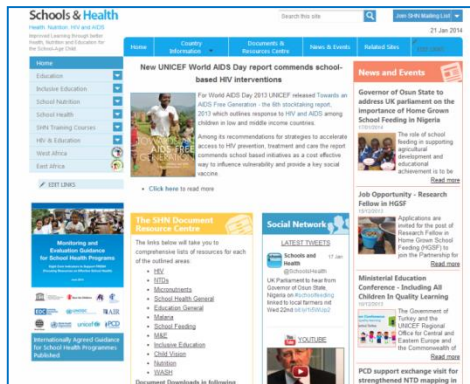


## Policy implications

- Clear need for policies to limit negative and costly implications of nutrition transition
- Shaping knowledge and attitudes is critical
- School a promising platform to reach children and adolescents (Bundy et al 2013, Hawkes et al 2015)

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