

Nutrition status and gaps in the diet of Sri Lankans

Diet, determinants and interventions in south asia
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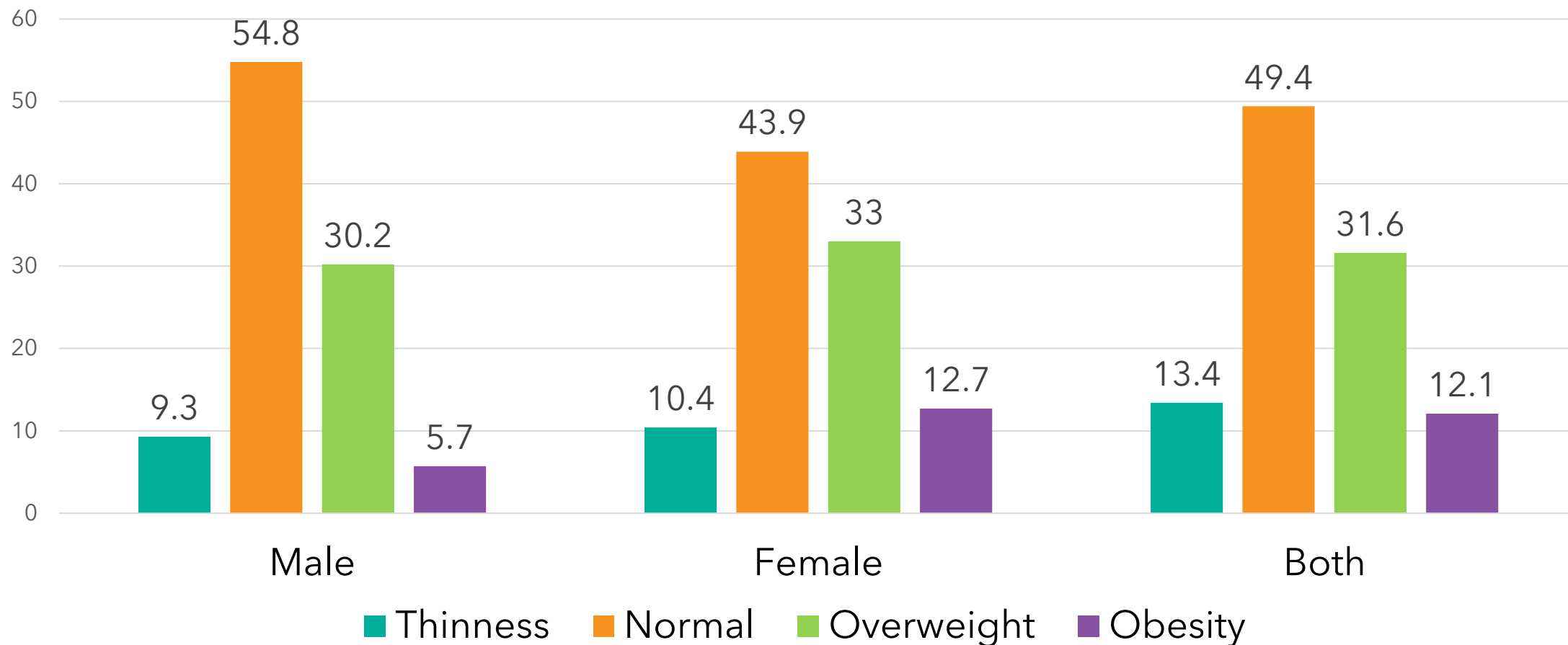
Objectives, study design, sampling

- **Objectives:** To assess the gaps in diet at household level in Sri Lanka
- **Study design:** Cross sectional community study
- **Sample size:** 2000 households
- **Sampling:** Multi-stage sampling, stratification, 75 clusters, First district – PPS, then Urban, Rural, Estate by population proportion in the district, Cluster - GN areas, 25 households from each cluster randomly selected, all members in the selected households were included.
- **Data collection period:** From 15th September to 21st December 2021
- **Data analysis:** 7-day food frequency and 24-hour dietary recall (ingredients used for past 24-hour during cooking) in the household was taken with the number of household members consumed it. These intakes were expressed as per consumption unit (CU) per day. One consumption unit is defined as the calorie consumption of an average adult man, weighing 65 kg, doing sedentary type of work. The other coefficients are worked out based on calorie requirement proportionately. The total consumption units of each household were calculated for all the members present in the household according to different age groups, sex and physical activity level. The nutrient and food intakes were then calculated as per CU.

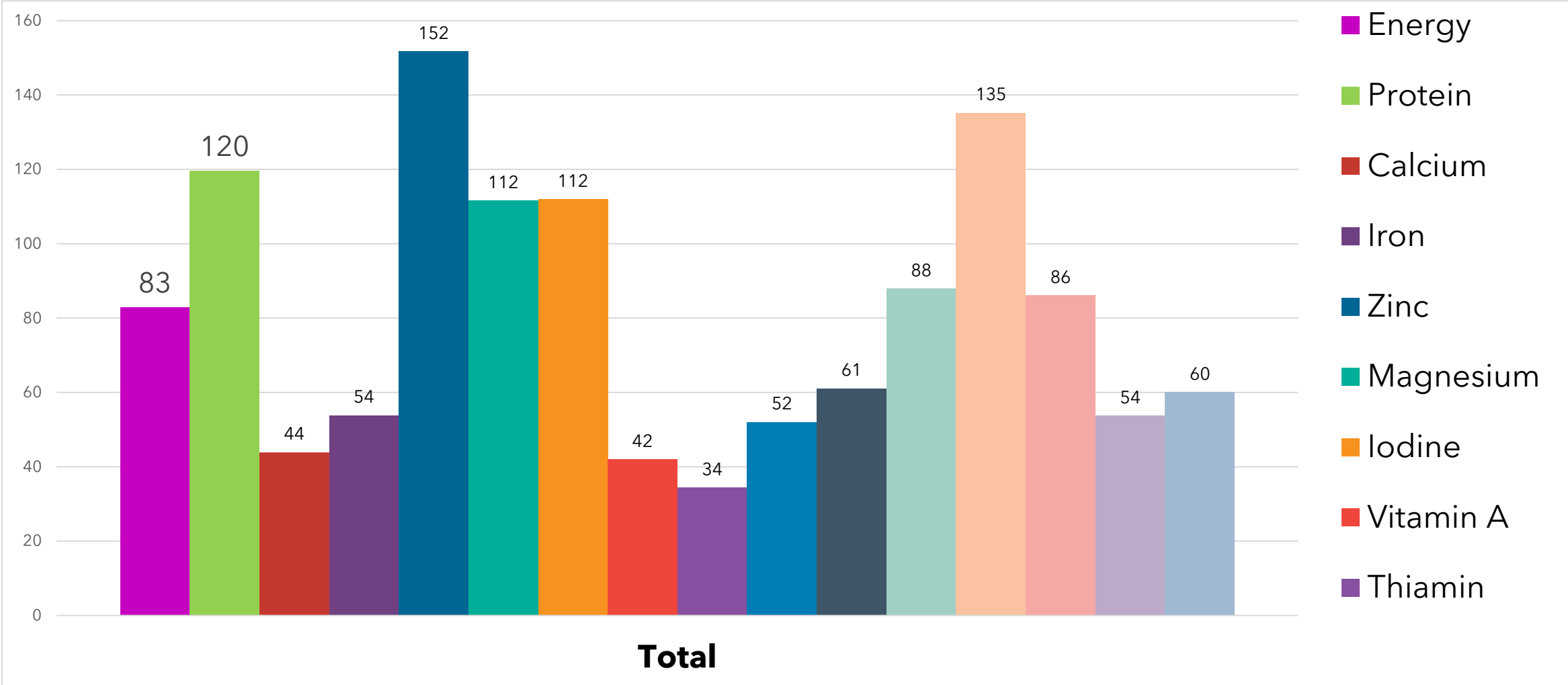
Data and nutrient analysis

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- These intakes were expressed as per consumption unit (CU) per day.
- One consumption unit is defined as the calorie consumption of an average adult man, weighing 65 kg, doing sedentary type of work.
- The other coefficients are worked out based on calorie requirement proportionately.
- The total consumption units of each household were calculated for all the members present in the household according to different age groups, sex and physical activity level.
- The nutrient and food intakes were then calculated as per CU.
- Raw food was converted to cooked food using the conversion table developed by the MRI.
- Food descriptors were developed to account different recipes.
- Table of retention factor for each food item developed by the MRI was applied to encounter the amount of nutrients loss during cooking.
- Intake assessment and calculations were done using the software developed by Department of Nutrition, MRI, which is based on the Sri Lanka food composition table 2021.
- These intakes were compared with Estimated Average Requirements (EAR) of Sri Lanka RDA table 2022 to assess the adequacy.

Stunting, thinness, overweight and obesity in adults aged 18-60 years (n=1537)



Median intake of macro and micronutrients as % of Estimated Average Requirement (EAR) of 18-60 years age group (n=3384)



Conclusions and Recommendations

- Doble burden of malnutrition is an issue.
- Extent of protein adequacy is very prominent
- Micronutrient inadequacy is prominent especially iron, calcium and vitamin A
- to focus on double burden of malnutrition.
- to educate communities to restructure diet to improve MN content
- to continuous monitoring of diet at household level at frequent intervals

Thank you for your attention