

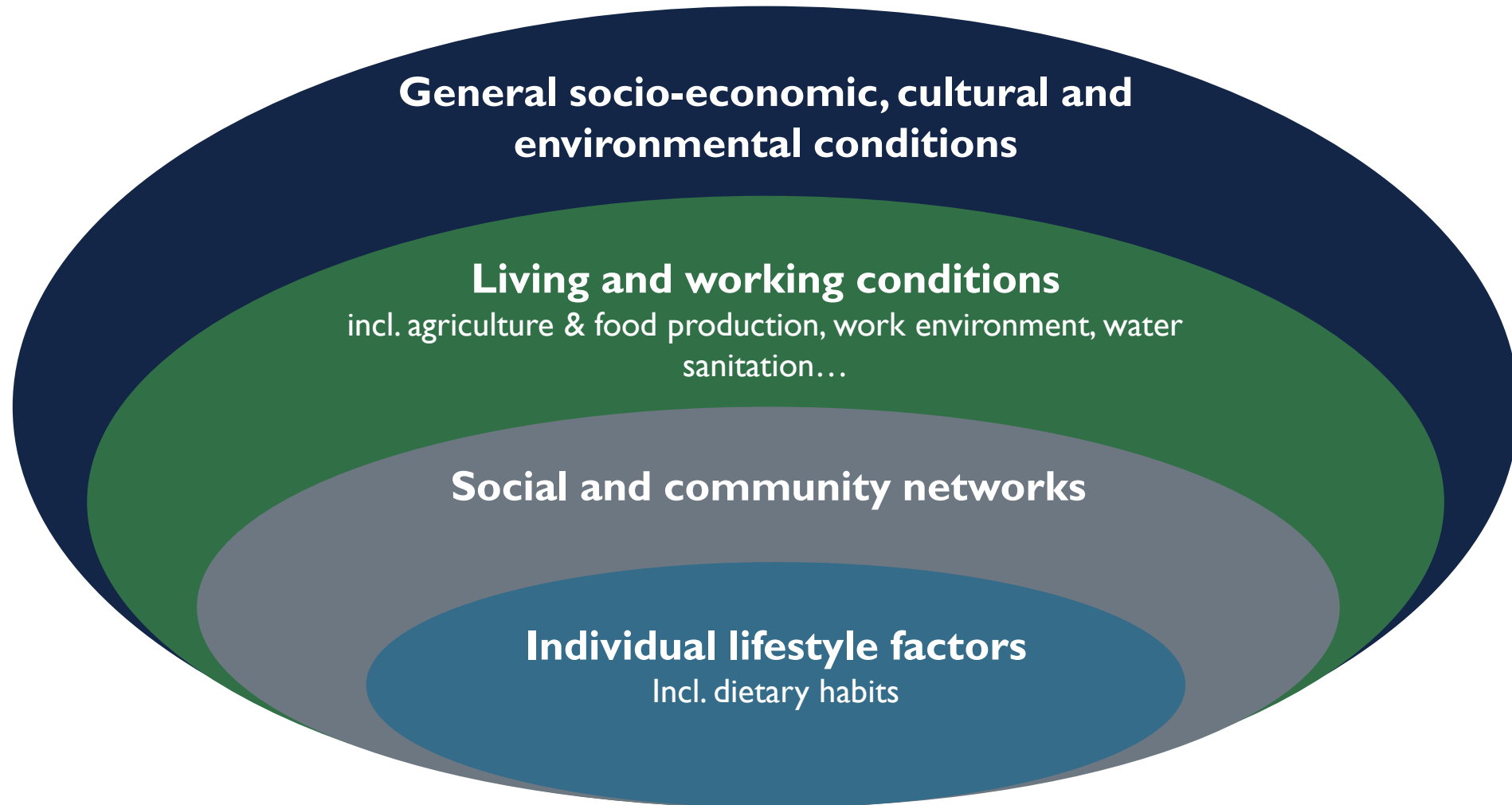
# MULTICULTURAL DIETARY PATTERNS

*ASSOCIATED FOOD SAFETY RISKS*

Katia CASTETBON, School of Public Health, ULB

---

# Dahlgren & Whitehead rainbow of social inequities in health focused on dietary behaviors

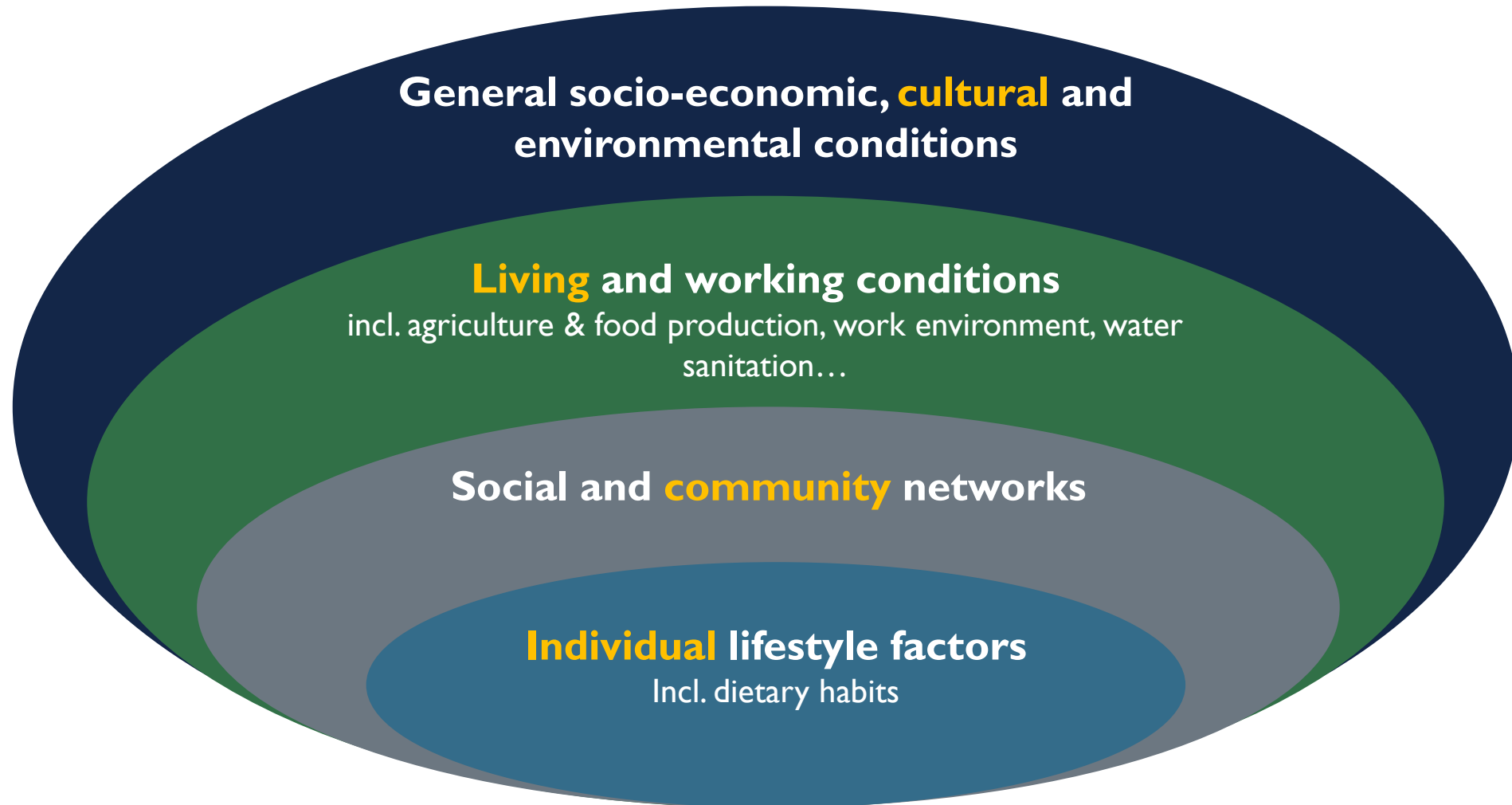


# GENERAL BACKGROUND (I)

- **Culture and dietary patterns**
  - Complex and interrelated components
    - Identity traits: choice of foods
    - Family transmission: souvenir, related to the mother figure especially
    - Taste development and preferences
    - Religion (in some situations)
  - Individual culture vs. group culture

---

# Dahlgren & Whitehead rainbow of social inequities in health focused on dietary behaviors

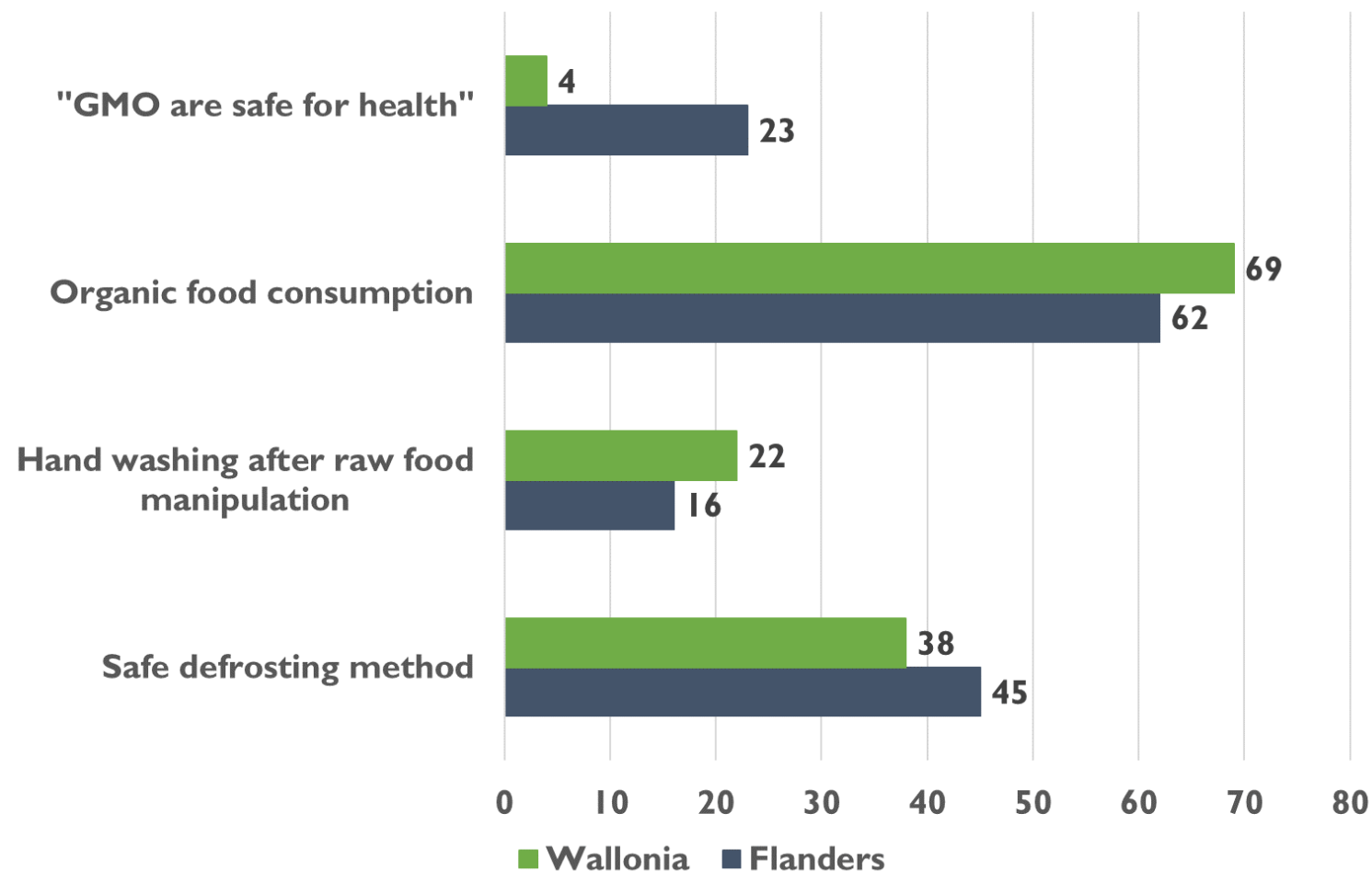


## GENERAL BACKGROUND (2)

- **Why including culture in food safety assessment?**
  - To take into account the diversity of dietary habits
  - To identify potential at-risk behaviors
  - To improve efficiency of risk management
    - Examples: food origins, cooking process...
- **In Belgium, relevance of region- and migration-related components**
  - However, nutritional risks principally addressed up to now

# REGIONAL DIVERSITY OF DIETARY PATTERNS IN BELGIUM (I)

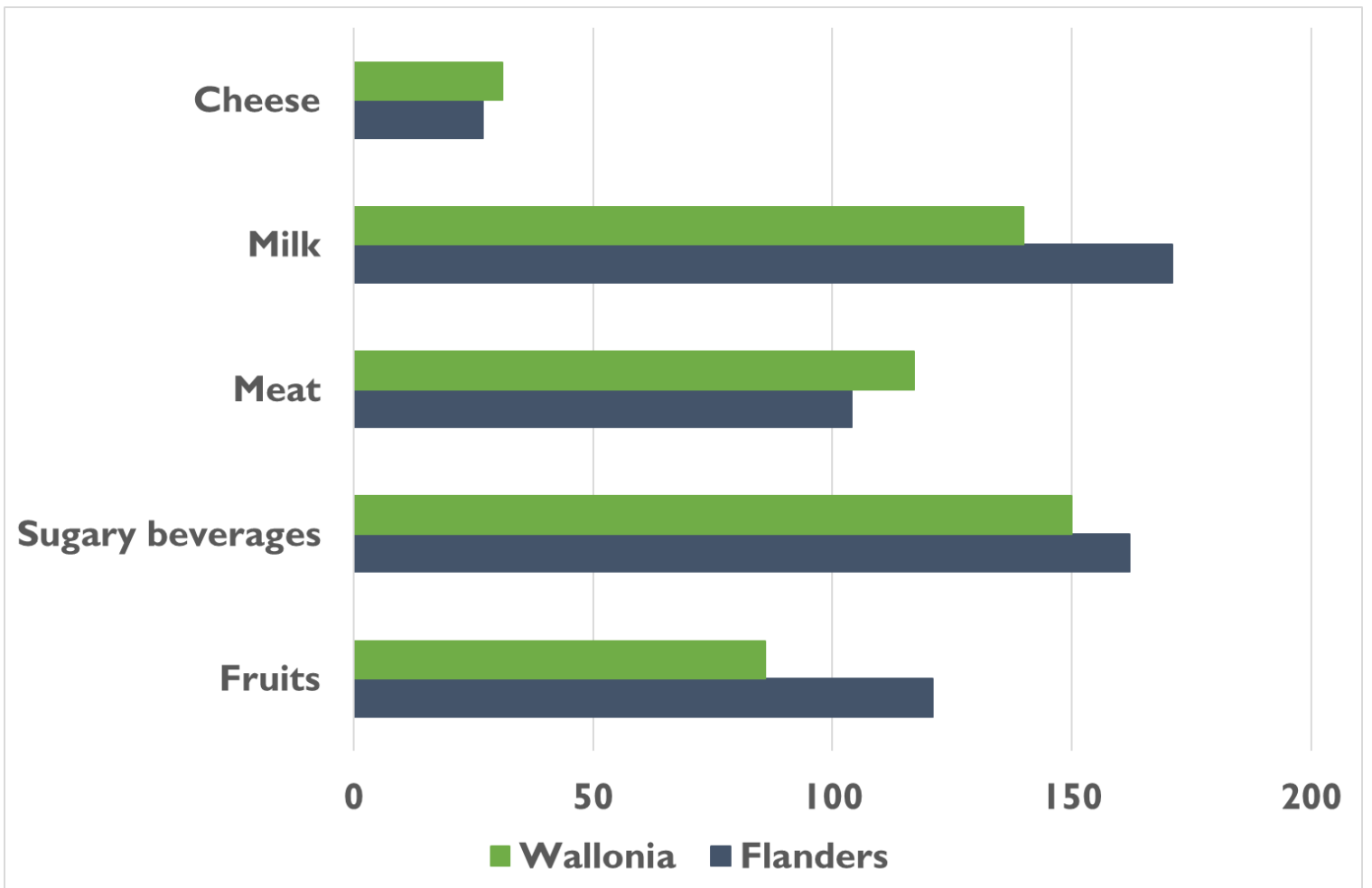
## Attitudes & practices related to food choices & preparation (%)



**Food consumption survey 2014**  
**Sciensano**

## REGIONAL DIVERSITY OF DIETARY PATTERNS IN BELGIUM (II)

Daily food consumption (g/d)



*Food consumption survey 2014*  
*Sciensano*

## REGIONAL DIVERISTY OF DIETARY PATTERNS IN BELGIUM (III)

- Regional differences are not fully explained by variations in individual socioeconomic characteristics
  - Similarities with neighboring countries
  - History of dietary patterns in populations

Rouche et al. *Nutrients* 2019; 11:812.

Desbouys et al. *Nutrients* 2019; 11:1520.

Chatelan et al. *Nutrients* 2019; 11:1163.



## MIGRATION STATUS & DIETARY PATTERNS IN BELGIUM (I)



### **% of people born outside Belgium**

Flanders: 10.2%

Brussels: 42.4%

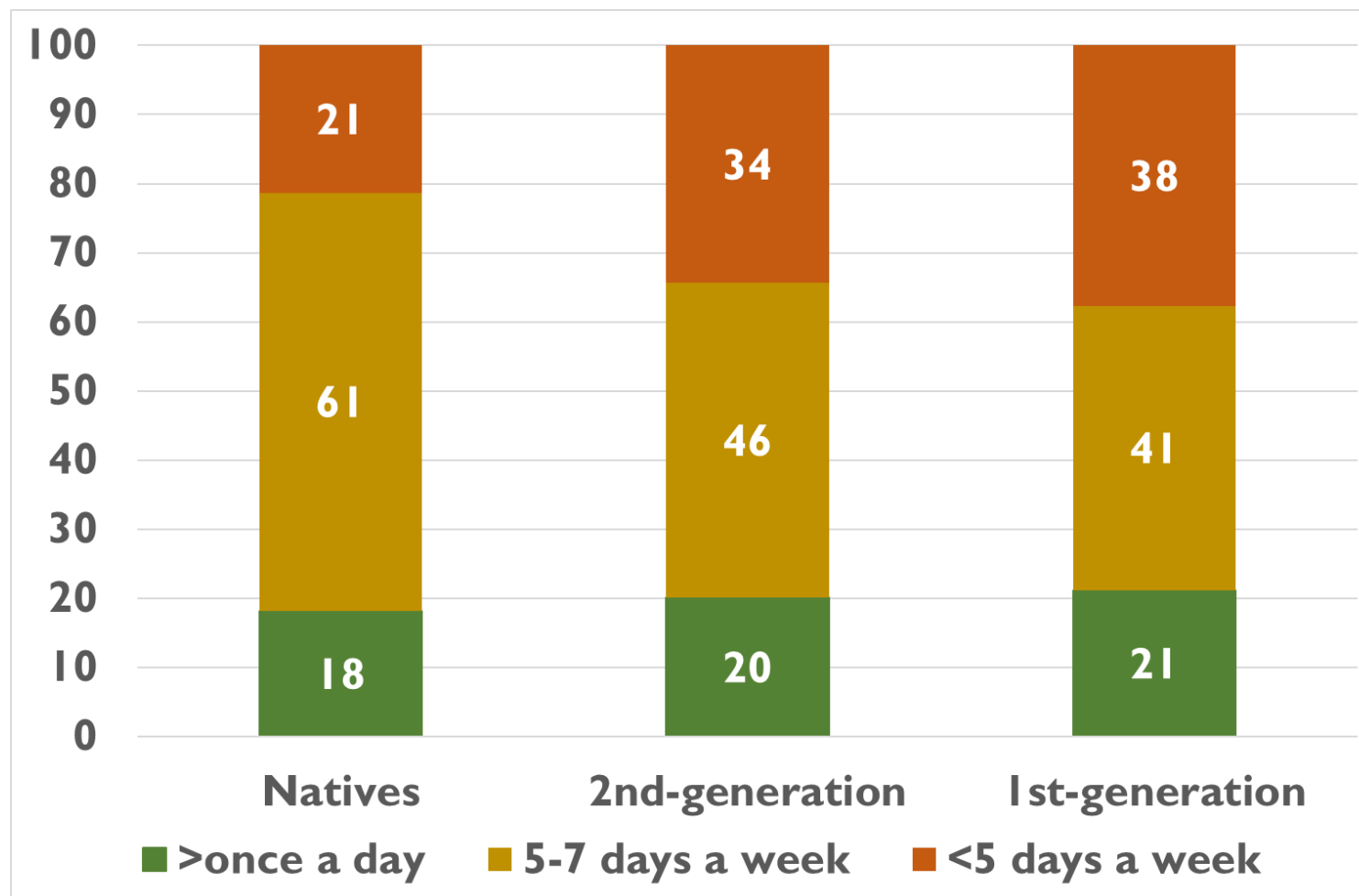
Wallonia: 14.1%

*2011 census, Statbel*

## MIGRATION STATUS & DIETARY PATTERNS IN BELGIUM (II)

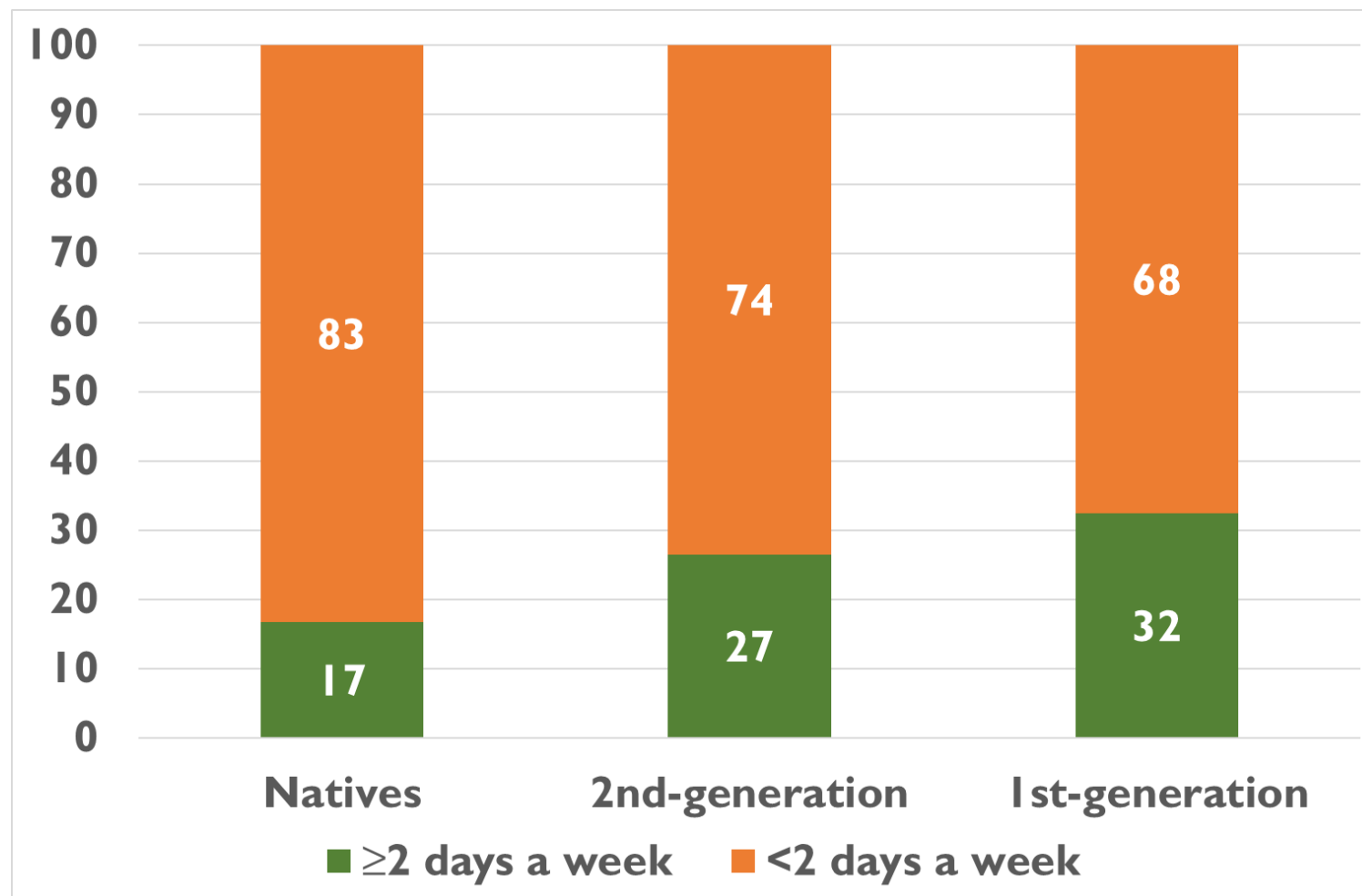
**Vegetable frequency (%)**

*Health Behaviour in School-aged Children, 2014*  
*Sipes (ESP-ULB)*



## MIGRATION STATUS & DIETARY PATTERNS IN BELGIUM (III)

**Fish frequency (%)**



*Health Behaviour in School-aged Children, 2014*  
*Sipes (ESP-ULB)*

# CONCLUSION

- **Beyond nutritional risks already identified:**
  - Assessment of culture-related risks would need additional investigation in Belgium
  - Information is  $\pm$  available; different methods to be used + complementary assessment of “culture”
  - Time-trend analysis → identification of emerging risks
- **Culture is an important source of variations in dietary patterns at different levels**
  - To take into account in the identification of potential of food risks
  - And for the management of food alert