

Dietary habits and nutritional status of Polish population on the verge of accession to European Union

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ABSTRACT

In 2000 National Food and Nutrition Institute carried out countrywide representative survey of dietary habits and nutritional status of male and female population. This study was made in cooperation with Central Statistical Office within the project "Household Food Consumption and Anthropometric Survey". The representative individual food consumption survey with the use of 24 hour recall covered 4134 individuals who were the members of the 1362 randomly selected families and which constituted a sub-sample of the ones covered by the routine Polish household budget surveys. Mentioned individuals were subject to anthropometric measurements including body weight and height, and arm, hip and waist circumference.

According to the results of the surveys, protein-energy malnutrition was not observed on epidemiological scale in Poland either in children or in adults. Energy, protein, total fat and cholesterol intakes were higher than recommended for all age groups in both genders. The highest energy intakes in relation to recommendations were noted in the group of males aged 19-25 and amounted to 147,5% of the recommended quantity. The highest protein intakes in comparison to recommendations – 272,7% - were observed among boys aged 1-3 years. Males aged 19-25 years showed the highest fat intakes in relation to recommendations – 185,2%.

11,8% of the boys aged 1-18 years were underweight, 75,5% were of normal weight, and 12,6% were overweight or obese (according to standards developed by the Polish Mother and Child Institute). Amongst girls in this age group, the values were 14,2%, 74,0% and 11,8%, respectively. In contrast to the children, only 1% of adult males and 3,3% of females were underweight. 42,3% of men and 48,2% of women were in the normal weight range; 41% of adult males and 28,7% of adult females were overweight; and 15,5% of men and 19,9% of women were obese (according to BMI categories, WHO 1997).

A comparison of the data on food consumption derived from 24h recall and from the results of the household budget surveys converted into energy and nutrients showed that the energy value of an average daily food quantities per person recorded through the budget surveys exceeded by almost 20 % the value resulting from individual dietary survey. The protein and fat contents were by 12% and 9% higher, respectively, while the content of carbohydrates was 32% higher.