AN ASSESSMENT OF DIETARY INTAKE IN AN INUVIALUIT POPULATION TO HIGHLIGHT FOODS FOR A NUTRITIONAL INTERVENTION PROGRAM TO IMPROVE DIETARY INTAKE: RESULTS FROM HEALTH FOODS NORTH

S. Sharma, E. De Roose, X. Cao, J. Gittelsohn, A. Corriveau

University of North Carolina at Chapel Hill, Nutrition Research Institute, Kannapolis, NC

Objectives: 1) To characterize food and nutrient intake; 2) to highlight foods for a nutritional intervention program; and 3) to develop a Quantitative Food Frequency Questionnaire (QFFQ) to evaluate the program and monitor nutrition transition for the Inuvialuit population in the Northwest Territories (NWT), Canada.

Setting: Two communities in the NWT: one larger but less traditional and one smaller and more traditional.

Methods: A cross-sectional dietary study was conducted among Inuvialuit adults using 24 hour dietary recalls.

Results: 48 men and 53 women (mean age 49 and 45 yrs, respectively) aged 19-88 years completed the recalls. The response rate was approximately 70-90%. Mean energy intake was 2,352 kcal and 1,739 kcal for men and women, respectively. Mean daily intakes of many nutrients including dietary fiber, calcium, and vitamins A, C and E, and total folate were much lower than recommended. Mean daily intake of fruits and vegetables was low. The greatest contributors to energy were sugar added to tea and coffee, sweetened juices/drinks and pop. Butter and margarine were the highest contributors to total fat intake. Traditional foods were only significant contributors to protein, iron and zinc. A 145-item QFFQ was developed based on the dietary recall data.

Conclusions: This study has provided dietary intake data previously unavailable for this population, and highlighted nutrients and foods to be targeted for the nutritional intervention program. The QFFQ developed for Inuvialuit is culturally appropriate and up-to-date.

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Contact: Sangita Sharma (sangita_sharma@unc.edu)