FoodSEqual

Food Systems Equality

University of Reading

Grocery purchasing and dietary patterns among UK households across social-economic-classifications

Secondary data analysis using WorldPanel by Numerator and National Diet and Nutrition Survey (NDNS).

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Parallel 2: 2.1

Agenda overview

Diet and health inequalities
Food system factors that contribute to diet and widening health inequalities

Key data sources
National Diet and Nutrition Survey Years 9-11
Worldpanel by Numerator

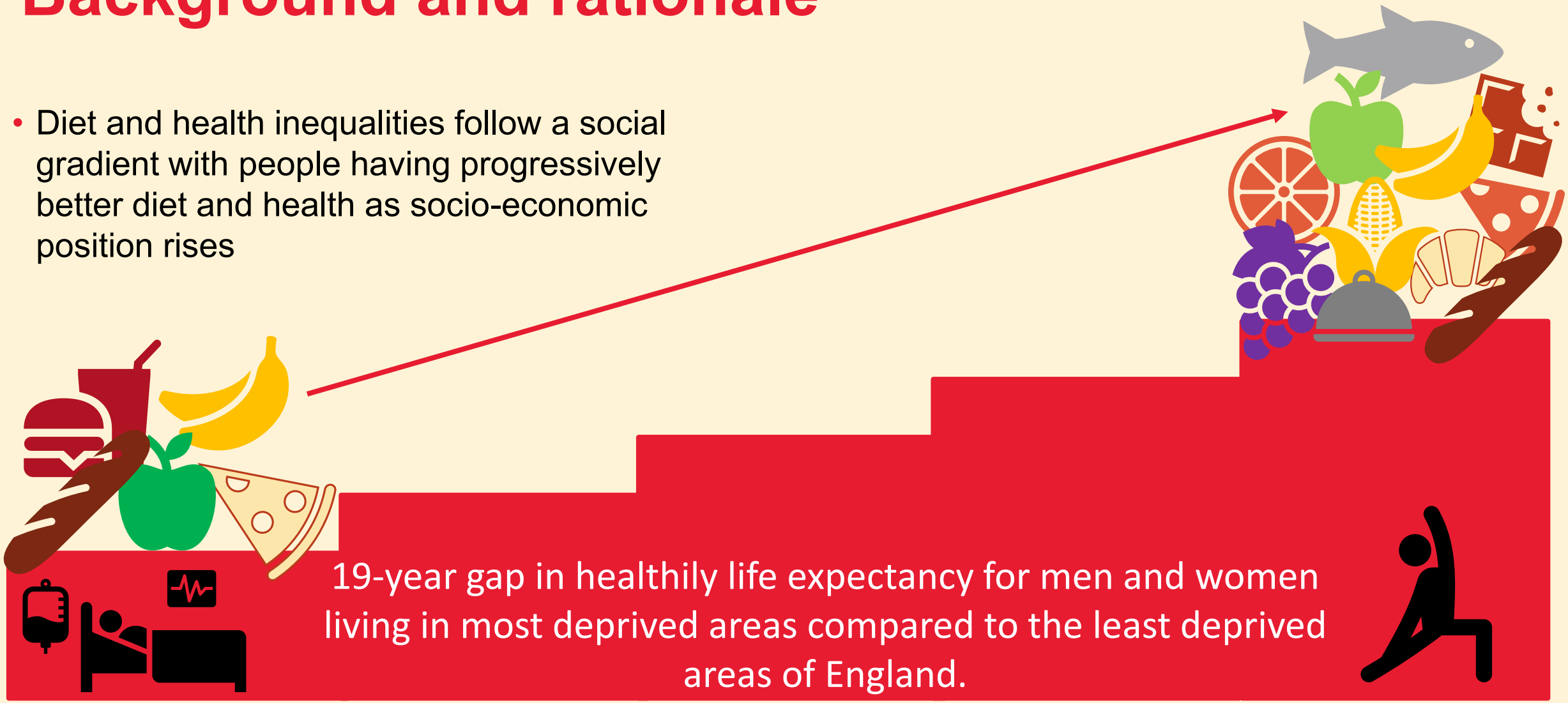
Method
Alignment of socio-economic classification between the data sets

Results
Fruit, vegetables, white bread

Recommendations

Background and rationale

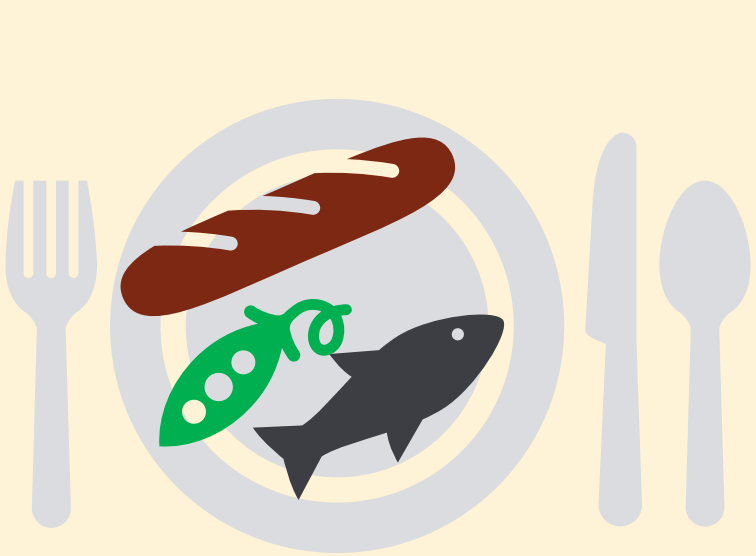
- Diet and health inequalities follow a social gradient with people having progressively better diet and health as socio-economic position rises



19-year gap in healthily life expectancy for men and women living in most deprived areas compared to the least deprived areas of England.

Research question

- How do dietary intake patterns from NDNS reflect or diverge from purchasing patterns across socio-economic classification?



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Worldpanel by Numerator

Datasets

- 30,000 UK households
- Designed to reflect the diversity of households in England, Scotland, and Wales
- Socio-economic classification derived from National Readership Survey
- Data are collected on a four-week cycle, producing 13 data points per calendar year
- GB Take-Home Panel, 4 w/e, 01 Jan 2018 – 27 Dec 2020.

Higher SEC	AB (Higher and intermediate managerial, administrative and professional occupations)
	C1 (Supervisory, clerical, and junior managerial, administrative and professional occupations)
	C2 (Skilled manual occupations)
Lower SEC	D (Semi-skilled and unskilled manual occupations)
	E (State pensioners, casual and lowest grade workers, unemployed with state benefits only).

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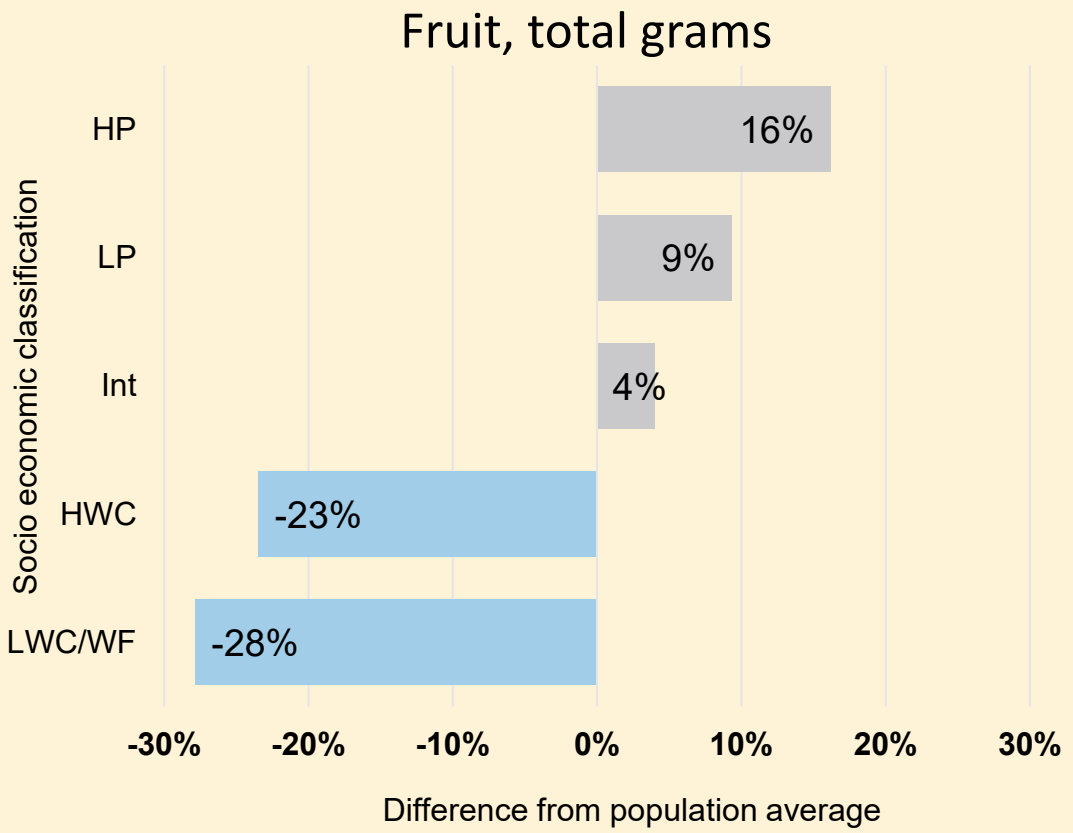
National Diet and Nutrition Survey
Rolling programme Years 9 to 11
(2016/2017 to 2018/2019)

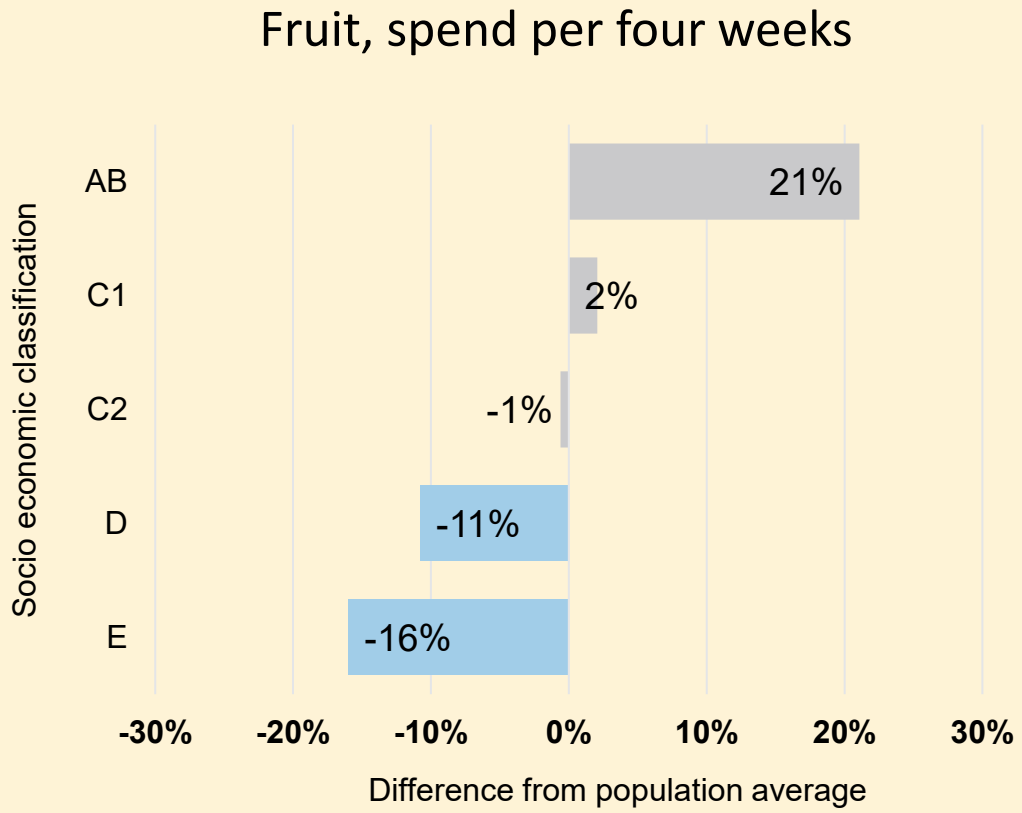
Datasets

- Continuous cross-sectional survey of around 1000 free living individuals aged 1.5 years plus (500 adults and 500 children) per year
- Representative of the general UK population
- Socio economic classification derived from NS-SEC
- 4-day estimated diet diary at one time point

Higher SEC	1. Higher managerial, administrative and professional occupations 1.1 Large employers and higher managerial and administrative occupations 1.2 Higher professional occupations 2. Lower managerial, administrative and professional occupations 3. Intermediate occupations 4. Small employers and own account workers
Lower SEC	5. Lower supervisory and technical occupations 6. Semi-routine occupations 7. Routine occupations 8. Never worked and long-term unemployed

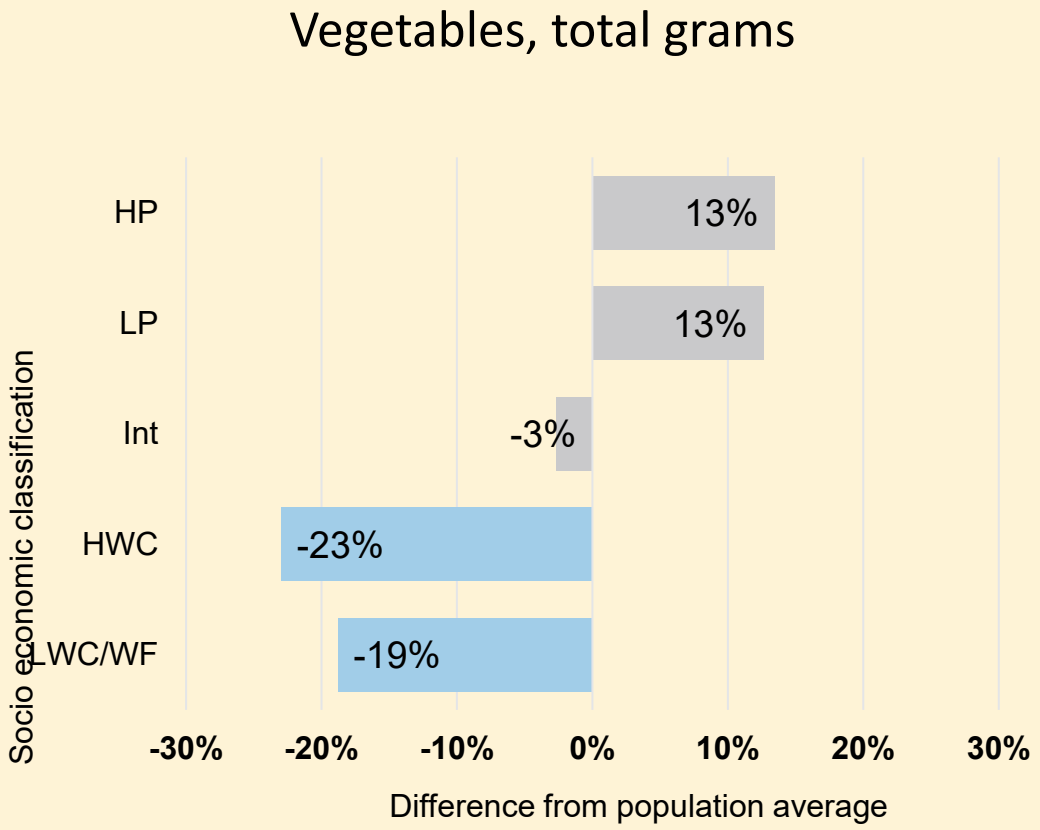
Results: Percentage difference from population average, Fruit

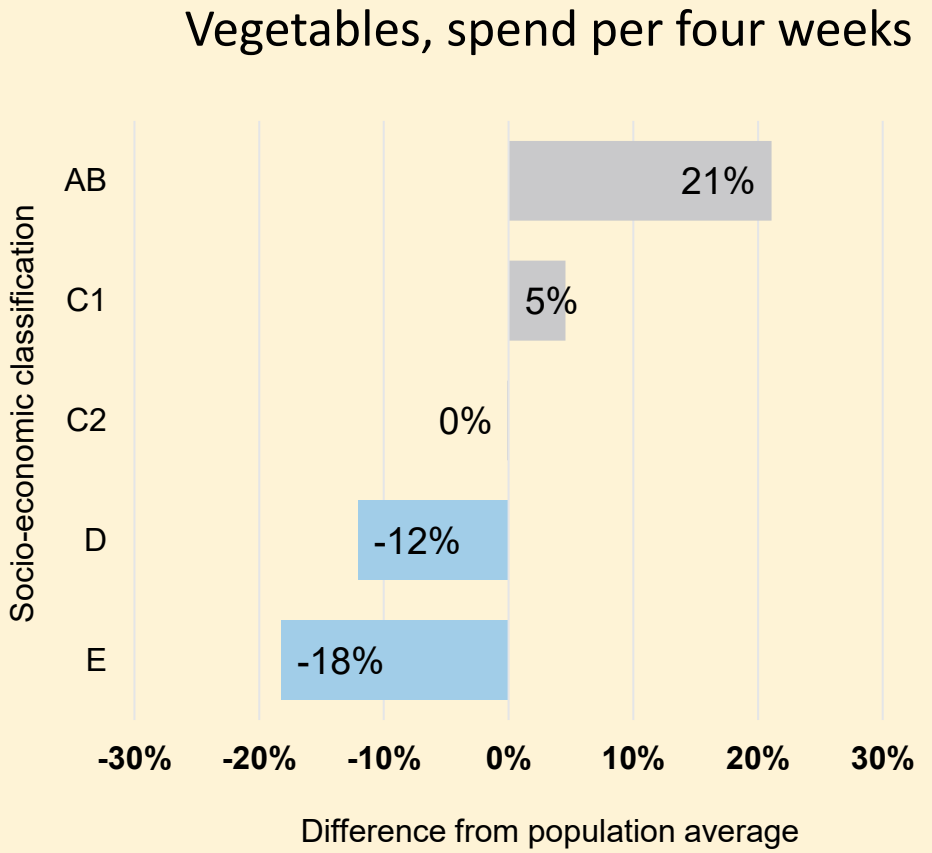




National Diet and Nutrition Survey Data HP=Higher professionals (n =579), LP= Lower Professional (n =740), INT = Intermediate (n = 559), HWC= higher working class (n=512), LWC/WF = Lower working class and workless families = (n =366)

Results: Percentage difference from average, Vegetables





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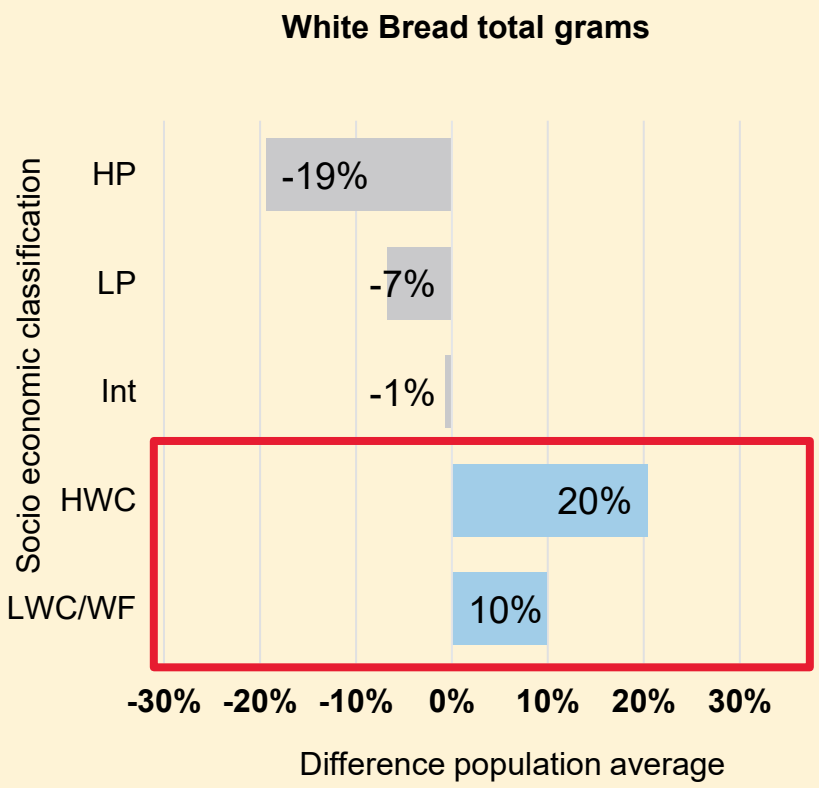
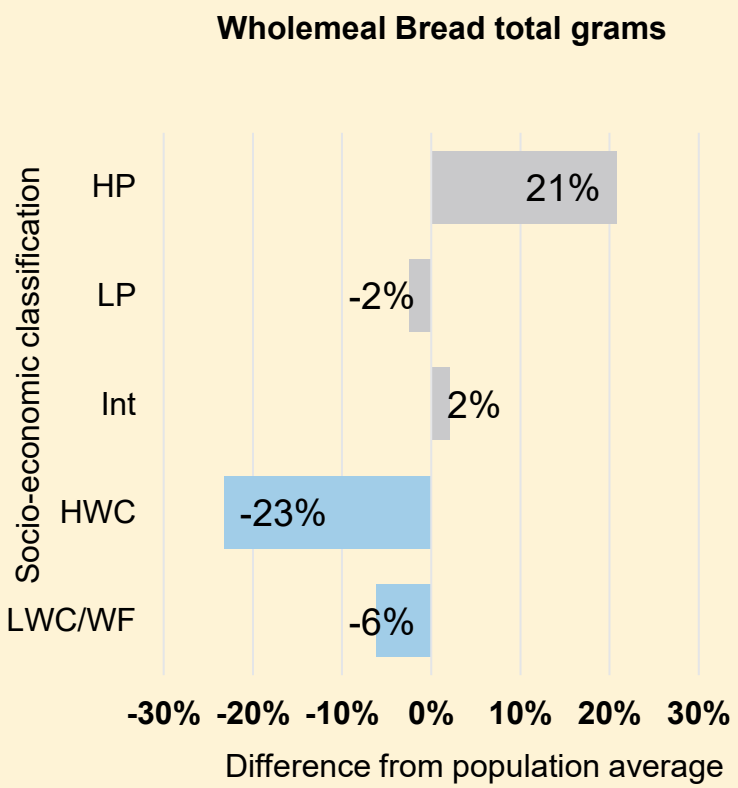
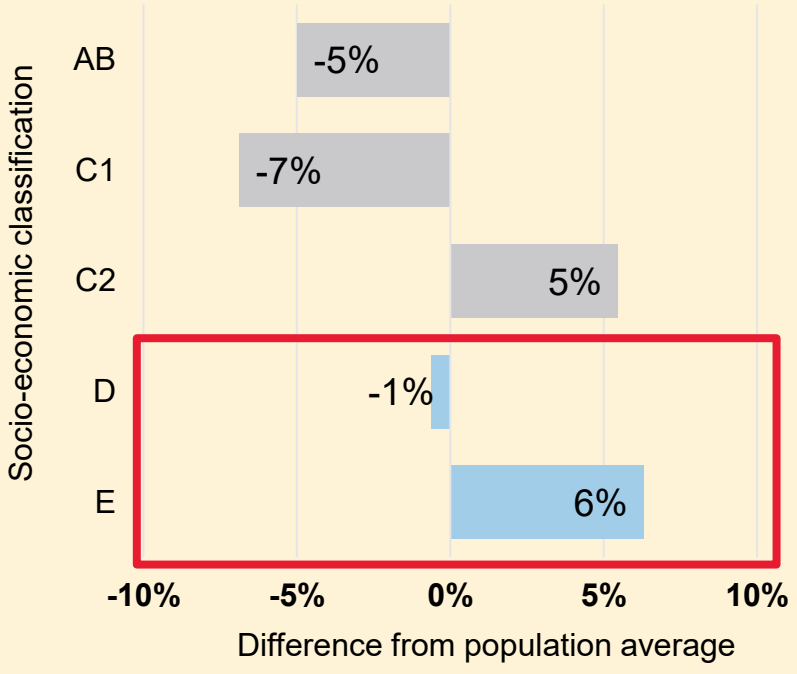
Results: Percentage difference from population average, Bread







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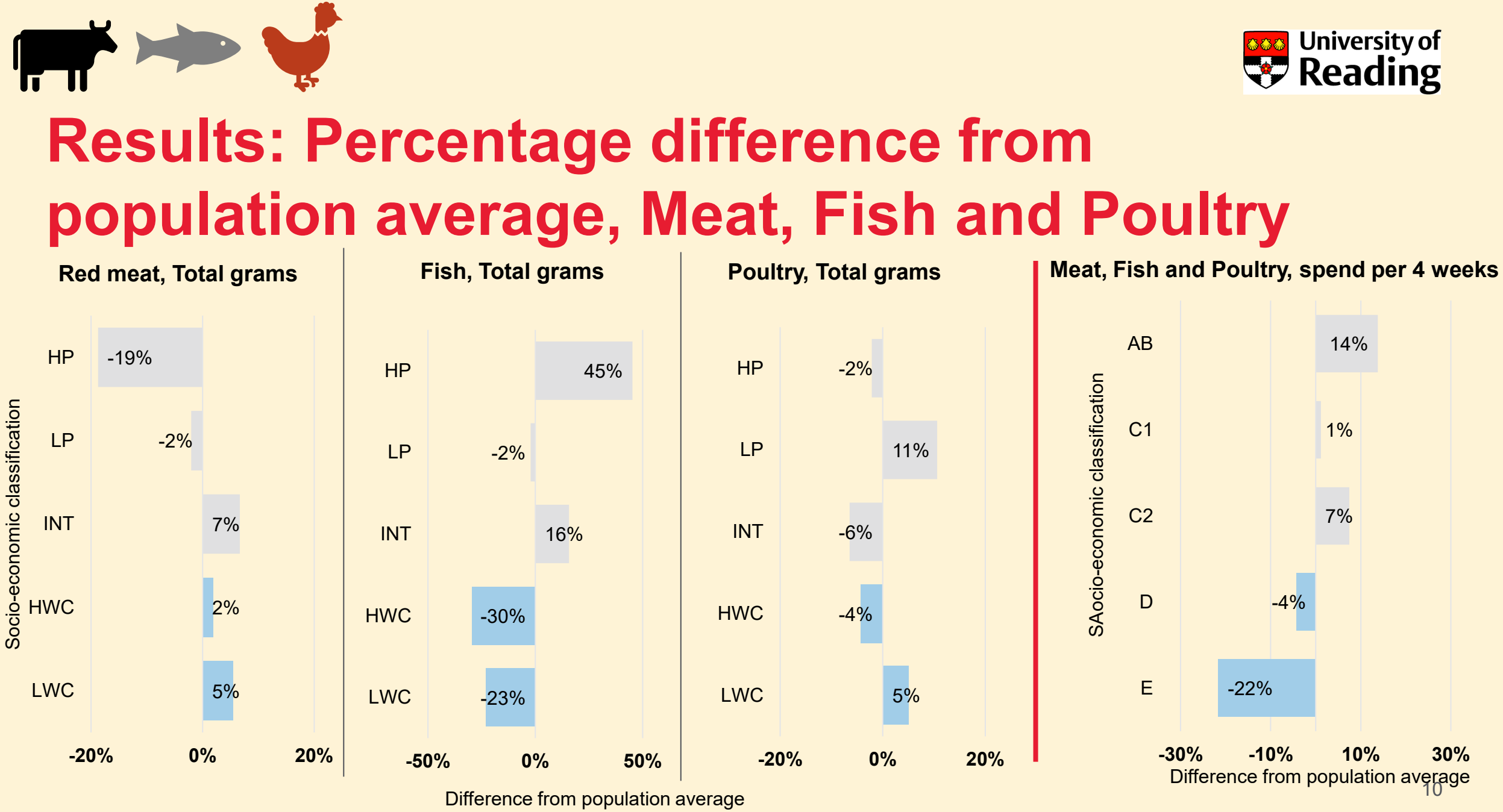
Results: Percentage difference from population average, Meat, Fish and Poultry



Conclusion

Whilst NDNS gives us insight into what is consumed, it is limited by sample size; combining it with shopping basket data provides insight into foods entering a household and increases confidence of conclusions drawn across socio-economic groups

Shopping basket data and dietary intake data both demonstrate there is a “diet gap” across the socio-economic gradient

Adopting a mixed method approach in dietary studies can enhance understanding of the “what” and “why”

Limitations: National level data does not provide the “Why” certain foods are consumed

Limitations: Granularity of the data, regional level, small sample size of population groups with low income/ living in most deprived areas/ lower SES

Recommendations

Future research:

- Quantitative and Qualitative studies investigating shopping habits and diet are required at the local level (e.g. LSOA/MSOA) to gain insight into local population groups “needs”

- This can support tailoring interventions specific to “dietary gaps” to address diet related health inequalities.