

## Trends in food consumption according to indicators of socio-economic status – Results of the NEMONIT study (2006-2012)

Maria Gose, Carolin Krems, Ingrid Hoffmann  
Max Rubner-Institut  
Karlsruhe, Germany

### Introduction

The NEMONIT study is a longitudinal and nationwide study with the overall aim to assess the nutritional behaviour in Germany. This longitudinal data allow for the analysis of factors associated with changes in food consumption. The objectives of the present study were to investigate the relationship between trends in food consumption and educational level and to analyse whether changes in occupational status and net household income were associated with changes in food consumption.

### Methods

The study sample consisted of 1,840 individuals (age: 14-80 years at baseline) who participated in the German National Nutrition Survey (NVS) II (2005-07) and the subsequent NEMONIT study (2008-2012). Food consumption and socio-economic characteristics were collected annually by telephone using two 24-h recalls. Socio-economic data included age, sex, educational level, occupational status, monthly net household income and number of persons living permanently in the household. Diet quality was defined by the Healthy Eating Index-NVS (HEI-NVS) II. For data analyses generalised estimating equations were used.

### Results

At baseline, a higher educational level was associated with higher fruit/vegetable consumption and HEI-NVS II scores as well as lower meat consumption. In general, fruit consumption and HEI-NVS II score decreased and soft drink consumption increased in all educational groups, while vegetable consumption did not change over the study period. Changes in income were positively related to changes in herbal/fruit tea consumption. An increase in occupational status was associated with a decrease in confectionary and coffee/tea consumption and a tendential increase in wine/sparkling wine consumption.

### Conclusion

The educational gradient in food consumption remained quite stable over the study period. The weak relationship found between changes in occupational status/net household income and changes in food consumption suggests that other individual or external factors are more influential on food consumption.