

Dietary patterns and physical inactivity, two contributing factors to the double burden of malnutrition among adults in Burkina Faso (West Africa)

Introduction: A population-based cross-sectional study was carried out in the northern neighbourhoods of Ouagadougou (Burkina Faso), to examine the relationship of nutritional deficiencies and cardio-metabolic risk factors (CMRF) with lifestyle in adults. **Method:** We randomly selected 330 households stratified by income tertile. In each income stratum, 110 individuals aged 25-60 years and having lived in Ouagadougou for at least 6 months were randomly selected. We performed anthropometric, dietary intake and physical activity measurements, and blood sample collection. **Results:** Cluster analysis of dietary intake identified two dietary patterns, 'urban' (29% of subjects) and 'traditional' (71%). The 'urban' cluster exhibited a higher intake of fat and sugar, whereas a higher intake of plant protein, complex carbohydrate and fibre was observed in the 'traditional' pattern. Female gender, low income and lack of education were associated with the 'traditional' cluster, as well as iron and vitamin A deficiency. CMRF prevalence (abdominal obesity, hypertension, hyperglycaemia, dyslipidaemia) was similar in both clusters. Subjects in the 'traditional' cluster spent more time in physical activity and had less sedentary time than those in the 'urban' cluster. 'Traditional' dietary pattern, low income, female gender and sedentary time were significant contributing factors to the double burden of malnutrition. **Conclusion:** The rapid nutrition transition is reflected in this co-occurrence of CMRF and nutritional deficiencies. This stresses the need for prevention strategies addressing both ends of the nutrition spectrum.

Keywords: Dietary patterns, physical activity, micronutrient deficiencies, cardio-metabolic risk factors, double burden of malnutrition, adults, Burkina Faso, West Africa

Country

Burkina Faso

Institution

Institut de Recherche en Sciences de la Santé (IRSS)

Author: Dr ZEBA, Augustin Nawidimbasba (Institut de Recherche en Sciences de la santé)

Co-authors: Prof. RENIER, Gèneviève (Université de Montréal); Prof. DELISLE, Hélène (Université de Montréal)

Presenter: Dr ZEBA, Augustin Nawidimbasba (Institut de Recherche en Sciences de la santé)

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