



LOCAL FOOD PROCUREMENT AND OVERALL DIET QUALITY AMONG ADULTS IN QUÉBEC: RESULTS FROM THE NUTRIQUÉBEC PROJECT

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Previous studies have shown that the intention to consume or procure local foods is positively associated with overall diet quality and health outcomes. The present study aimed to document the behavior of local food procurement and its association with overall diet quality in a sample of adults from the province of Québec.

Data were collected in a sample of 834 adults (86.6% women) from the NutriQuébec project, a web-based longitudinal population study that aims to document the lifestyle and eating habits of adults in Québec, Canada. Dietary habits were measured using a validated web-based 24-h recall tool and diet quality was assessed using the Healthy Eating Food Index (HEFI-2019), which measures adherence to Canada's Food Guide. The local food procurement behavior was assessed in the harvesting season within the sample using the validated Locavore-Index Short Form (Locavore-I-SF) questionnaire.

The mean HEFI-2019 score in this sample was 50.4/80 points (95% CI: 49.7, 60.0), and the mean Locavore-I-SF score was 6.3/12 points (95% CI: 6.0, 6.5). Higher Locavore-I-SF scores were observed among older vs. younger individuals (> 70y vs < 30 y, +2.9 points; 95% CI: 1.6, 4.2), among individuals with no degree, a high school diploma, or trade diploma vs. individuals with a university degree (+0.90 points; 95% CI: 0.03, 1.77) and among non-smokers vs. smokers (+1.8 points; 95% CI: 0.5, 3.1). The Locavore-I-SF score correlated slightly but significantly with the HEFI-2019 score ($r = 0.10$ $p < 0.01$), and this was mainly due to correlations with the Vegetables and fruits ($r = 0.14$ $P < 0.0001$) and Free sugars ($r = 0.11$, $P = 0.002$) components of the HEFI-2019. The weak association between the Locavore-SF-I score and the HEFI-2019 score remained significant after adjustment for sex, age, smoking status, education and household income.

These data suggest that local food procurement behavior is only weakly positively associated with overall diet quality among a sample of adults from the province of Québec.

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