



## IS LOCAL FOOD PROCUREMENT ASSOCIATED WITH A BETTER DIET QUALITY AMONG ADULTS IN QUÉBEC?

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**Objective:** Consumption of locally produced foods is generally perceived as being part of a healthy dietary pattern. Accordingly, in 2020, the Quebec government promoted the purchase of local foods for economic as well as health benefits. The present study aimed to document the association between local food procurement and overall diet quality in a sample of adults from the province of Québec. **Methods:** 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 recommendations on healthy food choice. Local food procurement was measured using the Locavore-I-SF score, which assesses the frequency of short food supply chain use as well as the geographical origin of three locally produced foods. **Results:** The Locavore-I-SF score correlated weakly but significantly with the HEFI-2019 score ( $r = 0.08$ ,  $P < 0.02$ ). This was mainly due to correlations with the Vegetables and fruits ( $r = 0.10$ ,  $P = 0.005$ ) and Free sugar ( $r = 0.11$ ,  $P = 0.003$ ) components of the HEFI-2019. Association between Locavore-I-SF and the HEFI-2019 scores were found in specific subgroups of participants: males ( $r = 0.37$ ,  $P = 0.0001$ ), participants aged between 50 and 70 years ( $r = 0.14$ ,  $P < 0.01$ ), participants with a university degree ( $r = 0.11$ ,  $P = 0.02$ ) and with an income  $>90,000$ \$ ( $r = 0.15$ ,  $P = 0.02$ ). **Conclusion:** These results suggest that local food procurement is only weakly associated with better overall diet quality among a sample of adults from the Province of Québec. Such findings suggest that in general, local food procurement does not guarantee better overall diet quality.