



OVERVIEW OF DIETARY INTAKES IN THE PROVINCE OF QUÉBEC ACCORDING TO HOUSEHOLD INCOME: THE NUTRIQUÉBEC PROJECT

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Social inequalities persist regarding access to healthy food across the province of Québec. Very few studies have documented the dietary intakes of the Québec adult population, let alone those of individuals of lower socioeconomic status. Data regarding dietary intakes according to household income is urgently needed to develop strategies and policies for a fair access to healthy food. Therefore, the present study aimed to document dietary intakes and diet quality according to household income level among adults from the province of Québec.

A total of 4424 adults from the NutriQuébec project were included in this cross-sectional study. Efforts were made to recruit participants of lower socioeconomic status by collaborating with community organizations across the province. From 2019 to 2024, each participant completed a validated web-based 24h recall on one to three occasions to evaluate dietary intakes. Using the average of up to three recalls, diet quality was estimated using the Healthy Eating Food Index (HEFI-2019, scored on 80 points). Household income (CAD\$) was categorized into 5 levels (\$0-19,999; \$20-39,999; \$40-59,999; \$60-99,999; >\$100,000). Calibration weights for sex, age and region were used to ensure a better representativeness of the province of Québec population.

HEFI-2019 scores among adults in the lowest household income level (39.9 points, 95% CI: 36.4,43.4) were more than 10 points lower than among adults in the highest level of household income (50.7 points, 95% CI: 49.8,51.6). The proportion of participants consuming 5 or more servings of vegetables and fruits per day increased with household income (lowest level: 17.7% vs. highest level: 47.8%, $p<0.001$). In contrast, consumption of beverages not recommended in Canada's Food Guide (CFG)-2019 ($p=0.35$) and the proportion of daily energy from foods not recommended in CFG-2019 ($p=0.99$) were not associated with household income.