

PubMed Trends and determinants of change in compliance to dietary guidelines

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Trends and determinants of change in compliance to dietary guidelines in a Swiss community-dwelling sample.

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Abstract

Adherence to **dietary guidelines** is associated with significantly better health outcomes. Studies across the world shows that **compliance** with the **guidelines** was low, but data in Switzerland are lacking. Hence, we aimed to assess the 5-year **trends** in **dietary compliance** regarding food **guidelines** in Switzerland in a prospective, population-based observational study. Data from 2882 participants (1591 women, 35-75 years), from the first (2009-2012) and second (2014-2017) follow-up. **Dietary** intake was assessed using a validated food frequency questionnaire.

Compliance with the **guidelines** of the **Swiss** society of nutrition was assessed at baseline and 5.5 years afterwards. Prevalence rates for **compliance** were calculated using the exact Poisson method. Factors associated with changes in **compliance** (never, shifter or maintainer) were assessed by multinomial logistic regression using "Never compliers" as reference. Overall, improvements in **compliance** to fruits (42.4% to 45.1%) vegetables (6.9% to 8.6%) and fish (66.6% to 60.5%) were found, while **compliance** to meat decreased (61.1% to 58.5%). The prevalence of participants complying with at least three **dietary** recommendations did not **change** (24.1% to 25.2%). During follow-up, only 11.6% of participants maintained **compliance** to at least three **dietary** recommendations, and 62.4% never managed to comply. Female gender and older age were associated with maintaining **compliance** during the two study periods. In conclusion, **compliance** with **dietary guidelines** is a dynamic status, and only a small fraction of the population achieves sustained **compliance** with at least three **guidelines**. Almost two thirds of the population never achieve **compliance** with three **guidelines**.

KEYWORDS: Dietary guidelines; Epidemiology; Prospective study; Public health; Switzerland

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