

# Systematic scoping review of consumption away from home in low and middle-income countries: from methodological challenges to summarizing the evidence

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#ANH2022

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# Introduction

- ◆ Food consumed away from home (FCAFH) = meals, snacks and beverages obtained from restaurants, street outlets, etc.



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Luxury restaurant in Nepal



© IRD - Charles-Edouard De Suremain

Street restaurant in Singapore



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Malgachy street vendor

- ◆ Negatively affects diet and nutritional status in HICs
- ◆ Gap of knowledge and data in LMICs

# Objectives

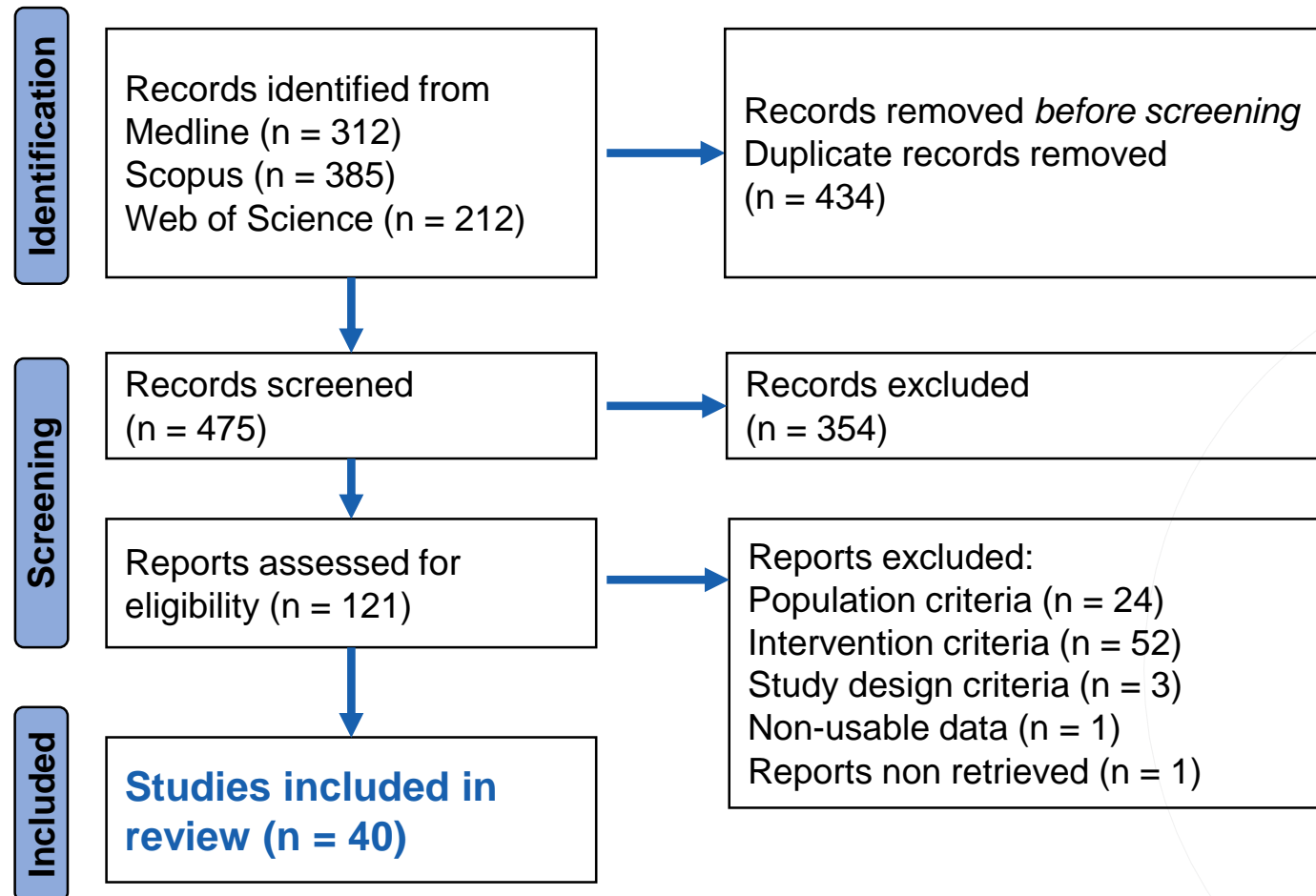
- I. Explore the literature documenting the phenomenon of FCAFH in apparently healthy population in LMICs
- II. Summarize the evidence of associations between FCAFH and diet quality
- III. Summarize the evidence of associations between FCAFH and nutritional status and health outcomes



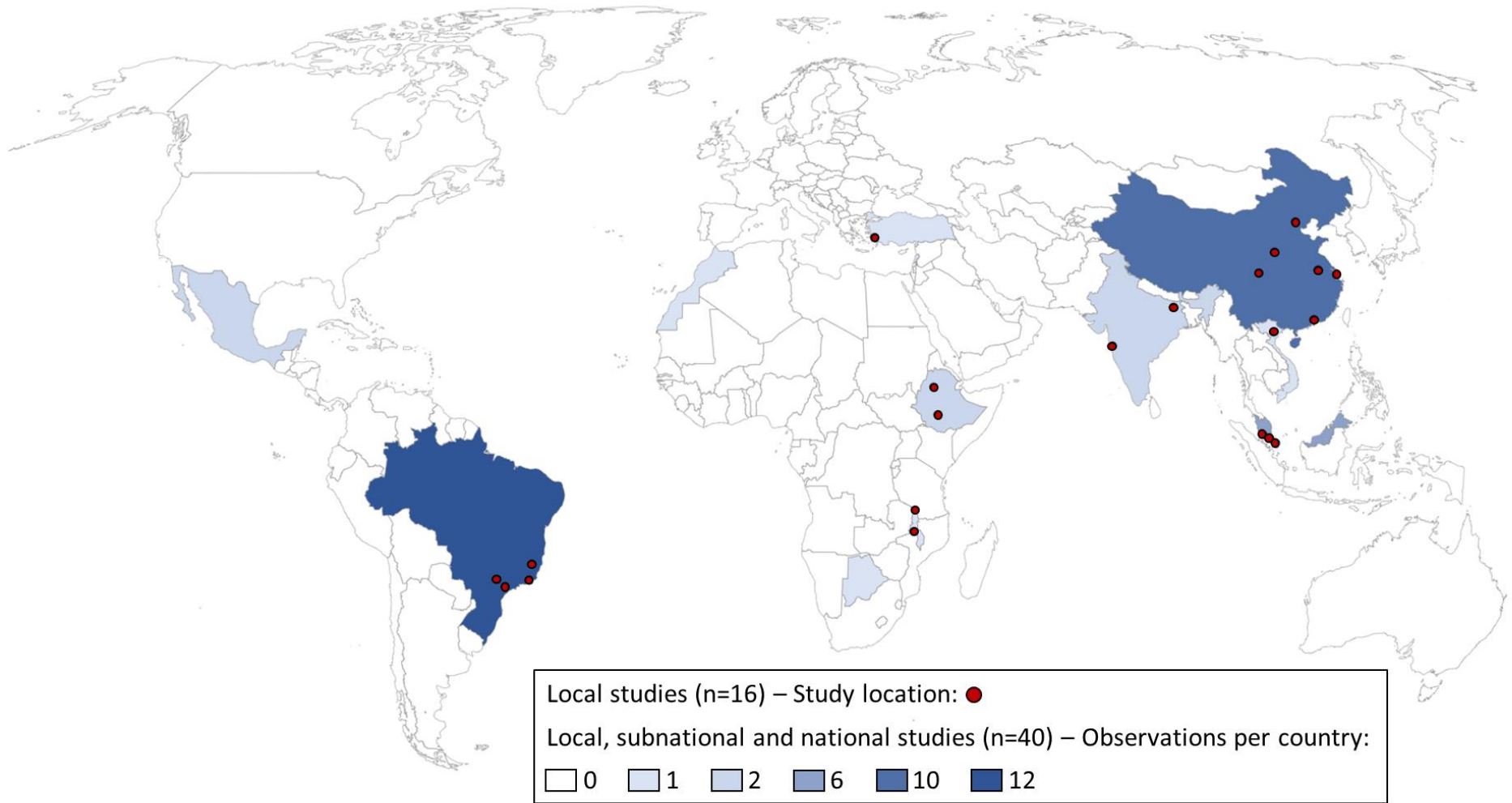
Mexican street vendor

# Methodology – Search strategies

PRISMA-ScR / peer-reviewed articles from 2011 to 2021 / Medline, WoS & Scopus

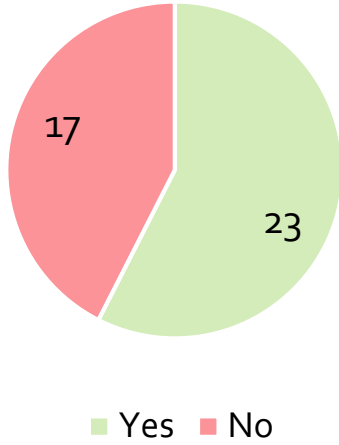


## Results – Unbalanced geographical representation



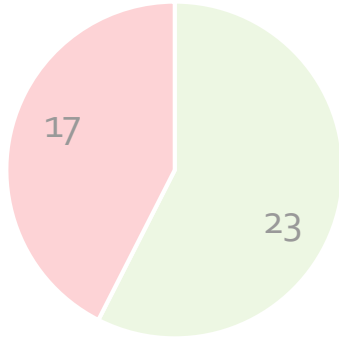
# Results – Large methodological heterogeneity

FCAFH as a clear objective  
of the study

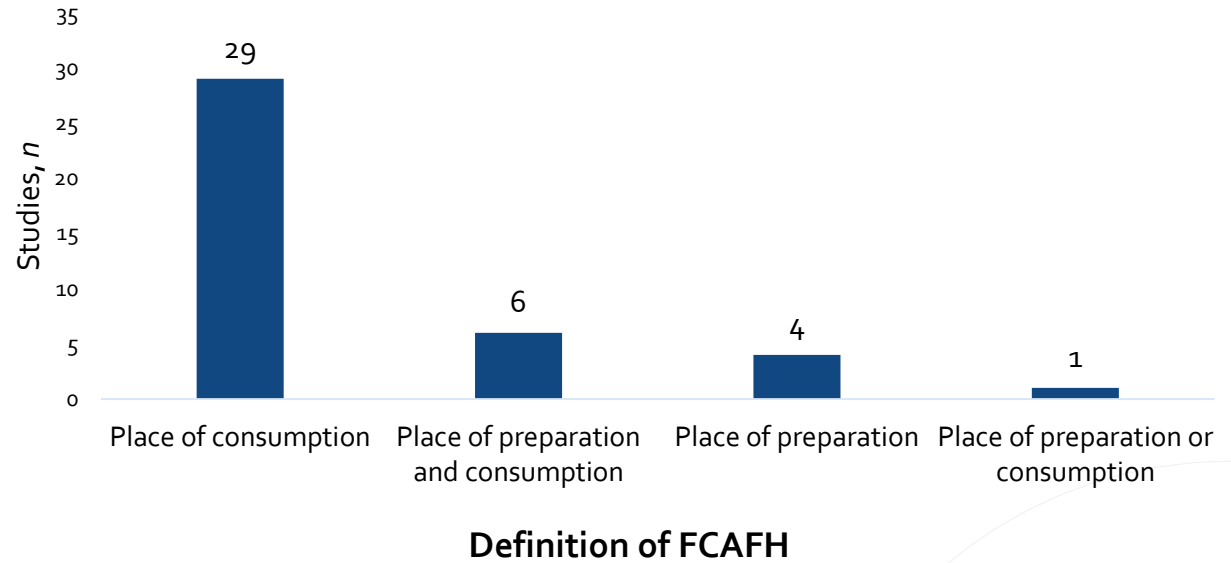


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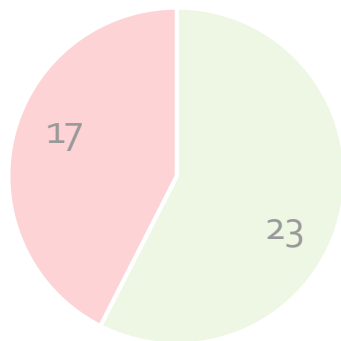


■ Yes ■ No

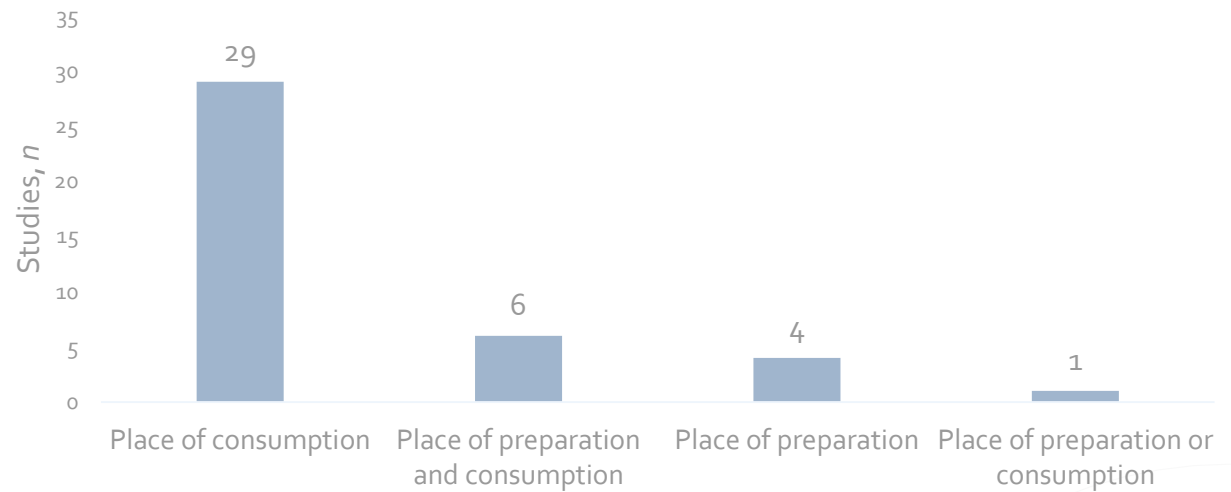


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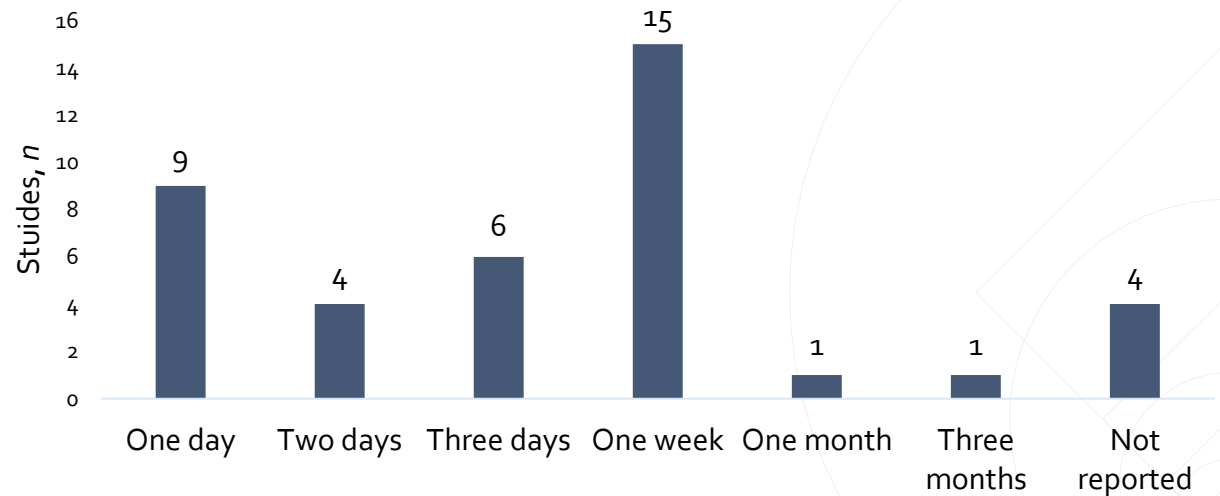
FCAFH as a clear objective of the study



Yes No



Definition of FCAFH



Reference period of FCAFH



## Results – FCAFH, energy contribution and diet quality (n=22)

- ◆ Data from 5 countries only, with overrepresentation of Brazil



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- ◆ Daily energy contribution varied from 9 to 35% depending on the population and country ( $n=6$ )



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- ◆ Data from 5 countries only, with overrepresentation of Brazil
- ◆ Daily energy contribution varied from 9 to 35% depending on the population and country ( $n=6$ )
- ◆ Associations with measures of diet quality ( $n=20$ )



## Results – FCAFH, nutritional status and health outcomes (n=24)

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## Results – FCAFH, nutritional status and health outcomes (n=24)

- ◆ Data from 9 countries, with one third from China
- ◆ Associations with nutritional status ( $n=19$ )



■ Unfavorable association

■ Mixed association

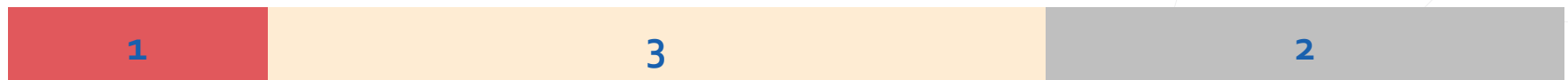
■ Null association

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- ◆ Data from 9 countries, with one third from China
- ◆ Associations with nutritional status ( $n=19$ )



- ◆ Associations with health outcomes ( $n=6$ )



■ Unfavorable association    ■ Mixed association    ■ Null association

# Take-home messages

- ◆ Little information on FCAFH in LMICs (only 12 countries)
- ◆ A common phenomenon across studies countries
- ◆ Negative consequences on diet, nutritional status and health
- ◆ Need to develop harmonized surveillance systems



Market restaurant in Bolivia

# Thank you for your attention

Alliance

