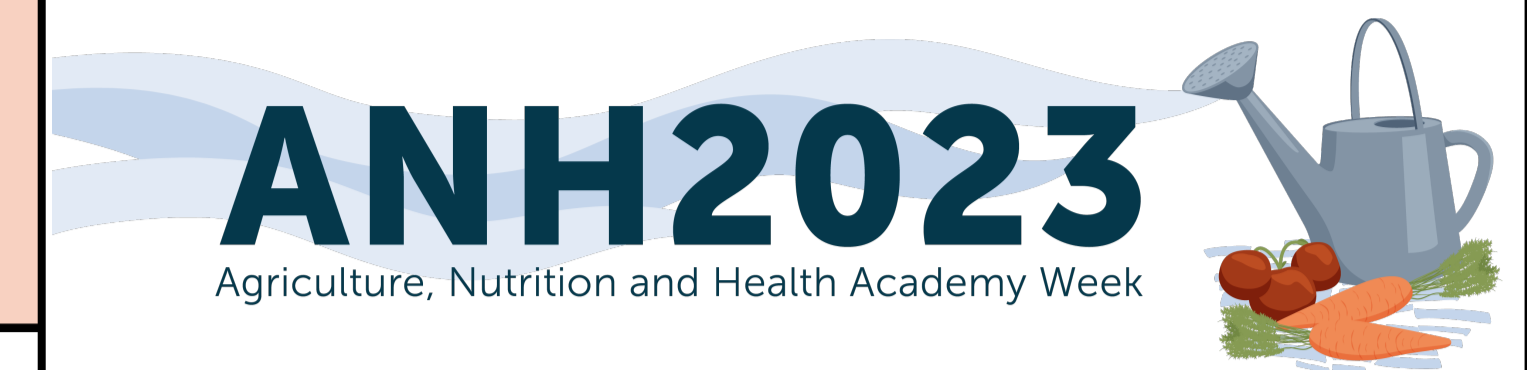


Estimating current Cambodian diets and a comparison to the EAT-Lancet Planetary Health Diet (PHD)

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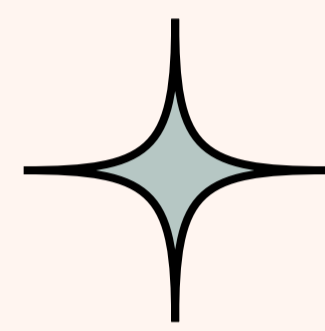
Introduction

Background

- Healthy and sustainable diets may improve human and planetary health.
- In order to adapt the EAT-Lancet Planetary Health Diet (PHD) to Cambodia, it's necessary to understand current dietary intake.
- Like in many other LMIC contexts, there are no recent nationally representative quantitative dietary intake data from Cambodia.

Objective

Triangulate five sources of dietary and food supply data to estimate current Cambodian diets, and to compare current food consumption in Cambodia to the PHD.



First study to compare estimates from four sources commonly used as proxies for dietary intake.

Sources and treatment of the data

- Food Balance Sheets (FBS) 2016-19:** Four-year average of FAO per capita food availability in Cambodia, adjusted for non-edible portions.
- Living Standards Measurement Survey (LSMS) 2019-20:** Apparent individual consumption calculated from 7-day household consumption, using adult male equivalents and adjusting for non-edible portions. Converted SSB intake to added sugar in grams.
- Global Dietary Database (GDD) 2018:** Modeled intakes for all ages. Converted added sugars, fats, and oils from daily energy intake to grams (based on 2,500kcal/day).
- Global Burden of Disease (GBD) 2019:** Modeled intakes for adults ≥ 25 . Converted SSB intake to sugar intake in grams. Converted trans saturated fats and polyunsaturated fatty acid from energy to grams (based on 2,500kcal/day).

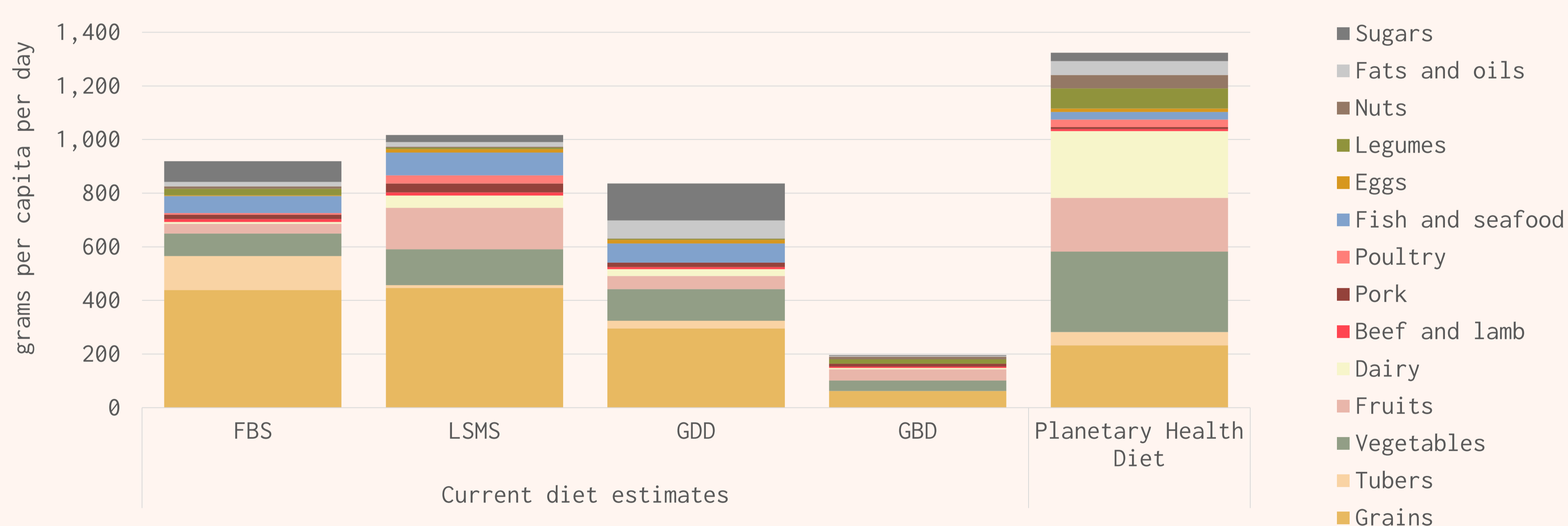
Conclusions

Key takeaways

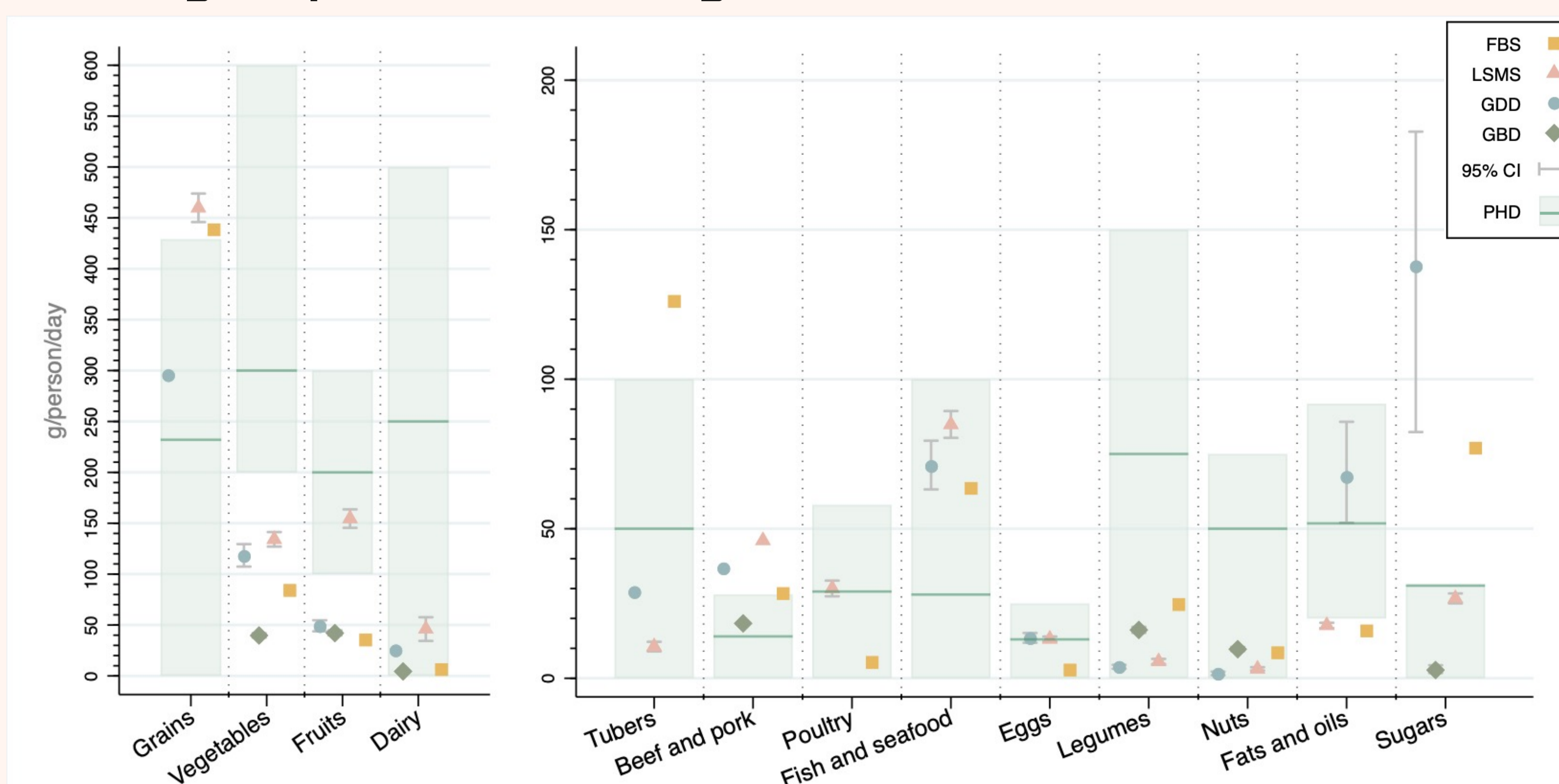
- Differences between sources in estimated intake of nuts, eggs, legumes, and flesh foods are small (2-28g); but larger (90-150g) for grains, tubers, fruits, vegetables and added sugars.
- Most estimates point to the need for Cambodians to increase intake of vegetables, fruit, and healthy fats and oils to meet PHD recommendations.
- PHD possible intake ranges accommodate country-specific dietary patterns, but more research is needed to ensure that diets meet nutrient needs.

Results

A. Estimated intakes of food vary by data source



B. Estimated intakes cut across PHD recommended food group intake ranges



The PHD includes a midpoint recommendation and a range of possible intakes for each food group.

Midpoint of PHD recommendations are reflected in Graph A, above and as the horizontal lines in Graph B.

Green shaded bars in Graph B represent the range of possible intakes.

Implications

- Analyses based on proxy measures of diets must be interpreted with caution
- High quality data are needed to inform potential dietary shifts to a sustainable and healthy diet

Acronyms

FAO: Food and Agriculture Organization of the United Nations
PHD: Planetary health diet
SSB: Sugar-sweetened beverages

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