

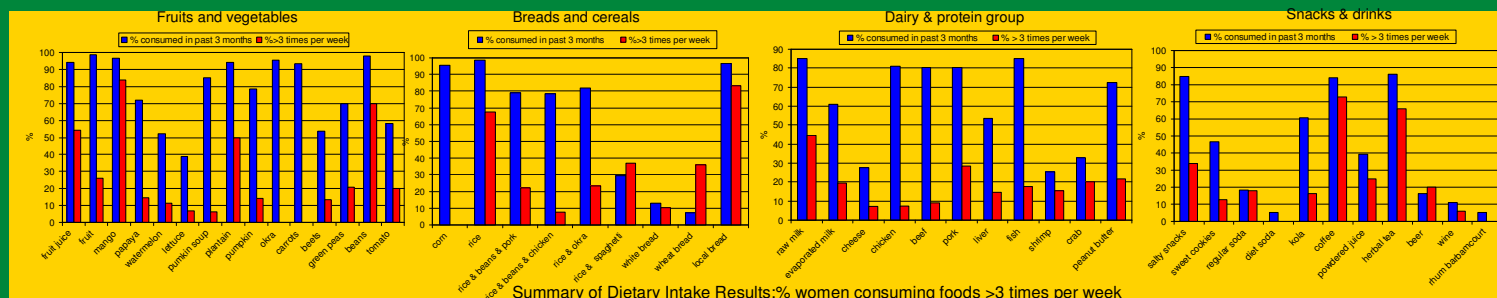
# Food Intake Patterns Among Women In Rural South Haiti

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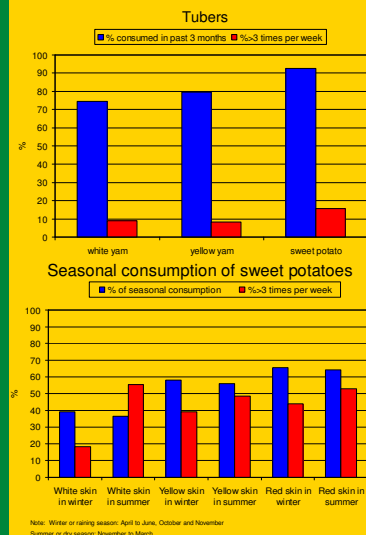
## Abstract

We applied a Food Frequency Questionnaire (FFQ) to 153 mothers of children under five years old in rural South Haiti from June to late July 2007. The FFQ contained 55 items and used a 3 months reference time period. Over the previous 3 months, the majority of women reported consuming at least once fruits (98.7%), rice (98.7%), local bread (96.7%), mangoes (96.7%), corn (95.4%), plantains (94%), carrots (93.5%), and sweet potatoes (92.8%), followed by fish (85.0%), salty snacks (85.0%), raw milk (83.0%), chicken (81.0%), beef (80.4%), papaya (78.9%), concentrated milk (60.8%), liver (53.6%), and watermelon (52.3%). However, the median consumption for most nutrient dense foods was less than 2 times per week. Only plantain, beans, rice, local bread and mangoes were consumed 3 or more times per week. Among foods consumed by the majority, the following were infrequently consumed (i.e. median less or equal 2 times a week): watermelon, sweet potatoes, papaya, pumpkin, carrots, liver, chicken, beef, fish, salty snacks, concentrated milk and kola. The above results suggest a need for micronutrient enhanced foods in the area to alleviate potential micronutrient deficiencies. We are currently exploring the potential contributions that orange fleshed sweet potatoes can make towards this goal. **Funded by CIDA (7034161) through a grant to the Centro Internacional de Agricultura Tropical (CIAT).**

## Results



Summary of Dietary Intake Results: % women consuming foods >3 times per week



<25%		25-50%	50-75%	>75%	
papaya	green peas	peanut butter	raw milk	coffee	mangoes
water melon	tomatoes	evaporated milk	pork	fruit juice	local bread
lettuce	cheese	corn	powdered juice	plantain	rice (includes mixed dishes)
pumpkin soup	chicken	sweet and salty snacks	fruits	beans	
pumpkin	beef	white bread	wheat bread	herbal tea	
okra	crab	soda (regular/diet) and kola			
carrots	sweet potatoes	liver			
beets	yams	fish			
green peas	alcoholic beverages				



## Study Design

- Location: Camp-Perrin, South Haiti
- Cross-sectional, convenience sample
- N=153 healthy non-pregnant mothers with children < 5 y
- 55-item Food Frequency Questionnaire (FFQ). Items per food group were: Fruits & vegetables (15 items), milk, dairy & protein foods (10 items), bread & cereals (10 items), snacks & drinks (11 items), tubers (3 items), sweet potato seasonality (6 items)
- Survey applied in Creole by three fieldworkers trained, standardized and closely monitored
- Study conducted in the context of a larger study whose objective was to evaluate the potential for biofortified sweet potato to improve vitamin A intake among pre-school children and their mothers

## Participants' Background Characteristics

Participants' background characteristics (N=153)		
	n	% or mean (SD)
Maternal age (years)	153	32.0 (7.0)
Child age (months)	153	30.7 (12.6)
Elementary school not completed (%)	68	44.4
Farming (%)	91	59.5
Income <\$30.00 per month (%)	100	65.4
Child with diarrhea past 2 weeks (%)	39	25.5
Child with malaria (in past 2 months %)	51	33.3
Child stunting [< -2 HAZ] (%)	62	43.4
Maternal BMI		
Underweight [<20 kg/m <sup>2</sup> ] (%)	52	34.0
Adequate weight [20 - <25 kg/m <sup>2</sup> ] (%)	77	50.3
Overweight [25 - <30 kg/m <sup>2</sup> ] (%)	19	12.4
Obese [>30 kg/m <sup>2</sup> ] (%)	5	3.3



## Conclusion

- Foods consumed by the majority of women at least 3 times per week were staples such as rice, beans, plantains, mangoes and local bread.
- Mangoes played an important role in the diet during the season when the study was conducted.
- Foods consumed infrequently included nutrient dense foods such as vegetables, several fruits, animal protein and dairy foods.
- Results indicate that the quality of the diet consumed by the target women was very low.
- There is a need for micronutrient enhanced foods in the area to alleviate potential micronutrient deficiencies.