ESPEN Congress The Hague 2017

Altering lifestyle to improve nutritional status in older adults

Impact of socioeconomic factors on nutritional status

J. Oude Groeniger (NL)
Socioeconomic inequalities in dietary patterns: more than knowledge and money?

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Thanks to

Frank van Lenthe

Carlijn Kamphuis

Mariëlle Beenackers
..and
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<th>No relevant conflicts of interest to declare</th>
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Presentation includes discussion of the following off-label use of a drug or medical device: <N/A>
Learning objectives

- Realize that healthy and unhealthy dietary patterns are strongly related to socioeconomic position

- Better understand the mechanisms that contribute to socioeconomic inequalities in dietary patterns

- Use social and behavioural theories to help explain socioeconomic inequalities in dietary patterns
Socioeconomic inequalities in (un)healthy dietary patterns and health

**Socio-cultural environment**
- **Socio-structural conditions (macro)**
  - social cohesion
  - bonding / bridging social capital
  - universal values
  - cultural capital
- **Social networks (mezzo)**
  - social networks structure (size, density, homogeneity, proximity, reachability)
- **Inter-personal contact (micro)**
  - emotional, instrumental, informational and appraisal support
  - social influences, social engagement
  - person-to-person contact

**Physical environment**
- objective and perceived neighbourhood environment

**Economic environment**
- household income
- material deprivation, financial problems

**Cognitive factors**
- Preferences for behaviour aspects
  - bodily sensations
  - time/convenience
  - social aspects
  - financial costs
  - health effects
- Individual cognitions (Theory of Planned Behaviour)
  - attitude
  - social norm
  - perceived behaviour control
  - intention

**Lifecourse (un)healthy lifestyle**
- physical activity
- smoking
- alcohol consumption
- dietary intake
- clustering of (unhealthy) behaviours
- changes in health-behaviours (over time)

**Health**
- cause-specific mortality
1. Maslow’s pyramid: a hierarchy of needs

- **Physiological needs**: food, water, warmth, rest
- **Safety needs**: security, safety
- **Belongingness and love needs**: intimate relationships, friends
- **Esteem needs**: prestige and feeling of accomplishment
- **Self-actualization**: achieving one’s full potential, including creative activities

**Education**

**Income**

**Fruit and vegetables**

**Bread**

**Snacks**

**Dairy products**

Van Lenthe et al., Br J Nutr 2015;113:1139-147
2. A life-course perspective

- What we eat, the cultural significance of it, and our taste, depends on a lifelong socialisation process

- ..where habits, social norms and preferences are acquired from the sociocultural environment

- ..and thus depend on social class specific learning contexts
SES inequalities in (un)healthy dietary patterns are reflective of underlying cultural tastes

- ‘Cultural capital’: the extent to which one masters, appreciates, and demonstrates the lifestyle of the cultural elite

- Life-long socialization, accompanied by milieu specific dispositions: innate preferences referred to as ‘habitus’

- Pierre Bourdieu (1930-2002)
  - Distinction: A Social Critique of the Judgement of Taste
Cultural participation is the best available indicator of social distinction

- Cultural appreciation:
  - Learned from those who possess this themselves
  - Requires time and effort
  - Accumulates over the socialization period
  - Highly socially patterned

- Is cultural participation, a well-known indicator of distinction, associated with dietary patterns, and an explanation for socioeconomic inequalities in dietary patterns?
Spelt products

Oude Groeniger et al., IJBNPA 2017; 14(1):40
Cultural participation (quintiles)

Educational level

Household equivalent income

Oude Groeniger et al., IJBNPA 2017; 14(1):40
Goji berries, chia seeds or wheatgrass

Cultural participation (quintiles) | Educational level | Household equivalent income
---|---|---
1 lowest | Primary | €<1000
2 | Lower secondary | €1000-
3 | Upper secondary | €1500-
4 | Tertiary | €2000-
5 highest | | €2500-

Odds ratio

Bivariate association (adj. for confounders) | Multivariable association (adj. for confounders)

1.5 | 1.0
2.0 | 1.5
2.5 | 2.0
3.0 | 2.5

Oude Groeniger et al., IJBNPA 2017; 14(1):40
Fruit and vegetable intake (100 grams/week)

Oude Groeniger et al., J Health Soc Behav (under review)
Cultural capital contributes to socioeconomic inequalities in healthy food consumption.

Kamphuis et al., Public Health Nutr (under review)
Mental capacity is scarce

‘Cognitive bandwidth’

Financial strain

Health behavior

Self control

Beenackers et al., Eur J Public Health (under review)
Financial strain and self control are associated with food intake, independent from income.

Mental capacity is scarce.

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**Beenackers et al., Eur J Public Health (under review)**
Take-home messages

- Healthy dietary patterns are inversely related to socioeconomic position
- Lack of knowledge and budget cannot fully explain socioeconomic inequalities in dietary patterns
- Cultural capital and distinction offer an important explanation for socioeconomic inequalities in dietary patterns
- Financial stress impedes on the priority given to healthy food choices
- Interventions and policies targeting these mechanisms are still insufficiently developed
Thank you

For more information, suggestions or questions:

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