
Title

Exploring the FAO Minimum Dietary Diversity Indicator as a Suitable Proxy of Micronutrient Adequacy in Men and Women Across Reproductive and Non-reproductive Ages in 8 Latin American Countries

Abstract

Background: Women's Dietary Diversity Score (WDDS) is an indicator of dietary diversity, a key component of diet quality in women of reproductive age (WRA). Limited information is available regarding its applicability in other population groups. Objective: To examine the ability of the Minimum Dietary Diversity for Women (MDD-W) of 5-food groups cutoff to predict micronutrient adequacy in men and women 15 to 65 years old from 8 Latin American countries. Methods: We used a 24-hour recall from 9216 participants in the Latin American Study on Nutrition and Health (ELANS) to determine Dietary Diversity Score (DDS) based on the consumption of 10 food groups. The Mean Probability of Adequacy (MPA) was associated with DDS for the overall sample, for men, WRA, and women of nonreproductive age (WNRA). Sensitivity and specificity analyses were performed to determine if the 5-food groups cutoff point for MDD can be used to correctly identify men, WRA, and WNRA with adequate micronutrient adequacy ($MPA \geq 0.70$). Results: We found a mean DDS of 4.78 ± 1.33 and an MPA of 0.64 ± 0.16 , with 59% of participants showing a diverse diet ($DDS \geq 5$). The 5-food groups-cutoff point showed a better balance between sensitivity and specificity predicting an $MPA \geq 0.70$ in men, WRA, and WNRA. MPA was significantly associated with DDS in WRA and for men and WNRA, as well. Conclusion: The 5-food group MDD, originally intended to be used in WRA, performed equally well in predicting $MPA \geq 0.70$ in men, WRA, and WNRA, and can be used as a proxy of micronutrient adequacy in Latin American population. © The Author(s) 2024.

Authors

Gómez G.; Monge-Rojas R.; Vargas-Quesada R.; Previdelli A.N.; Quesada D.; Kovalskys I.; Herrera-Cuenca M.; Cortes L.Y.; García M.C.Y.; Liria-Domínguez R.; Rigotti A.; Fisberg R.M.; Ferrari G.; Fisberg M.; Brenes J.C.

Author full names

Gómez, Georgina (36715056400); Monge-Rojas, Rafael (6601928814); Vargas-Quesada, Rulamán (57218796707); Previdelli, Agatha Nogueira (36134760300); Quesada, Dayana (57217847791); Kovalskys, Irina (11839877400); Herrera-Cuenca, Marianella (51663572800); Cortes, Lilia Yadira (59151762400); García, Martha Cecilia Yépez (57201389563); Liria-Domínguez, Reyna (58621989400); Rigotti, Attilio (55306135600); Fisberg, Regina Mara (6603627547); Ferrari, Gerson (57208326105); Fisberg, Mauro (6701376545); Brenes, Juan C (6603314113)

Author(s) ID

36715056400; 6601928814; 57218796707; 36134760300; 57217847791;
11839877400; 51663572800; 59151762400; 57201389563; 58621989400;
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Affiliations

Universidad de Costa Rica, San José, Costa Rica; Instituto Costarricense de Investigación en Nutrición y Salud (INCIENSA), Tres Ríos, Cartago, Costa Rica; Universidad Autónoma de Chile, Providencia, Chile; Pontificia Universidad Católica Argentina, Buenos Aires, Argentina; Universidad Central de Venezuela, Caracas, Venezuela; Framingham State University, MA, United States; Pontificia Universidad Javeriana, Bogotá, Colombia; Universidad San Francisco de Quito, Quito, Ecuador; Instituto de Investigación Nutricional, Lima, Peru; Pontificia Universidad Católica, Santiago, Chile; University of São Paulo, São Paulo, Brazil; Instituto Pensi, São Paulo, Brazil

Authors with affiliations

Gómez G., Universidad de Costa Rica, San José, Costa Rica; Monge-Rojas R., Instituto Costarricense de Investigación en Nutrición y Salud (INCIENSA), Tres Ríos, Cartago, Costa Rica; Vargas-Quesada R., Instituto Costarricense de Investigación en Nutrición y Salud (INCIENSA), Tres Ríos, Cartago, Costa Rica; Previdelli A.N., Universidad Autónoma de Chile, Providencia, Chile; Quesada D., Universidad de Costa Rica, San José, Costa Rica; Kovalskys I., Pontificia Universidad Católica Argentina, Buenos Aires, Argentina; Herrera-Cuenca M., Universidad Central de Venezuela, Caracas, Venezuela, Framingham State University, MA, United States; Cortes L.Y., Pontificia Universidad Javeriana, Bogotá, Colombia; García M.C.Y., Universidad San Francisco de Quito, Quito, Ecuador; Liria-Domínguez R., Instituto de Investigación Nutricional, Lima, Peru; Rigotti A., Pontificia Universidad Católica, Santiago, Chile; Fisberg R.M., University of São Paulo, São Paulo, Brazil; Ferrari G., Universidad Autónoma de Chile, Providencia, Chile; Fisberg M., Instituto Pensi, São Paulo, Brazil; Brenes J.C., Universidad de Costa Rica, San José, Costa Rica

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Correspondence Address

G. Gómez; Universidad de Costa Rica, San José, Costa Rica; email: georgina.gomez@ucr.ac.cr

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