

Lebanon - Dietary Trends and Obesity in Lebanon

**American University of Beirut, Faculty of Agricultural and Food Sciences,
Department of Nutrition and Food Sciences**

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Identification

SURVEY ID NUMBER

LBN_1997_DTOL_v01_M_v01_A_ESS

TITLE

Dietary Trends and Obesity in Lebanon

COUNTRY

Name	Country code
Lebanon	LBN

STUDY TYPE

Individual Food Consumption/Dietary Survey [hh/ifcs]

ABSTRACT

The objectives of the survey were to:

1. Collect data on dietary intakes and nutrient composition of the Lebanese diet
2. Identify dietary patterns related to obesity and diet-related non-communicable diseases e.g. cardiovascular diseases, cancer, diabetes, etc.
3. Define the magnitude of obesity prevalence in Lebanon among all age groups of both sexes
4. Identify the possible association between socioeconomic, geographical, lifestyle patterns, and obesity
5. Provide dietary recommendations, for consideration in the country's health plan, for prevention of obesity and diet related non-communicable diseases

KIND OF DATA

Sample survey data [ssd]

UNIT OF ANALYSIS

Individuals

Scope

NOTES

The survey collected information on:

- SUBJECTS: information on the participants, such as age, sex, and geographical location
- CONSUMPTION: information on all foods consumed by each participant in each survey day, including quantities and nutrient values

Coverage

GEOGRAPHIC COVERAGE

National coverage, both urban and rural areas.

Producers and sponsors

PRIMARY INVESTIGATORS

Name
American University of Beirut, Faculty of Agricultural and Food Sciences, Department of Nutrition and Food Sciences

Sampling

SAMPLING PROCEDURE

The study sample was based on the sampling frame designed for the Population and Housing Survey (PHS) and provided by the Lebanese Ministry of Social Affairs in collaboration with the United Nations Population Fund (UNFPA). The PHS was a nationally representative survey of households in each of the country's five governorates and 26 districts. A random sub-sample of 1 percent of the PHS household sampling frame was selected in the Dietary Trends and Obesity in Lebanon survey of 1997.

The final sample consisted of a total of 2 104 individuals (900 males and 1 204 females) aged between 3 and 85 years, covering the five administrative governorates in Lebanon.

The final dataset, after the implementation of exclusion criteria, contained the records of 747 males and 1 023 females in the five administrative governorates in Lebanon at the time of the survey.

WEIGHTING

No surveys weights were used in this survey.

Data collection

DATES OF DATA COLLECTION

Start	End
1997-03-30	1997-09-30

DATA COLLECTION MODE

Face-to-face [f2f]

DATA COLLECTION NOTES

Dietary intake was assessed using the multiple pass 24-hour dietary recall approach. Interviewers followed the five steps of the US Department of Agriculture (USDA) Automated Multiple-Pass Method (AMPM) to collect the 24-hour dietary recalls. The steps were:

1. Quick list
2. Forgotten foods list
3. Time and occasion at which foods were consumed
4. Detail cycle
5. Final probe review

The interviewer obtained information regarding the food consumed by the participant, its portion size, preparation methods, and the brand of foods and beverages consumed, if applicable. To assist subjects in assessing the portion/amount of food consumed, quantification tools, such as household measures and graduated food models, were used.

DATA COLLECTORS

Affiliation
American University of Beirut, Faculty of Agricultural and Food Sciences, Department of Nutrition and Food Sciences

Access policy

CONTACTS

Name	Affiliation	Email
Food and Nutrition Division	Food and Agriculture Organization of the United Nations	fao-who-gift@fao.org

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CITATION REQUIREMENTS

American University of Beirut; Lebanon; 1997; Dietary Trends and Obesity in Lebanon

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Metadata production

DDI DOCUMENT ID

DDI_LBN_1997_DTOL_v01_M_v01_A_ESS_FAO

PRODUCERS

Name	Abbreviation	Affiliation	Role
Food and Nutrition Division	ESN	Food and Agriculture Organization of the United Nations	Metadata producer
Statistics Division	ESS	Food and Agriculture Organization of the United Nations	Metadata adapted for FAM

Data Dictionary

Data file	Cases	Variables
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