

Bulgaria - National Survey of Food Intake and Nutritional Status

National Center of Public Health and Analyses (НСПНА, Български национален център за обществено здраве и анализи), Bulgaria

Report generated on: March 10, 2026

Visit our data catalog at: <https://microdata.fao.org/index.php>

Identification

SURVEY ID NUMBER

BGR_2004_NSFINS_v01_M_v01_A_ESS

TITLE

National Survey of Food Intake and Nutritional Status

ABBREVIATION OR ACRONYM

NSFIN BGR 2004

COUNTRY

Name	Country code
Bulgaria	BGR

STUDY TYPE

Individual Food Consumption/Dietary Survey [hh/ifcs]

ABSTRACT

The objectives of the survey were to assess the current nutrition and nutritional status of the population, to identify population groups at risk for inadequate dietary intake, and to monitor changes in dietary and nutritional status of the Bulgarian population.

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.

UNIVERSE

The population group covered in the dataset was adults above 16 years old.

Producers and sponsors

PRIMARY INVESTIGATORS

Name
National Center of Public Health and Analyses (NCPHA, Български национален център за обществено здраве и анализи), Bulgaria

Sampling

SAMPLING PROCEDURE

The selection of the sample from the population aged over 16 years was conducted by the National Statistical Institute (NSI). The sample selection used spatial distribution of population by statistical areas in the 28 urban areas/districts and place of residence (city, village). A two-stage cluster sampling technique was used to obtain a nationally representative sample. The recruitment of survey participants was consistent with the distribution of the population of target age groups by their residence according to NSI official data. The number of individuals included in the study was proportionate to the share of the relevant group in the general population. While conducting the study, a quota sample was used taking into account age and populated place.

WEIGHTING

No survey weights were used in this survey.

Data collection

DATES OF DATA COLLECTION

Start	End
2004-02-01	2004-12-01

DATA COLLECTION MODE

Face-to-face [f2f]

DATA COLLECTION NOTES

Data was collected using a quantitative individual 24-hour recall. Both weekdays and weekends were covered.

DATA COLLECTORS

Affiliation
National Center of Public Health and Analyses (NCPHA, Български национален център за обществено здраве и анализи), Bulgaria

Access policy

CONTACTS

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

CONFIDENTIALITY

The users shall not take any action with the purpose of identifying any individual entity (i.e. person, household, enterprise, etc.) in the micro dataset(s). If such a disclosure is made inadvertently, no use will be made of the information, and it will be reported immediately to FAO.

ACCESS CONDITIONS

Micro datasets disseminated by FAO shall only be allowed for research and statistical purposes. Any user which requests access working for a commercial company will not be granted access to any micro dataset regardless of their specified purpose. Users requesting access to any datasets must agree to the following minimal conditions:

- The micro dataset will only be used for statistical and/or research purposes;
- Any results derived from the micro dataset will be used solely for reporting aggregated information, and not for any specific individual entities or data subjects;
- The users shall not take any action with the purpose of identifying any individual entity (i.e. person, household, enterprise, etc.) in the micro dataset(s). If such a disclosure is made inadvertently, no use will be made of the information, and it will be reported immediately to FAO;
- The micro dataset cannot be re-disseminated by users or shared with anyone other than the individuals that are granted

access to the micro dataset by FAO.

CITATION REQUIREMENTS

National Survey of Food Intake and Nutritional Status (NSFIN), 2004; National Nutrition Monitoring in Bulgaria. Harmonized for the European Food Safety Authority and the Global Dietary Database.

Disclaimer and copyrights

DISCLAIMER

The user of the data acknowledges that the original collector of the data, the authorized distributor of the data, and the relevant funding agency bear no responsibility for use of the data or for interpretations or inferences based upon such uses.

Metadata production

DDI DOCUMENT ID

DDI_BGR_2004_NSFINS_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
-----------	-------	-----------