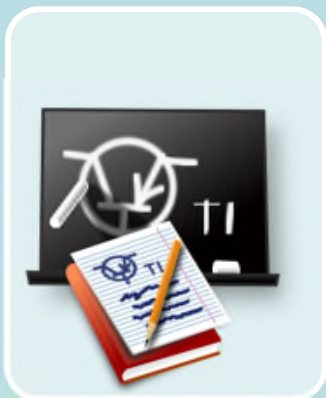




# ANSES 3<sup>rd</sup> study on the food consumption and eating habits of the French population “INCA 3”



32<sup>nd</sup> FP meeting, 13-14 September 2017, Prague



## The study

- 3<sup>rd</sup> study on the food consumption and eating habits of the French population
- 6 years
- > 5800 participants (3157 adults & 2698 children)
- 200 interviewers in 2014-2015
- 150 questions about lifestyle and eating habits
- 13,600 days of consumption recorded
- data for 320,000 foods consumed



## The French diet



- French people consume 2.9 kg of food per day, i.e. around 2200 kcal
- **Disparities** according to age, gender, level of education, and region
- e.g.: Women: more yoghurts and soft white cheese (fromage blanc), fruit purees, poultry and soups / Men: more cheese, meat, delicatessen meat, potatoes and cream desserts
- **Trends:**
- The French population is consuming even more **processed products**, significantly more **food supplements** than in 2007, too much **salt**, and most importantly, not enough **fibre**



## New behaviours potentially posing a greater risk to health

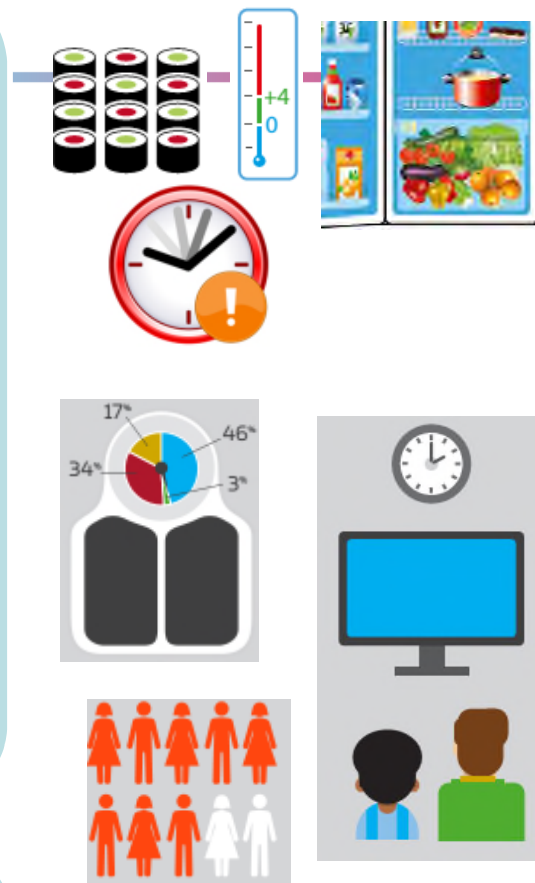


### • Microbiological safety of food:

- increase in the consumption of **raw foods of animal origin** (mainly fish and beef)
- **longer storage times** before consumption of perishable foodstuffs,
- **use-by dates** more frequently **exceeded**
- **inappropriate temperatures** sometimes found in refrigerators

### • Body weight status and level of physical activity inadequate:

- 13% of children and adolescents and 34% of adults are **overweight**, and respectively 4% and 17% **obese**.
- Alarming % of individuals with **sedentary behaviour**: half of adolescents, 2/3 of adolescents, > 80% of adults.
- Over a 7-year period, the average daily time spent **in front of a screen**, outside of work/study hours, increased by 20 min for children, and by 1h20 min for adults



## Next steps?



- **Exploitation of data collected** over the next few years, to respond to any future requests regarding the assessment of food-related nutritional, physico-chemical or microbiological risks in metropolitan France
- **in-depth analyses** of the data from the INCA3 study in connection with RA, in particular the assessment of risks related to inadequate nutrient intakes of macronutrients, fatty acids, vitamins & minerals in adults, & the assessment of risks related to sedentariness and insufficient physical activity

For more information: <https://www.anses.fr/en/content/inca-3-changes-consumption-habits-and-patterns-new-issues-areas-food-safety-and-nutrition>