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Multilevel examination of the effect of rapid urbanicity on adult dietary fat intake

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In the past few decades, China has experienced the largest human migration in the world, leading to an increase of the proportion of China's population classified as urban from 21% in 1982 to 51% in 2011. Rapid urbanicity is associated with an increase in adverse health consequences. In the Chinese population, a relatively low percentage of adults consumed diets with high fat intake 20 years ago, while the proportion of high fat consuming adults has been rising recently. The most determinants of dietary fat intake and the mainstream thought were based on individual-level aspects, such as taste preferences, personal eating habits, nutrition knowledge, income levels, age, gender, education levels and self-efficacy. However, these individual level factors were found to explain only a small portion of the variance in dietary fat intakes. Understanding the effect that community levels have on population's dietary fat intake is an area of recent interest, but these researches mainly focus on crude urban-rural comparisons or on population from developed countries. A traditional classification of urban/rural status likely does not adequately capture enormous social and environmental change, particularly in contexts of rapid urbanicity in China. Therefore, understanding the temporal trends in dietary fat and investigated the effect of urbanicity on dietary fat intake in Chinese adults in the last two decades is very important..

Biography

Chang Su has completed his PhD from Chinese Center for Disease Control and Prevention (Chinese CDC) in 2010. He is currently working as an Associate Professor of Public Nutrition at the Chinese CDC. He has authored and co-authored more than 50 articles in peer-reviewed journals.

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