

5th European Nutrition and Dietetics Conference

June 16-18, 2016 Rome, Italy

Iron intake trend of Chinese adults aged 18-49 years in nine provinces from 1991 to 2011

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Objective: Describe the status and trends of dietary iron intake among Chinese residents in nine provinces from 1991 to 2011.

Method: The subjects were selected from the 'China Health and Nutrition Survey' within the age group of 18-49 years old. The 24-hour dietary recall method for 3 consecutive days was used to estimate dietary information.

Results: The average dietary iron intake of Chinese residents decreased from 23.6 mg/d in 1991 to 22.3 mg/d in 2011. Population percentage of the intake of dietary iron exceeding EAR decreased from 88.9% in 1991 to 85.3% in 2011, population percentage of the intake of dietary iron exceeding DRI decreased from 73% in 1991 to 65.9% in 2011. There was a significant gender difference in iron dietary intake.

Conclusion: In the past two decades a decrease in dietary iron intake was present among Chinese adults from 1991 to 2011, especially much bigger in women. To increase the iron intake of Chinese population, it should be priority to intervene for women.

Biography

Hongru Jiang is a Research Assistant in the Department of Public Health Nutrition, National Institute for Nutrition and Health, Chinese Center for Disease Control and Prevention (China CDC). She has received her Medical degree in 2010 and Master's degree in 2012 from Shandong University. She is a Member of Chinese Nutrition Society and serves as Secretary on the nutritional standards committee. Her research interests focus on nutritional epidemiology; childhood obesity and the relationship between nutrition and economic and policy. She has a broad background in nutrition policy and standards, toxin analysis, epidemiology, nutrition survey, data management and analysis. She has participated one research project funded by the National Institutes of Health (NIH) and several research projects funded by Chinese government and other national agencies.

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