

**Investigating change in eating patterns from adolescence to adulthood: a preliminary analysis.** A.A.LAKE, A.M.CRAIGIE, M.R.GIBBONS, C.E.WOOD, R.HYLAND, A.J.RUGG-GUNN, J.C.MATHERS, A.J.ADAMSON. *University of Newcastle, Human Nutrition Research Centre, Wellcome Research Laboratories, RVI, Queen Victoria Rd, NE1 4LP.*

Few studies have examined the longitudinal dietary intake between adolescence and adulthood<sup>1</sup>. Longitudinal dietary data were collected in 1980 and 2000 (average age 11.6 and 32.5 years respectively) in Northumberland, England. Two questionnaires (2000) and 198 x 2 3-d food diaries (1980 and 2000) were completed. Foods consumed were assigned one of the five food categories from The Balance of Good Health<sup>2</sup>. This analysis examines both the fixed and open ended questionnaire response to the statement, 'When I was 11 to 13 years old my food intake was healthier than it is now', in comparison to difference in percent of total weight of intake between 2000 and 1980 from the five food categories.

Respondents either disagreed (group 1, n=96), neither agreed nor disagreed (group 2, n=57) or agreed (group 3, n=45) with the above statement. Group 1 showed a significantly greater increase in fruit and vegetable and decrease in fatty and/or sugary food consumption compared with group 3 ( $p=0.00$ ,  $p=0.008$ , respectively).

Respondents in group 3 mentioned no longer having 'set meals', and demands of work. Group 1 respondents cited increased knowledge regarding health and nutrition and often criticised parents, associating their early adolescent diet with fried foods and limited variety.

<sup>1</sup>Bertheke Post G., De Vente W., Kemper H.C.G., Twisk J.W.R. (2001) *British Journal of Nutrition*. 85, 375-385.

<sup>2</sup>Health Education Authority (1994) *The Balance of Good Health*. London: HMSO.

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