

# Sarphati Diaries

What is the dietary intake during the complementary feeding period in the multi-ethnic population of Amsterdam?

# Sarphati

amsterdam research for healthy living

Joy Hall<sup>1,2</sup>, Outi Sirkka<sup>3,4</sup>, Jaap Seidell<sup>2,3</sup>, Margreet Olthof<sup>3</sup>, Jutka Halberstadt<sup>3</sup>

1. Public Health Service Amsterdam, Dept. of Epidemiology, Health Promotion & Care Innovation, Amsterdam, the Netherlands
2. Sarphati Amsterdam, research for healthy living, Amsterdam, the Netherlands
3. Vrije Universiteit Amsterdam, Faculty of Science, Department of Health Sciences. Amsterdam, the Netherlands
4. Danone Nutricia Research, Utrecht, the Netherlands



## Aim

- Understand ethnic differences in dietary intake at 6 and 12 months of age in the multi ethnic population of Amsterdam, including Dutch, Turkish, Moroccan and Surinamese infants.
- Identify indicators that could be used for developing an age specific tool to assess determinants of dietary intake to be used in the Sarphati Cohort among infants

## 3-day diaries to collect data on complementary feeding

With this study we aim to understand how Dutch, Turkish, Moroccan and Surinamese parents living in the City of Amsterdam feed their young children. All participants will be asked to complete a baseline questionnaire at the start of the study, covering demographics and questions on feeding. At 6 months and at 12 months they will be asked to complete a 3-day food diary to assess the dietary intake of their child. The 3-day food diaries will be checked by students of dietetics.

### phase 1

investigate differences in dietary intakes between Dutch and Turkish infants at 6 and 12 months of age living in Amsterdam

#### participants

50 Dutch & 50 Turkish families with infants aged 4-6 months

#### Data collection tools

baseline questionnaire (online)  
demographics and feeding

3-day food diary at 6 and 12 months

assessment of dietary intake & feeding practices during complementary feeding period

2019

GGD Amsterdam & Vrije universiteit Amsterdam

### phase 2

1) investigate the dietary intake during 6 to 12 months of age in a large group of children in the multi ethnic population of Amsterdam (Dutch, Turkish, Moroccan, Surinamese)

2) identify which indicators could be used to develop an age specific tool to assess determinants of dietary intake to be used in the Sarphati Cohort among infants

#### participants

50 Moroccan & 50 Surinamese families with infants aged 4-6 months

Data collection tools  
baseline questionnaire (online)  
demographics and feeding

3-day food diary at 6 and 12 months

assessment of dietary intake & feeding practices during complementary feeding period

2020

GGD Amsterdam

## Background & scope

Complementary feeding; i.e. gradual replacement of milk by solid foods, is an important period for the development of healthy eating habits and food preferences. This development is largely affected by the parental feeding practices.

This sub-cohort study within the Sarphati Cohort will allow us to examine dietary intake among a large group of multi-ethnic young children in Amsterdam. This is a unique opportunity as there is a lack of systematically collected food consumption data available for infants aged 6-12 months from various ethnic and SES groups. The results of this study may help to better support parents with their complementary feeding practices in different ethnic groups in Amsterdam.

Sarphati Diaries is a collaboration between the Public Health Service of Amsterdam (GGD Amsterdam) and the Vrije Universiteit Amsterdam.



The primary outcome is the identification of the main foods during the complementary feeding period, feeding frequency and food preparation (method and ingredients) in the four main ethnic groups in Amsterdam. This will help to develop targeted advice for parents of infants from different socio-cultural and ethnic groups. The insights gained from this study will also allow us to determine which indicators could be used to develop an age specific tool to assess determinants of dietary intake to be used in the Sarphati Cohort among parents of infants. The development and validation of such a tool does not fall in the scope of this particular study.