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Reference

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Title: Analysis of the usage and characteristics of dietary supplement consumers of urban Costa Rican population. Results of ELANS Study

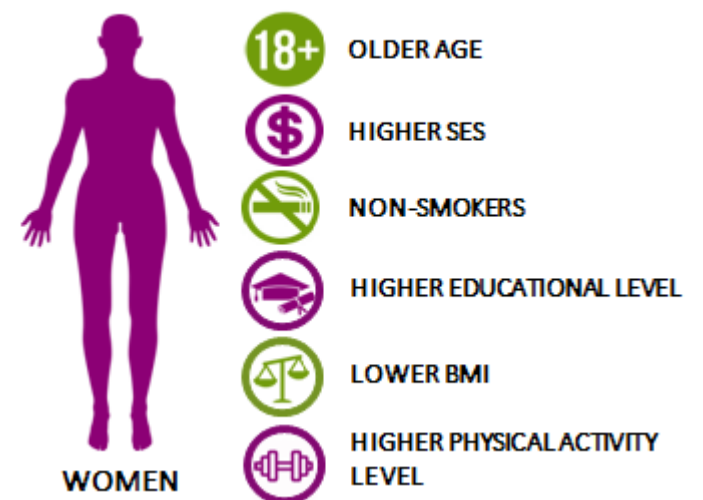
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Background and Objectives:

Previous studies reveal dietary supplement (DS) consumption has increased in the Western world in all age groups and is influenced by sex, age, body mass index (BMI), educational level, socioeconomic status (SES) and other factors. To our knowledge there is no previous information regarding DS use in the Costa Rican population. The present study was focused on assessing the prevalence of use of DS and determining the SES, anthropometric and nutritional characteristics of the urban Costa Rican DS consumers, as well as exploring the motivations leading to its consumption.

DS PROFILE CONSUMER (OTHER STUDIES)

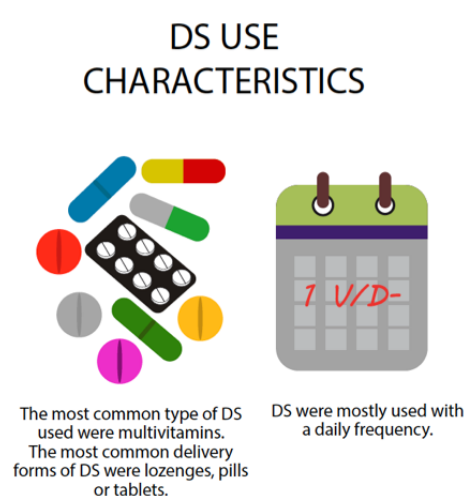


Methods:

Data was obtained from *Latin American Nutrition and Health Study* (ELANS), a cross-sectional study including a representative sample of urban population from eight Latin American countries (Argentina, Brazil, Chile, Colombia, Costa Rica, Ecuador, Peru and Venezuela). In Costa Rica 798 participants were asked about DS use, and six months after the first contact, a second questionnaire was applied by telephone to subjects who had previously reported DS use, in order to delve on the characteristics and perceptions involved in DS consumption. Chi-square and T-student tests were used to compare observed and expected frequencies.

Results:

Approximately 6% (n=48) of the population surveyed reported the use of DS, mainly in the form of multivitamins. No significant differences for sex, age, BMI, educational level and SES were found for DS intake. DS consumers reflected significantly higher intakes of dietary calcium in both sexes, and dietary vitamins C and vitamin E in women, compared to nonusers. Reasons for consumption of DS focused on health benefits, prevention of illness, improved immunity, and energy boost. Although perceived as beneficial for 58% of the cases, the use was discontinued after six months.



RECOMMENDATION SOURCE

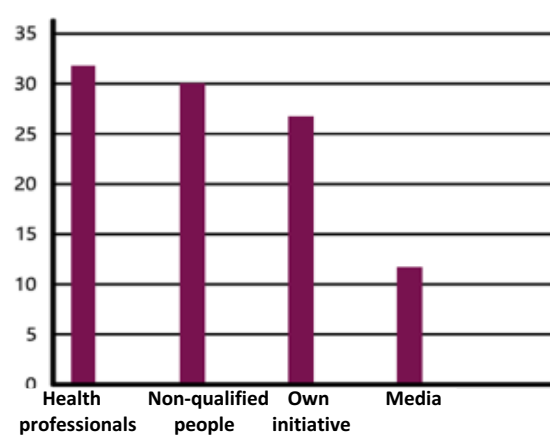


Figure 1. Recommendation source of dietary supplements reported by the DS users (n=36) of the urban area of Costa Rica. August-September 2015."

DS USE MOTIVATIONS

- 1 General search for wellness
- 2 Treatment of a certain medical condition
- 3 Recommendation of a third party
- 4 Aesthetic and/or body image reasons

PERCEIVED BENEFITS



86% of DS consumers perceived DS as beneficial.

Conclusions:

The prevalence of DS usage was lower than reported by other studies in the field. A pattern similar to that described in the literature (BMI <25 kg/m², physically active, healthy lifestyles and favorable socio-demographic backgrounds) was not found in this study.

Keywords:

Dietary supplements; consumers; perceptions; Costa Rica.

Conflict of Interest:

The ELANS is supported by a scientific grant from the Coca Cola Company and support from the Instituto Pensi / Hospital Infantil Sabara, International Life Science Institute of Argentina, Universidad de Costa Rica, Pontificia Universidad Católica de Chile, Pontificia Universidad Javeriana, Universidad Central de Venezuela (CENDES-UCV)/Fundación Bengoa, Universidad San Francisco de Quito, and Instituto de Investigación Nutricional de Peru. The funders had no role in study design, data collection and analysis, the decision to publish, or the preparation of this manuscript.

Further Collaborators:

On behalf of ELANS Study Group.