

Health: The Design, Planning and Politics of How and Where We Live

- **Paper / Proposal Title:**

Urbanicity and Nutrition in Sri Lanka

- **Format:**

Poster, Presentation (in-person)

- **Author(s) Name:**

Jessica Renzella et al (see biography)

- **University or Company Affiliation:**

University of Oxford

- **Abstract:**

In 2016, dietary risks accounted for 13% of DALYs in Sri Lanka – a country undergoing “messy, hidden, and rapid” urbanisation.¹ Evidence from large scale surveys in low- and middle-income countries has demonstrated that a relationship exists between urbanisation, dietary excess, and ill health.² Despite a high level of urbanisation and high prevalence of dietary risk factors in Sri Lanka, lack of research on this topic impacts the development of effective intervention programmes.

Research question: How does dietary intake and BMI differ by urbanicity and national urban/rural categorisations in Sri Lanka, and what is the association between urban features (*population size, population density, land use, access to markets, media/communications, educational facilities, health services, transportation*), dietary

¹ Institute for Health Metrics and Evaluation (IHME). GBD Compare Data Visualization. 2016. Available from <http://vizhub.healthdata.org/gbd-compare>. (Accessed 20.10.2017)

² Popkin BM. Urbanization, lifestyle changes and the nutrition transition. *World Dev* 1999;27:1905–16.

intake (*fruit, vegetables, pulses, protein, dairy, carbohydrates and starch, sweets, diet and non-diet carbonated beverages, fats and oils, salt*), and BMI?

Study sample: 14200 adults from urban, rural, and plantation sectors in all 25 districts of Sri Lanka.

Data source(s): Data will be obtained through the Sri Lankan National NCD Survey conducted by Katulanda et al. As part of this cross-sectional study, a dietary intake survey based on weekly food group consumption and a validated 7-item urbanicity survey will be interviewer-administered in local languages (Sinhalese and Tamil) to study participants and Grama Niladari (government officer for the area), respectively. Field research teams will undertake data collection between November 2017-2018. Data analysis will occur concurrently. Both diet and urbanicity components were added to the national survey for the purpose of this research.

Results: A pilot is currently being undertaken, with results expected in December 2018.

Hypothesis: It is hypothesised that individual dietary intake and BMI will differ between areas of different urbanicity, and that urbanicity-stratified results will differ from results stratified by national urban/rural categorisations. Such findings may suggest that a dichotomous urban/rural definition is not sufficient in understating the association between urbanicity, urban features, dietary intake, and BMI in Sri Lanka – with implications for healthy urban planning.

• **Author(s) Biography (200 words each):**

Jessica Renzella is a DPhil student in Population Health at the Centre on Population Approaches for Non-Communicable Disease Prevention, University of Oxford. Her research focusses on the relationship between nutrition and urbanicity in Sri Lanka, and the usefulness of such research in policy-making.

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