

SESSION 5

MEDITERRANEAN DIET AND SUSTAINABILITY

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Denis LAIRON got a PhD Thesis in biochemistry and has expertise in human nutrition. He is emeritus Research Director at INSERM (National Institute of Health and Medical Research). He has been Director of the Joint Research Unit 476 Inserm/1 260 Inra/Universite de la Mediterranee "Human Nutrition and lipids : bioavailability, metabolism and regulations" at Marseille, France (1998-2007). His expertises are in the field of lipid digestion and metabolism, food quality, gene-diet interaction and nutrigenetics. Mediterranean diet and cardiovascular diseases, sustainable diet. He hold partnerships in European projects (3 COST actions, PI-LIPGENE, NoE-NUGO). He supervised 19 University Thesis (PhD) and co-authored about 200 original papers in peer reviewed top journals and 80 reviews and book chapters. He has been a member of the Editorial Board of the British journal of Nutrition and, Nutrition and Metabolism. He is an expert in French and international panel Committees in nutrition-related domains. Denis Lairon holds the position of Vice-President, and past President, of the French Nutrition Society. He was the Chairman of the scientific committee of 10th FENS European nutrition Conference, Paris, 2007. He acted as the President of the Federation of European Nutrition Societies (FENS), 2007-20 11 and is now the Vice-President of the FENS (201 2-201 5).

HEALTHY PROFILES OF ORGANIC FOOD CONSUMERS IN A LARGE SAMPLE OF FRENCH ADULTS

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As a component of the Mediterranean diet pattern, consuming eco-friendly foods has been acknowledged but profiles of organic food consumers have rarely been described.

To that aim, consumer attitude and frequency of use of 18 organic products were assessed in 54,311 adult participants in the French Nutrinet-Sante cohort. Cluster analysis was performed to identify behaviors and socio-demographic characteristics, food consumption and nutrient intake were determined. Cross-sectional association with overweight/obesity was estimated using logistic regression. Five clusters were identified: 3 clusters of non-consumers whose reasons differed, occasional (OCOP, 51) and regular (RCOP, 14) organic product consumers. RCOP were more highly educated and physically active than others. They also exhibited dietary patterns that included more plant foods and less sweet and alcoholic beverages, processed meat or milk.

Their nutrient intake profiles (fatty acids, most minerals and vitamins, fibers) were healthier and more closely adhered to dietary guidelines. In multivariate models (after accounting for confounders), compared to those not interested in organic products, RCOP participants showed a markedly lower probability of overweight (excluding obesity) ($25 < \text{BMI} < 30$) and obesity ($\text{BMI} > 30$): -36 and -62 in men and -42) and -48. in women, respectively ($P < 0.0001$). OCOP participants generally showed intermediate figures. Thus, regular consumers of organic products exhibit an overall plant-based and healthy profile better fitting sustainable diet concepts. Original article published in PlosOne, 8(10): e76998. doi:10.1371/journal.pone.0076998.

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