

# Understanding the Nutritional Transition in the Maghreb to Contribute to the Prevention of Obesity and Non- communicable Diseases 2009

**National Institute of Nutrition and Food Technology (INNTA, Institut National de  
Nutrition et de Technologie Alimentaire « Zouhiar Kallel »), Tunisia**

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## Identification

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### SURVEY ID NUMBER

TUN\_2009\_UNTMCPONCD\_v01\_M\_v01\_A\_ESS

### TITLE

Understanding the Nutritional Transition in the Maghreb to Contribute to the Prevention of Obesity and Non-communicable Diseases 2009

### ABBREVIATION OR ACRONYM

UNTMCPONCD 2009

### COUNTRY

Name	Country code
Tunisia	TUN

### STUDY TYPE

Individual Food Consumption/Dietary Survey [hh/ifcs]

### ABSTRACT

The overall aim of the project was to contribute to the development of preventive strategies for obesity and chronic noncommunicable diseases (NCDs) in the context of nutrition transition. The specific objectives were:

- Characterize the nature and magnitude of the double burden of malnutrition at household level.
- Assess the magnitude of the double burden of overweight and micronutrient deficiency, in particular iron deficiency at the individual level.
- Estimate the prevalence of overweight, obesity, biological and behavioral risk factors for diet-related noncommunicable diseases.
- Investigate behavioral-associated risk factors including physical activity and diet quality.
- Characterize the psycho-sociocultural determinants of obesity and chronic noncommunicable diseases (NCDs).

### KIND OF DATA

Sample survey data [ssd]

### UNIT OF ANALYSIS

Individuals

## Scope

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### NOTES

The survey collected information on:

- SUBJECTS: information on the participants such as age, sex and geographical location
- CONSUMPTION: information on all foods consumed by each participant in each survey day, including quantities and nutrient values

## Coverage

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### GEOGRAPHIC COVERAGE

Sub-national coverage, both urban and rural areas.

### UNIVERSE

The population groups covered were children, adolescents, and adults between 10 and 50 years of age.

## Producers and sponsors

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### PRIMARY INVESTIGATORS

**Name**

National Institute of Nutrition and Food Technology (INNTA, Institut National de Nutrition et de Technologie Alimentaire « Zouhiar Kallel »), Tunisia

## Sampling

### SAMPLING PROCEDURE

The study was a cross-sectional survey conducted between March 2009 and January 2010. The sample size was calculated using the prevalence of double burden (obesity + anaemia) among women aged 20 to 49 years as the main variable to be estimated by the survey. The setting accounted for a precision of 2 percent, a type I error risk (alpha) equal to 5 percent, a cluster effect of 2, and a non-response rate of 5 percent. According to the Population and Housing Census of 2004, the population of women aged 20 to 49 years represents approximately 23 percent of the total population, and the average household size is equal to 4.53 persons. Based on these parameters, 1511 households were required, resulting in a sampling rate of 1 in 328 households.

Sampling was carried out by the National Institute of Statistics using a two-stage stratified random sampling method. In the first stage, 76 census districts were sampled with probability proportional to size. In the second stage, twenty eligible households (i.e. featuring at least one woman aged between 20 and 49 years) were randomly selected in each district, and all individuals aged 10 to 49 years living in the household were included.

### WEIGHTING

Weighted coefficients were calculated taking into account the characteristics of the sampling plan and the response rates.

## Data collection

### DATES OF DATA COLLECTION

Start	End
2009-03-19	2010-01-17

### DATA COLLECTION MODE

Face-to-face [f2f]

### DATA COLLECTION NOTES

In this study, dietary intake was assessed using a 3-day food record (two weekdays and one weekend day) to collect the types and amounts of meals, foods, and beverages consumed. Trained dietitians visited the selected households to give participants detailed information about the objectives and the process of the survey, as well as instructions on how to record the amount of food consumed using household tableware. Dietitians emphasized to respondents the importance of not changing their eating habits. The first step of the 3-day food record was self-administered by the subjects at home. The day of the survey, dietitians reviewed unclear descriptions, errors, omissions, or doubtful entries in the filled pre-printed form and asked the participants to clarify them. For each dish, a list of ingredients, the estimated weight of the raw edible portion and method of preparation were collected from the women in charge of food preparation. Information was collected on the state of the food consumed (as purchased, raw edible part, cooked edible portion). The accuracy of portion size of consumed foods was checked using photos of food portions and known weight/specific portions.

### DATA COLLECTORS

**Affiliation**

National Institute of Nutrition and Food Technology (INNTA, Institut National de Nutrition et de Technologie Alimentaire « Zouhiar Kallel »), Tunisia

## Access policy

### CONTACTS

Name	Affiliation	Email
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Food and Nutrition Division	Food and Agriculture Organization of the United Nations	fao-who-gift@fao.org
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**CONFIDENTIALITY**

The users shall not take any action with the purpose of identifying any individual entity (i.e. person, household, enterprise, etc.) in the micro dataset(s). If such a disclosure is made inadvertently, no use will be made of the information, and it will be reported immediately to FAO.

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- Any results derived from the micro dataset will be used solely for reporting aggregated information, and not for any specific individual entities or data subjects;
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- The micro dataset cannot be re-disseminated by users or shared with anyone other than the individuals that are granted access to the micro dataset by FAO.

**CITATION REQUIREMENTS**

Institut National de Nutrition et de Technologie Alimentaire. Obe-Maghreb Project: Understanding the Nutritional Transition in the Maghreb to Contribute to the Prevention of Obesity and Non-Communicable Diseases. 2009-2010

## Disclaimer and copyrights

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**DISCLAIMER**

The user of the data acknowledges that the original collector of the data, the authorized distributor of the data, and the relevant funding agency bear no responsibility for use of the data or for interpretations or inferences based upon such uses.

## Metadata production

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**DDI DOCUMENT ID**

DDI\_TUN\_2009\_UNTMCPONCD\_v01\_M\_v01\_A\_ESS\_FAO

**PRODUCERS**

Name	Abbreviation	Affiliation	Role
Food and Nutrition Division	ESN	Food and Agriculture Organization of the United Nations	Metadata producer
Statistics Division	ESS	Food and Agriculture Organization of the United Nations	Metadata adapted for FAM
Development Data Group	DECDG	World Bank Group	Metadata adapted for World Bank Microdata Library

**DDI DOCUMENT VERSION**

Identical to a metadata (TUN\_2009\_2010\_UNTMCPONCD\_v01\_M\_v01\_A\_ESS) published on FAO microdata repository (<https://microdata.fao.org/index.php/catalog>). Some of the metadata fields have been edited.

**data\_dictionary**

<b>Data file</b>	<b>Cases</b>	<b>variables</b>
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## **study\_resources**