Disparities in dietary habits and physical activity in Denmark and trends from 1995 to 2008.

In all analyses, both diet quality and physical inactivity differed systematically with educational group and with healthier habits for the group with long education. Only for alcohol habits was an opposite social gradient seen. Disparities persisted over all time periods. The analyses using "The Concentration Index" did not change any of the conclusions. Gender also influenced diet quality. Men had dietary and alcohol habits furthest away from the guidelines. A trend of healthier habits was also found over the time period. CONCLUSIONS SOCIAL DISPARITIES IN DIET QUALITY AND LEISURE-TIME PHYSICAL ACTIVITY WERE SEEN FOR ALL EXAMINED TIME PERIODS AND WITH NO SIGNIFICANT CHANGE THEREFORE, THERE IS NO SUPPORT TO THE HYPOTHESIS OF WIDENING SOCIAL DISPARITIES IN ALL EDUCATIONAL GROUPS SOME IMPROVEMENT OF DIETARY HABITS WAS FOUND, ESPECIALLY FOR THOSE FOODS WHERE COMPREHENSIVE INITIATIVES HAD TAKEN PLACE HOWEVER, SOCIAL DISPARITIES STILL EXIST THERE IS AN ONGOING NEED TO ADDRESS THESE DISPARITIES IN ORDER TO REDUCE SOCIAL INEQUALITY IN HEALTH.

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