

# INCA1, INCA2, INCA3 - French national dietary survey

Head :Volatier Jean-Luc, ANSES Agence nationale de sécurité sanitaire de l'alimentation, de l'environnement et du travail 27-31 avenue du Général Leclerc 94701 Maisons-Alfort Cedex  
Dubuisson Carine, ANSES Dietary Survey Unit Agence nationale de sécurité sanitaire de l'alimentation, de l'environnement et du travail 27-31 avenue du Général Leclerc 94701 Maisons-Alfort Cedex

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## General

### Identification

Detailed name French national dietary survey

Sign or acronym INCA1, INCA2, INCA3

CNIL registration number, number and date of CPP agreement, AFSSAPS (French Health Products Safety Agency) authorisation --

### General Aspects

Medical area Endocrinology and metabolism  
Pediatrics

Study in connection with Covid-19 No

Health determinants Intoxication  
Lifestyle and behavior  
Nutrition  
Social and psychosocial factors

Keywords diet, eating habits, food supplements, food safety, nutrition

### Scientific investigator(s) (Contact)

Name of the director Volatier

Surname Jean-Luc

Address ANSES - 27-31 avenue du Général Leclerc - 94701 Maisons-Alfort Cedex

Phone + 33 (0)1 49 77 38 04

Email jean-luc.volatier@anses.fr

Unit	ANSES Agence nationale de sécurité sanitaire de l'alimentation, de l'environnement et du travail 27-31 avenue du Général Leclerc 94701 Maisons-Alfort Cedex
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Organization	ANSES
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Name of the director	Dubuisson
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Surname	Carine
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Address	ANSES - 27-31 avenue du Général Leclerc - 94701 Maisons-Alfort Cedex
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Phone	+ 33 (0)1 49 77 27 89
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Email	carine.dubuisson@anses.fr
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Organization	ANSES
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## Collaborations

Participation in projects, networks and consortia	Yes
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## Funding

Funding status	Public
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Details	INCA 1 : Ministère de la Santé, Ministère de l'Agriculture et Ministère de la Consommation INCA 2 : AFSSA
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## Governance of the database

Sponsor(s) or organisation(s) responsible	ANSES
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Organisation status	Public
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Presence of scientific or steering committees	Yes
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## Additional contact

## Main features

### Type of database

Type of database	Study databases
Study databases (details)	Repeated cross-sectional studies (except case control studies)
Database recruitment is carried out by an intermediary	A population file
Database recruitment is carried out as part of an interventional study	No
Additional information regarding sample selection.	<p>The sampling plan is three-stage (primary units, households and individuals) cluster sampling design based on the national census. The sampling was stratified on region and size of urban area and balanced on the average age of the head of household and household's income.</p> <p>The sampling plan has been designed with the help of the statistical methods unit at the National Institute of Statistics and Economic Studies (INSEE) to enable processing at ZEAT (NUTS 1) level for variables in common with the ENNS study by the French Institute for Public Health Surveillance (InVS).</p>

### Database objective

Main objective	Quantitatively characterize individual eating habits, nutritional intakes and dietary exposure in the population to all substances present in food, particularly those that are regulated (environmental contaminants, pesticide residues, food additives).
Inclusion criteria	<p>INCA1: The sample is made up of 1985 adults aged 15 years old and over and 1018 children aged 3 to 14 years old. Representativeness is ensured for mainland France (excluding Corsica).</p> <p>INCA2: The sample is made up of 2,624 adults aged 18 to 79 years old and 1,455 children aged 3 to 17 years old.</p> <p>Representativeness is ensured for mainland France (excluding Corsica).</p>

### Population type

Age	Infant (28 days to 2 years) Early childhood (2 to 5 years)
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Childhood (6 to 13 years)  
Adolescence (13 to 18 years)  
Adulthood (19 to 24 years)  
Adulthood (25 to 44 years)  
Adulthood (45 to 64 years)  
Elderly (65 to 79 years)

Population covered                      General population

Gender                                      Male  
    Woman

Geography area                          National

Detail of the geography area            Metropolitan France (excepting Corsica)

## Data collection

### Dates

Date of first collection (YYYY or MM/YYYY)      1998

Date of last collection (YYYY or MM/YYYY)      2007

### Size of the database

Size of the database (number of individuals)      [10 000-20 000[ individuals

Details of the number of individuals              INCA1: 1985 adults aged 15 years old and over and 1018 children aged 3 to 14 years old. INCA2: 2624 adults aged 18 to 79 years old and 1455 children aged 3 to 17 years old.

### Data

Database activity                          Data collection completed

Type of data collected                      Clinical data  
    Declarative data  
    Administrative data

Declarative data (detail)                      Paper self-questionnaire  
    Internet self-questionnaire  
    Face to face interview  
    Phone interview

Administrative data (detail)                      All of the sociodemographic variables are those used by public statistics: region, size of urban area, age, gender, profession and socioprofessional category of each person and of the head of

household, educational level, size of household, household income (in brackets).

Presence of a biobank No

Health parameters studied Others

Other (detail) overweight and obesity, dietary exposure

## Procedures

Data collection method Individual eating habits declared may be subject to under-declaration and, more occasionally, over-declaration. The INCA's study survey method has been validated by biomarker on healthy volunteers. Recently, as part of the EFCOVAL European project, declarations of nutritional intake have been compared to the corresponding biomarkers and the deviations from populational indicators stay below 10%. In 2006-7, the participation rate in the study was 63% in 18-79 year-old adults and 69% in 3-17 year old children. The INCA1 and INCA2 method has been designed to enable a comparison with several European countries (UK, Ireland, Sweden, Italy and the Netherlands). A methodological change for INCA3 allows for standardized collection using the WHO's EPIC-SOFT program - translated into several languages and recommended by the European Food Safety Authority (EFSA). It is currently used in Belgium, the Netherlands, Germany and the Czech Republic and adoption is underway in other countries.

Classifications used The INCA2 study was subject to a favorable opportunity opinion from the French National Council for Statistical Information (CNIS) and a favorable opinion from this Council's label committee (general interest study). The food nomenclatures are specific to each study. Links to the nomenclatures used by EFSA and by European regulations are then made.

Participant monitoring No

Links to administrative sources No

## Promotion and access

### Promotion

Link to the document <http://www.afssa.fr/Documents/PASER-Ra-INCA2.pdf>

Link to the document	<a href="http://www.afssa.fr/Documents/PASER-Sy-INCA2.pdf">http://www.afssa.fr/Documents/PASER-Sy-INCA2.pdf</a>
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## Description

### Access

Terms of data access (charter for data provision, format of data, availability delay)

The general report from the INCA2 study was published in February 2009 by Afssa (which became the French Agency for Food, Environmental and Occupational Health & Safety [Anses] in 2010) and can be found online at [www.anses.fr](http://www.anses.fr): Lafay et al (2009) Etude individuelle Nationale des Consommations Alimentaires 2 (INCA2) 2006-7, Agence Française de Sécurité Sanitaire des Aliments, ISBN 978-2-11-097789-2, 225 pages. Disaggregated data can be accessed by signing an agreement with Anses.

Access to aggregated data

Free access

Access to individual data

Access on specific project only