



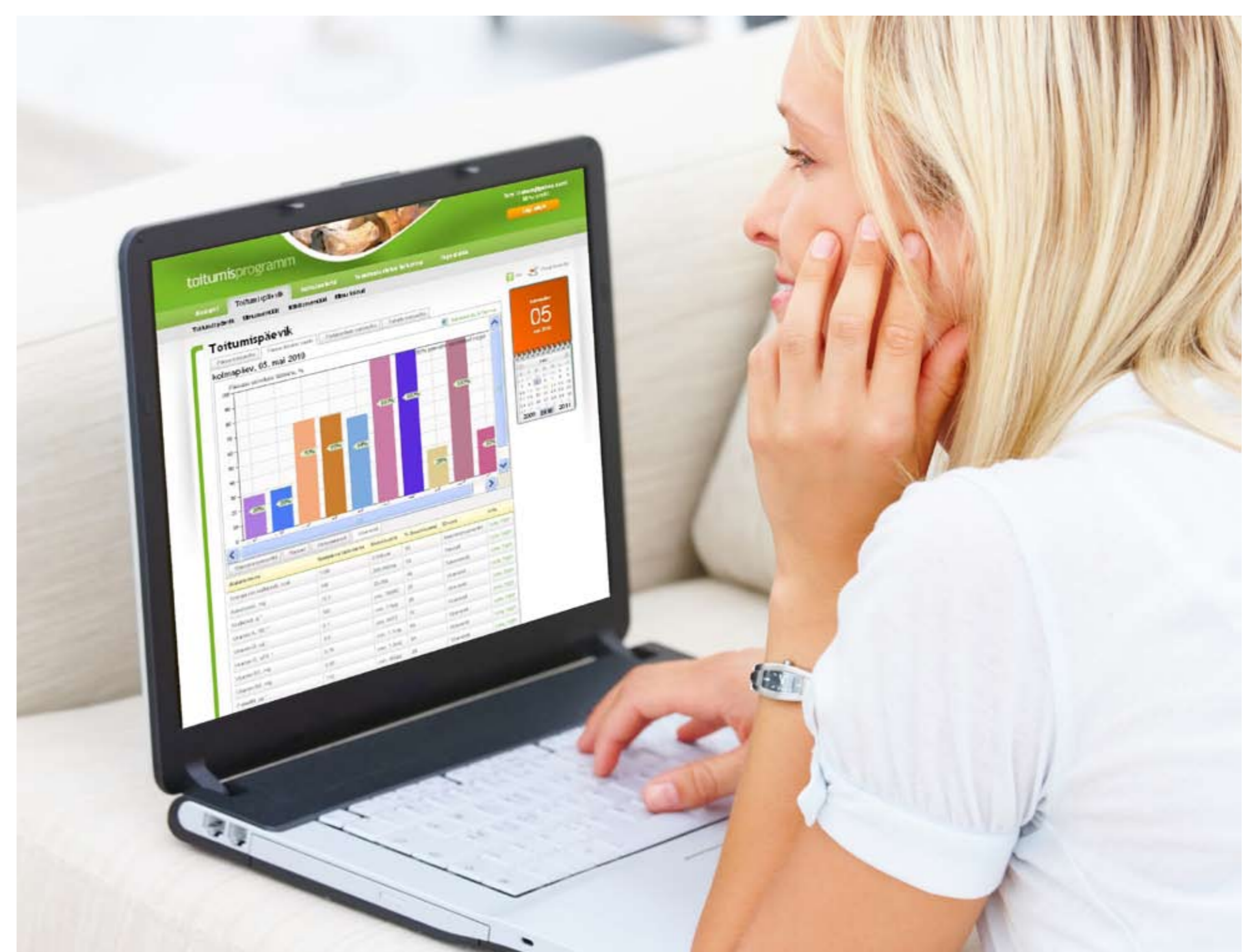
PLANNING THE VALIDATION OF THE SELF-ADMINISTERED DIETARY INTERVIEW METHOD USING THE NUTRIDATA SOFTWARE

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The choice of instrument used in dietary assessment depends on the goal of the survey, the study population and cost considerations. The three primary tools used in dietary assessment are food frequency questionnaires, 24-hour dietary recalls, and food records.¹ As a part of developing a national dietary monitoring system in Estonia, a dietary survey tool high in precision that is suitable for the whole population and low in cost, will be required.

Methods

This research focuses on investigating the validity and cost-effectiveness of the self-administered 24h-recall method using the NutriData software developed by the National Institute for Health Development. The NutriData software includes the LanguaL food classification system, guidance of the replier, assistance for estimating the portion sizes, recall of the consumed foods and an overview of the results for plausibility control. The validation study will be conducted among a sample of 400 people (female n=200, male n=200) in the age group of 11-74 years. For comparable results, two 24h-recalls will be performed on two non-consecutive days using both, the face-to-face and the self-administered 24h-recall methods using the NutriData software.



Discussion

Response rate, level of rapport and compliance using the self-administered 24h-recall method is expected to be high enough for dietary and exposure assessment purposes. The applicability of the self-administered 24h-recall method using the NutriData software will be compared with the computer usage skills of the study participants.

Results

Results of the validation study will be used as a basis for developing and implementing a national dietary monitoring plan suitable for the whole population.

REFERENCES

1. Neuhouser M., Patterson R. (2008). *Overview of Nutritional Epidemiology. Nutrition in the prevention and treatment of disease. Second edition.* 101-112.