

**Webinar 4: Innovations and Special Considerations in Assessing Dietary
Intake During Pregnancy and Ages 2-11 Years**

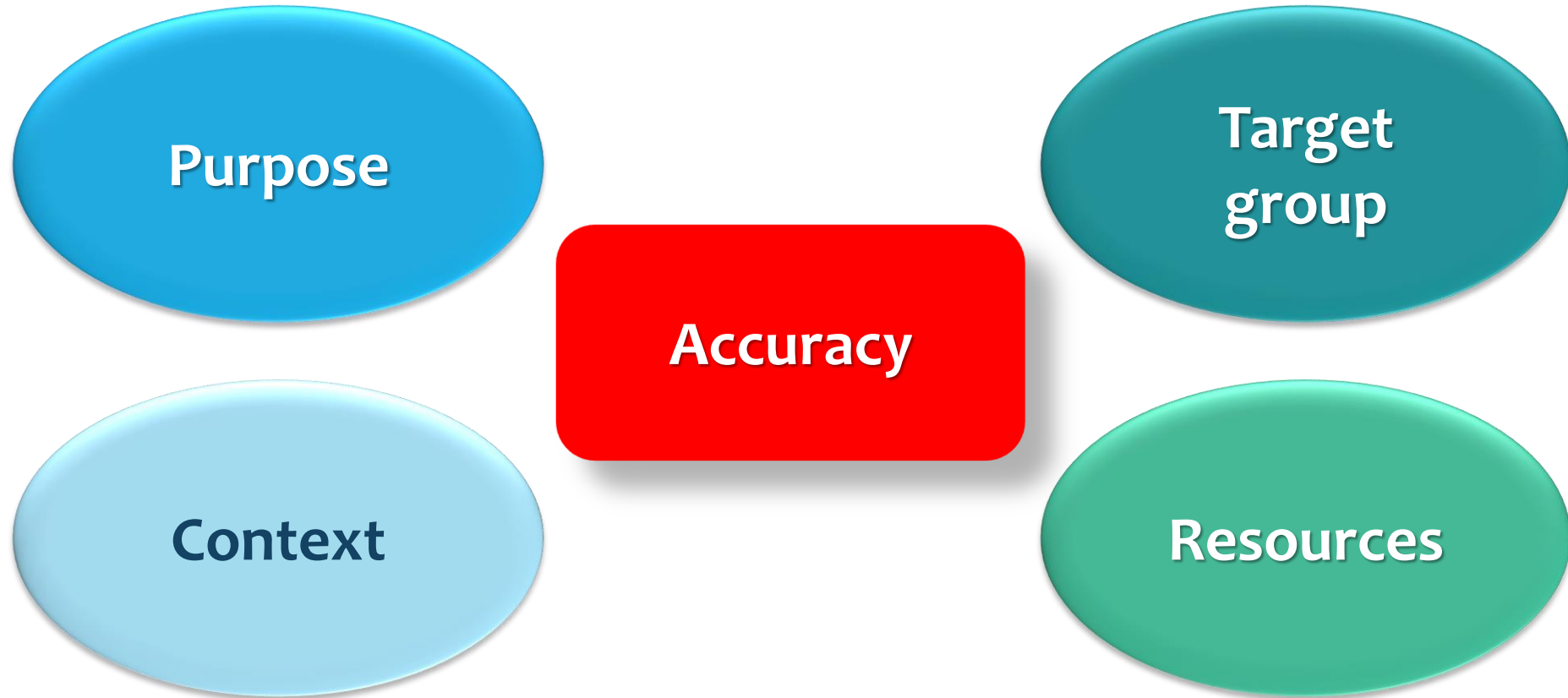
Health Literacy, Diversity, Access and other Considerations when Developing and Implementing Methods for Dietary Assessment

Carmen Pérez-Rodrigo MD, PhD

Faculty of Medicine, University of the Basque Country (UPV/EHU)

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Issues to consider...



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Cognitive abilities

Literacy skills Attention span Memory Retention int.
Concept of time Portion size Frequency of consumption

Food literacy

Food preparation Mixed dishes Ingredients Variety
Condiments

Surrogate reporting

Children Parents Caregivers Joint reporting

Social desirability

Health conscious

Dietary habits

Eating at home Family meals School
Eating out

Other considerations

Weight status of the child Body image concerns
Weight status of the parents Restrictive eating

Motivation

Misreporting

Under-reporting

Over-reporting

- **WHO?**
 - Age
 - Gender
 - Socioeconomic level
 - Area of residence
 - Education
 - Ethnicity
 - BMI
 - Depression
- **WHAT?**
 - Core foods – non core foods
- **WHY?**
 - Intentional
 - Unintentional

Methodological issues can avoid or minimize misreporting
Qualitative research needed

More accurate descriptions of foods
Minimize subject burden
Avoid low response rates

Reporting status related to ethnicity and weight status

(Forestal S. Mat Child Nut, 2011)

Diversity

Age
Gender
Socioeconomic level
Area of residence
Education
Ethnicity

Access

Culture

Food
literacy



HHS Public Access

Author manuscript

J Food Compost Anal. Author manuscript; available in PMC 2018 December 01.

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J Food Compost Anal. 2017 December ; 64(Pt 1): 112–118. doi:10.1016/j.jfca.2017.04.012.

Collecting wrappers, labels, and packages to enhance accuracy of food records among children 2–8 years in the Pacific region: Children's Healthy Living Program (CHL)¹

Kim M. Yonemori^a, Tui Ennis^b, Rachel Novotny^c, Marie K. Fialkowski^c, Reynolette Ettienne^c, Lynne R. Wilkens^a, Rachael T. Leon Guerrero^d, Andrea Bersamin^e, Patricia Coleman^f, Fenfang Li^c, and Carol J. Boushey^{*,a}

Country- food culture diverse and age-appropriate and tested or validated portion size measurement aids

Relevant food list - recipes
Food composition DB

Names of foods
Names of recipes - ingredients

Diversity

Age
Gender
Socioeconomic level
Education
Ethnicity

Access

Language

Culture

Food
literacy

Literacy

Participation rate

RESEARCH

Open Access

“Everyone can take photos.” Feasibility and relative validity of phone photography-based assessment of children’s diets – a mixed methods study

Åsa Norman¹, Karin Kjellenberg¹, Diana Torres Aréchiga¹, Marie Löf^{2,3} and Emma Patterson^{1,4*} 



Original

Rev Esp Nutr Comunitaria 2013;19(2):76-87

Proyecto PERSEO: Diseño y metodología del estudio de evaluación

Javier Aranceta Bartrina¹, Carmen Pérez Rodrigo¹, Jesús Campos Amado², Vicente Calderón Pascual², en nombre del grupo colaborativo PERSEO*

Plate waste: food served vs food consumed

Article

Plate Waste Generated by Spanish Households and Out-of-Home Consumption: Results from the ANIBES Study

Teresa Partearroyo ¹, M^a de Lourdes Samaniego-Vaesken ¹, Emma Ruiz ^{2,3,4},
Javier Aranceta-Bartrina ^{5,6,7}, Ángel Gil ^{7,8}, Marcela González-Gross ^{7,9}, Rosa M. Ortega ¹⁰,
Lluís Serra-Majem ^{7,11,12} and Gregorio Varela-Moreiras ^{1,4,*}

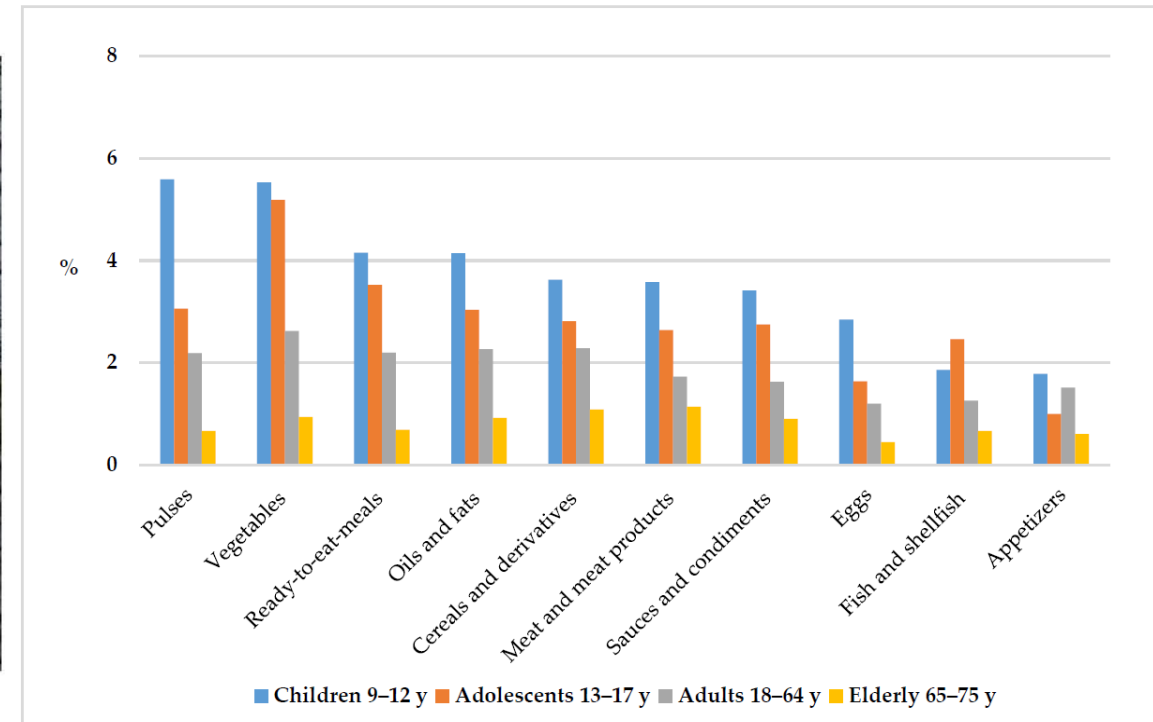
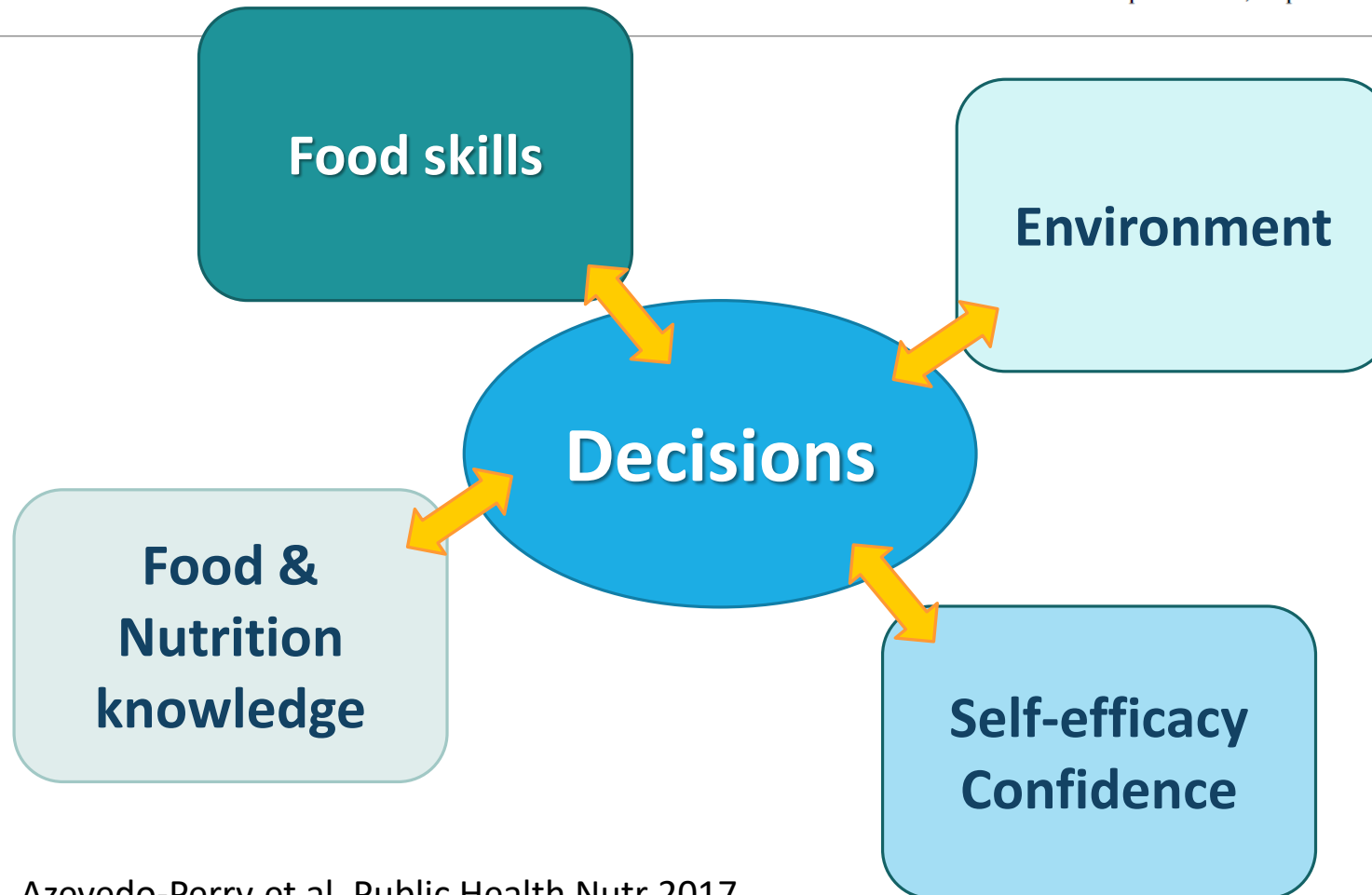


Figure 6. Food and beverage groups (%) contributing to plate waste across different age groups from the ANIBES study population.

Health & food literacy

Article

FOODLIT-PRO: Food Literacy Domains, Influential Factors and Determinants—A Qualitative Study

Raquel Rosas ^{1,*}, Filipa Pimenta ¹, Isabel Leal ¹ and Ralf Schwarzer ^{2,3}

Azevedo-Perry et al. Public Health Nutr 2017

Food preferences

- Screening usual consumption by asking likes/dislikes
- Reported food liking correlates with reported intake, biomarkers of intake and/or adiposity in children and adults.
- Less demanding



Nutrients **2019**, *11*, 1641; doi:10.3390/nu11071641

Article

Pediatric-Adapted Liking Survey (PALS): A Diet and Activity Screener in Pediatric Care

Kayla Vosburgh ¹, Sharon R. Smith ², Samantha Oldman ¹, Tania Huedo-Medina ¹ and Valerie B. Duffy ^{1,*} 

Conclusions

- Consider specific features of the group that influence reporting about dietary behaviors.
- Methodological issues can avoid or minimize misreporting.
- Sociodemographic characteristics are associated to misreporting.
- Studies conducted on diverse groups: food literacy and culture sensible. Adequate food lists, food recipes, food composition databases, age group validated food portion size aids.

Conclusions

- Consider language, literacy and accessibility barriers; explore adequate solutions to ensure participation of difficult-to-reach groups.
- Health and food literacy influence food behavior as well as talking about food and eating.
- Food preferences, likes and dislikes correlate with reported intake. In specific contexts, diet quality screeners and proxy indicators to dietary intake can be valuable options.