

YEAR 8 DIET ASSESSMENT

1 Background and Rationale

The Dietary Assessment Form developed by the Willet Group at the Harvard School of Medicine is a food-frequency questionnaire completed during the interview of the participant's clinic visit. This dietary information is then converted into nutrient information.

2 Materials

The format of the Diet Assessment Form developed by the Willet Group at the Harvard School of Medicine is designed to be self-administered. However, in the Cardiovascular Health Study, the form is interviewer-administered; therefore, specific materials are used and interviewers are trained in the use of these materials. The form is formatted in the following sections: Vitamins (two parts), General Foods which include Dairy Foods, Fruits, Sweets, Baked Goods, Miscellaneous and finally a series of questions to determine fat, sugar and salt intake as well as fried foods and any additional foods that a participant eats at least once per week.

The dietary information obtained from the Dietary Assessment Form is then converted into nutrient data using the Harvard.sffq.062795 nutrient database.