

WWEIA, NHANES Dietary Data: Data Preparation Steps for Dietary Analysis



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HOW TO USE DIETARY DATA

- Where do I find the data?
- What data do I want?
- How do I download the data?
- What do I need to know about the data?
- What other information do I need to analyze the data

WHERE DO YOU FIND THE DATA

Two websites are key to finding WWEIA,
NHANES data

The Food Surveys Research Group Website

www.ars.usda.gov/ba/bhnrc/fsrg

The NHANES Website

www.cdc.gov/nchs/nhanes.htm

BUILD YOUR ANALYSIS FILES

- Download the files needed
- Select the variables you want to keep
- Merge the files to create two master files,
 - for foods
 - for total nutrient intake

WHAT DATA DO I WANT?

Five Types of Data

- Demographic
- Dietary data
- Examination
- Laboratory
- Questionnaire

DOWNLOAD FILES

Demographics, Exam, Lab, Questionnaire

- Documentation
 - Codebook
 - Frequencies
- Data

Dietary data

- Documentation
- Codebook and Frequencies
- Data

DOCUMENTATION

- Html-format file
- Describes the survey component
- Identifies eligible sample
- Describes protocol, editing, quality control, and any special issues for that component

National Health and Nutrition Examination Survey

2009 - 2010 Data Documentation, Codebook, and Frequencies

Individual Foods -- First Day (DR1IFF_F)

Data File: DR1IFF_F.xpt

DR1DAY - Intake day of the week

variable name

DR1DAY

SAS label

SAS Label:

Intake day of the week

Question text

Intake day of the week

target group

Target Gender:

Both males and females

Target Age:

0 YEARS - 150 YEARS

Code or Value	Value Description	Count	Cumulative	Skip to Item
1	Sunday	26921	26921	
2	Monday	13705	40626	
3	Tuesday	12035	52661	
4	Wednesday	13004	65665	
5	Thursday	11783	77448	
6	Friday	35764	117828	
7	Saturday	33163	150991	
.	Missing	0	150991	

Response codes and their meaning

FREQUENCIES

- For each variable in the file, a listing of the frequency of responses

Code or Value	Value Description	Count	Cumulative	Skip to Item
1	Sunday	26921	26921	
2	Monday	13705	40626	
3	Tuesday	12035	52661	
4	Wednesday	13004	65665	
5	Thursday	16399	82064	
6	Friday	35764	117828	
7	Saturday	33163	150991	
.	Missing	0	150991	

- Useful in deciding whether a variable is a viable variable in your analysis

ESSENTIAL DATA FOR DIETARY ANALYSIS

Six Files:

Demographic File	[DEMO_F]
Total Nutrients File Day 1	[DRX1TOT_F]
Total Nutrients File Day 2	[DRX2TOT_F]
Individual Foods File Day 1	[DRX1IFF_F]
Individual Foods File Day 2	[DRX2IFF_F]
Food and Nutrient Database for Dietary Studies 5.0 (FNDDS 5.0) @ www.ars.usda.gov/ba/bhnrc/fsrg	

DEMOGRAPHIC FILE

- 1 record per sample person
- Demographic characteristics --
age, gender, education, race, ethnicity
- Interview language, proxy used
- Sample weights -- use WTMEC2YR

TOTAL NUTRIENTS FILE

- 1 record for each day of intake for each sample person
- Total daily amounts for 64 nutrients or food components
- Number of food records that day
- Day of week of intake
- Data on salt use
- Dietary recall status – Identifies participants with complete and reliable intakes

INDIVIDUAL FOODS FILE

- 1 record for each food reported
- Food and meal identifiers
 - Food code
 - How food eaten – in combination or not
 - Meal code
 - Time of eating
 - Where food eaten
- Quantity consumed
- Nutrients supplied by the food portion

FNDDS

- Essential for analysis of the 2009-2010 food data
 - to equate gram quantities to common portions
 - to determine which specific foods are represented by a food code

OTHER SELECTED DIETARY-RELATED DATA

- Body Measurements [BMX_F]
- Reproductive Health [RHO_F]
- Weight History 8-15yrs [WHQMEC_F]
- Weight History 16+ [WHQ_F]
- HDL Cholesterol [HDL_F]
- Total Cholesterol [TCHOL_F]
- Triglyceride, LDL, APO B [TRIGLY_F]
- Physical Activity [PAQ_F]

DIETARY-RELATED DATA

- Body Measures – height, weight, BMI
- Reproductive Health – lactation status
- Weight History – self-reported height and weight, and weight assessment

DIETARY-RELATED DATA

- Cardiovascular disease lab components
 - HDL Cholesterol
 - Total Cholesterol
 - Triglyceride, LDL, APO B -
- Physical Activity – activity levels, TV or computer use

SUPPLEMENTAL FILES

- Dietary Web tutorial
- Analytic Guidelines
- Survey Content Document
- General Documentation
- Variable List

4 MASTER FILES CREATED

- IFF1 and IFF2
 - Foods file with demographic data
- TOTNUT1 and TOTNUT2
 - Nutrients file with demographic data and selected dietary-related variables

FILES CONTENT

- SAS files, created with SAS v9.2
- Only records for Dietary Recall Status =1
- Breast-fed children excluded from both files

What's On The CD

What We Eat in America, NHANES Workshop CD



Food Surveys Research Group



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Research Center

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