

Dietary Interview

24-hour Dietary Recall Interview

Public Health Objectives:

Dietary factors are associated with 5 of the 10 leading causes of death in the U.S. population. NHANES is the cornerstone of the National Nutrition Monitoring and Related Research Program (NNMRRP). Policy makers and researchers require NHANES dietary data to assess the quality and adequacy of the U.S. diet in relation to health parameters, to evaluate the impact of program changes including welfare reform, legislation, food fortification policy, and child nutrition programs, and to identify target groups for public health education and awareness programs. Dietary practices and behaviors are used to evaluate the adoption of the *Dietary Guidelines for Americans* and *Five-a-Day Program* recommendations.

The objectives of the component are to estimate total intake of food energy (calories), nutrients, and non-nutrient food components from foods and beverages that were consumed during the 24-hour period (midnight to midnight) prior to the MEC examination. A short set of questions will be administered after the dietary recall interview to ascertain intake of plain, drinking water during the previous 24-hour time period, and frequency of fish and shellfish consumption during the past 30 days.

Staff:

Dietary interviewer

Protocol:

Methods:

- An in-person interview methodology will be used for all dietary interviews. The dietary interviewer will record the information reported by the respondent using a computer-assisted dietary interview software program that was developed for the survey. Instructions will be provided to the respondent orally in English and/or Spanish.
- Measurement aids and visuals including charts and drawings will be used by the respondent to quantify the foods and beverages that are reported.
- A short questionnaire will be administered after the dietary recall to obtain information on intake of plain drinking water and recent fish and shellfish consumption.
- The interviewers will perform data retrieval by telephone when the information provided by the respondent or a proxy is incomplete; the interviewers will obtain permission from the SP or proxy to conduct data retrieval.

Time Allotment:

- Depending on the number of foods reported in the dietary recall, the dietary interview length ranges from 15-30 minutes.
- A representative 10 percent (minimum) subsample will be asked to complete a second independent dietary recall interview either in-person or by telephone. If additional funds are available, second interviews will be obtained from 25 percent of the examined sample.

Health Measures:

Not applicable

Eligibility:

All survey participants are eligible for the dietary interview component. Translators may assist respondents when needed, and proxy reporting is permitted.

Exclusion Criteria:

The only circumstances that would lead to exclusion would be in instances when communication or cognitive difficulties make it impossible for the participant to provide the necessary information, and a proxy reporter is not available to complete the interview.

Justification for using vulnerable populations:

- Minors are included in this component because they are an important target population group. Dietary data are linked to other household interview and health component data and are used to track changes that occur in food and nutrient intakes over time.
- There is no reason to exclude mentally impaired or handicapped individuals because there is no contraindication.

Risks:

There is no risk associated with this component.

Report of Findings:

No findings are reported to respondents.