

Applicant

Dr. Anne Gilsing, McMaster University

E-mail Address

gilsing@mcmaster.ca

Project Title

Evaluating Dietary Assessment in the Canadian Longitudinal Study on Aging

Project Summary

An improved understanding of the role that nutrition plays in healthy aging will enable researchers to develop effective prevention strategies to improve health and quality of life. However, measuring what people eat in large studies such as the CLSA is a challenge. To reduce the burden on participants, the CLSA developed the Short Diet Questionnaire which takes only 10 to 15 minutes to complete, but is limited in detail. We collected additional information in a sub population of the CLSA to determine how well the Short Diet Questionnaire can measure usual dietary intake and to see if we can improve the accuracy of the SDQ using statistical techniques. We were also interested in determining the feasibility of using a more detailed computer based diet survey in the CLSA. This study will help us to improve our measurement of diet and increase our understanding of the relationship between the foods we eat and our health.

Keywords

Dietary intake, Food frequency questionnaire, Calibration, 24h dietary recall