



Multicultural Food Frequency Questionnaire

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D2d Coordinating Center

Tufts Medical Center



Goal

To train research coordinators on the application and management of a **Food Frequency Questionnaire (FFQ)**

FFQ: A dietary assessment tool to obtain a participant's usual dietary intake over a period of time

Multicultural FFQ

- Based on data collected from 24-hr recall from NHANES
- Adapted for ethnic groups
- Available in both *English* and *Spanish*

**MULTICULTURAL
FOOD FREQUENCY QUESTIONNAIRE**
Health Science Department, Northeastern University

English



STUDY NAME:
Please do not write outside the boxed area.

PARTICIPANT NAME:

Please use a number 2 pencil. Completely fill in bubbles, and erase completely if you make any changes. Do not fold, tear, or staple form.

TODAY'S DATE			OFFICE USE ONLY:		
Month	Day	Year	Protocol Number	Visit Number	Interviewer ID

**FORMULARIO DE FRECUENCIA DE ALIMENTOS
MULTICULTURAL**
Health Science Department, Northeastern University

Spanish



NOMBRE DEL ESTUDIO:
Por favor no escriba fuera de fuera del cuadro.

NOMBRE DEL PARTICIPANTE:

Por favor usar lápiz #2. Llène completamente las burbujas y borre completamente si hace cambios. No doblar, romper or engrapar.

FECHA DE HOY			USO DE OFICINA SOLAMENTE:		
Mes	Día	Año	Número de Protocolo	Número de Visita	Número de Identificación del Entrevistador

A Few Reminders:

Study Staff Reminders

- Refer to MOP section 10 – questionnaires
- Study staff completes the front cover
- Review the questionnaire upon completion
- Do not attach stickers, staple, tear or fold the form

Participant Reminders

- Use a No.2 pencil; no ink allowed
- Make sure erasures are complete
- Fill in answer bubbles completely
- Do not skip any questions
- Follow the *order* of the booklet



Front Cover

STUDY NAME:

Please do not write outside the boxed area.

D2D STUDY

PARTICIPANT NAME:

TUFTS MEDICAL CENTER

Please use a number 2 pencil. Completely fill in bubbles, and erase completely if you make any changes. Do not fold, tear, or staple form.

TODAY'S DATE							
Month		Day		Year			
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OFFICE USE ONLY:								
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Volunteer ID Number					
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Ethnicity
<input type="checkbox"/> Mexican- American
<input type="checkbox"/> Puerto Rican
<input type="checkbox"/> Cuban- American
<input type="checkbox"/> Dominican
<input type="checkbox"/> Other Hispanic
<input type="checkbox"/> Non-Hispanic White
<input type="checkbox"/> Non-Hispanic Black
<input type="checkbox"/> Asian
<input type="checkbox"/> Other including Multi-Ethnic

Age
<input type="checkbox"/> 14 - 18
<input type="checkbox"/> 19 - 30
<input checked="" type="radio"/> 31 - 50
<input type="checkbox"/> 51 - 70
<input type="checkbox"/> 71 - 80
<input type="checkbox"/> > 80

Sex
<input type="checkbox"/> Male
<input checked="" type="radio"/> Female

Version 3 2010



Completing the FFQ: Overview and Process

- The FFQ completion process should be standardized and adhered to as closely as possible
- Make the subject feel comfortable and relaxed
- Avoid leading questions and bias
- Introductory text
 - “As an important part of this study, we are asking you to complete a food frequency questionnaire. The questionnaire is designed to measure your dietary patterns over the last year. For the form to be valuable, it must be completed carefully and accurately. It will take you between 20 and 40 minutes to complete the form.”*
- MOP section 10 has tips for study staff

General Instructions

- The FFQ provides **step by step instructions** for each section of the questionnaire.

This section asks about your usual eating habits, over the past 12 month(s). Your answers should reflect your average intake (at home and away from home over that time period).

Study staff will print "12" prior to giving the FFQ to the participant

First: Mark how often, on the average, you ate the food item (fill in only one frequency per food item).

Second: Mark your usual portion size (if you ate more than one food in a line, pick the one eaten the most).

Important: If you don't eat an item, fill in "never" and skip the portion size related to that food item.

FRUIT

For seasonal fruits, answer with which frequency you eat them during the Summer. For all other fruits, with which frequency you consider you eat them year-round.

Three Types of Questions

1. Frequency of food intake
2. Portion sizes
3. Summary questions

1. Frequency Tables

- The average intake is selected to record how often each food or food group has been eaten over a period of time



FRUIT										
<i>For seasonal fruits, answer with which frequency you eat them during the Summer. For all other fruits, with which frequency you consider you eat them year-round.</i>	Never	Less than 1x per month	1x per month	2-3x per month	1x per week	2x per week	3-4x per week	5-6x per week	1x per day	2+x per day
Apples, applesauce, pears	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Bananas	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Oranges, tangerines	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Grapefruit (white or pink)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Peaches, nectarines, apricots, plums (fresh, canned, or frozen)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Grapes	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

1. Frequency Tables (cont'd)

- The frequency of consumption of all food line items must be filled.
- Only one frequency column should be filled in for each line item.
- If the subject does not eat a food, fill in “**never.**”
- If the subject eats **only one** food in the food line item, fill in the frequency for that one food.
- If the subject eats **more than one** food in the food line item, select the food with the **higher** frequency of consumption

2. Portion Sizes & Standard Servings

- A reference booklet will be provided to assist participants in serving size estimation
- Note that the 2nd column is always the “medium” serving

If you eat dried fruit, your portion is usually closest to ...			
<input type="radio"/> 1/8 cup	<input type="radio"/> 1/4 cup	<input type="radio"/> 3/8 cup	<input type="radio"/> 1/2 cup or more
If you eat cantaloupe or honeydew, your portion is usually closest to (1 wedge = 1/4 melon) ...			
<input type="radio"/> 1/2 wedge or 1/2 cup	<input type="radio"/> 1 wedge or 3/4 cup	<input type="radio"/> 1 1/2 wedges or 1 cup	<input type="radio"/> 2 or more wedges or 1 1/2 cups or more
If you eat watermelon, your portion is usually closest to (1 med. slice watermelon = 7 1/2" dia. x 1" thick) ...			
<input type="radio"/> 1 sm. slice or 1/2 wedge	<input type="radio"/> 1 med. slice/wedge	<input type="radio"/> 1 lg. slice/wedge	<input type="radio"/> more than 1 lg. slice/wedge
If you eat strawberries, cherries and/or other berries, your portion is usually closest to ...			
<input type="radio"/> 1/2 cup	<input type="radio"/> 1 cup	<input type="radio"/> 1 1/2 cups	<input type="radio"/> 2 cups or more
If you eat any other cut up or canned fruit, pineapple, cherries, or fruit cocktail, your portion is usually closest to ...			
<input type="radio"/> 1/2 cup	<input type="radio"/> 1 cup	<input type="radio"/> 1 1/2 cups	<input type="radio"/> 2 cups or more

3. Summary Questions

- At the end of most sections there is a “summary question”

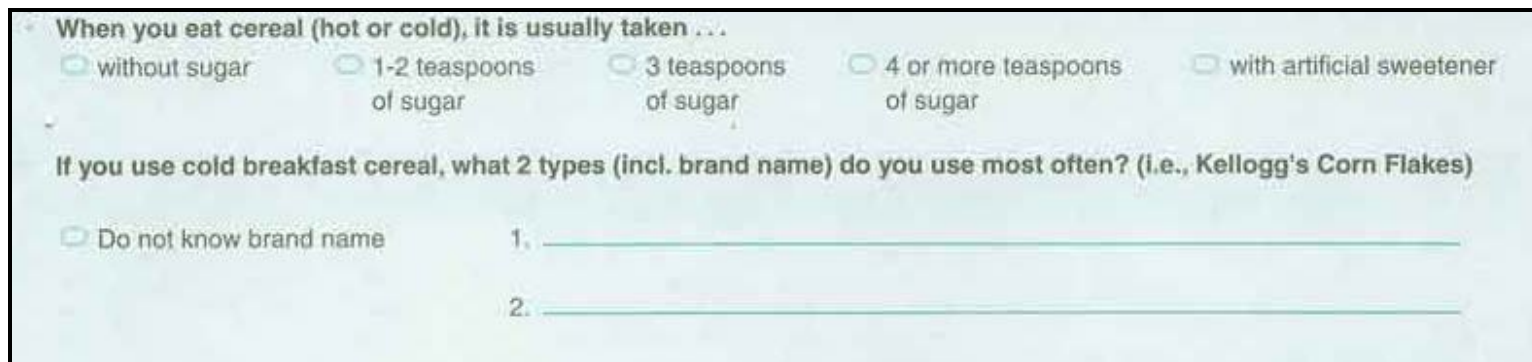
**** extremely important to complete ****

SUMMARY QUESTIONS										
	Never	Less than 1x per month	1x per month	2-3x per month	1x per week	2x per week	3-4x per week	5-6x per week	1x per day	2+x per day
How often do you usually eat hot or cold cereals of any kind?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Coordinator Review

Before the participant leaves, look over the FFQ to ensure the following:

- All questions are completed (few exceptions)
- Only *one* response is given (few exceptions)
- Open ended questions *cereal* question is answered with *brand* and *type*



When you eat cereal (hot or cold), it is usually taken ...

without sugar 1-2 teaspoons of sugar 3 teaspoons of sugar 4 or more teaspoons of sugar with artificial sweetener

If you use cold breakfast cereal, what 2 types (incl. brand name) do you use most often? (i.e., Kellogg's Corn Flakes)

Do not know brand name 1. _____

2. _____

FFQ Management

- Store completed FFQs in a secure place
- Twice a year completed FFQs will be shipped to the Coordinating Center

HOMEWORK

- In the next few weeks, complete the FFQ
- Familiarize yourself with the layout and questions
- Confused? Chances are others are too --- email me and we can include your questions in MOP section 10 for all study staff to reference

Questions?



Email: evickery@tuftsmedicalcenter.org