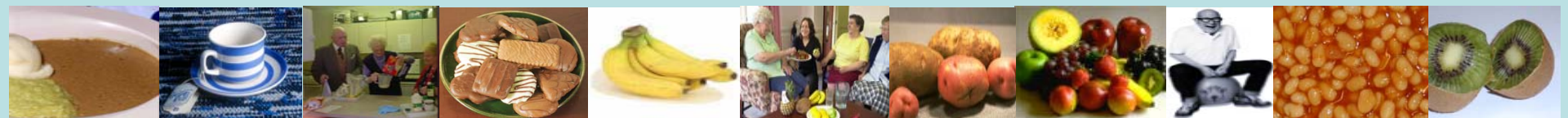




Nutrition in the Newcastle 85+ study

Overview of 24hr Multiple pass recall



Background



The dietary assessment method chosen for inclusion in the 85+ study is the Multiple pass 24hr recall.

This was chosen due to:

- Low respondent burden
- Quick and easy to administer
- Literacy not an issue
- Multiple pass minimises problems due to poor memory



Background



The subjects will be asked to recall their previous days intake on two separate occasions during the first year.



Background



The interview is conducted in 3 stages:

1. The subject quickly lists all the foods they remember consuming during the previous 24 hrs
2. The interviewer collects detailed information on each food consumed including portion size and checks for any missing items
3. The interviewer reviews the foods reported as consumed and double checks no items have been missed

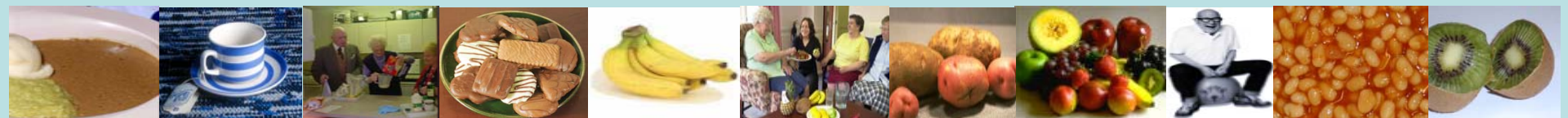


Portion size estimation



Portion size information is based on (in order of Preference):

1. The amount of pack consumed



Portion size estimation



For example:

If the person states they've eaten tinned soup we need to know:

- a. What was the pack size (in gram) of the tin
- b. How much of the tin did they consume



Portion size estimation

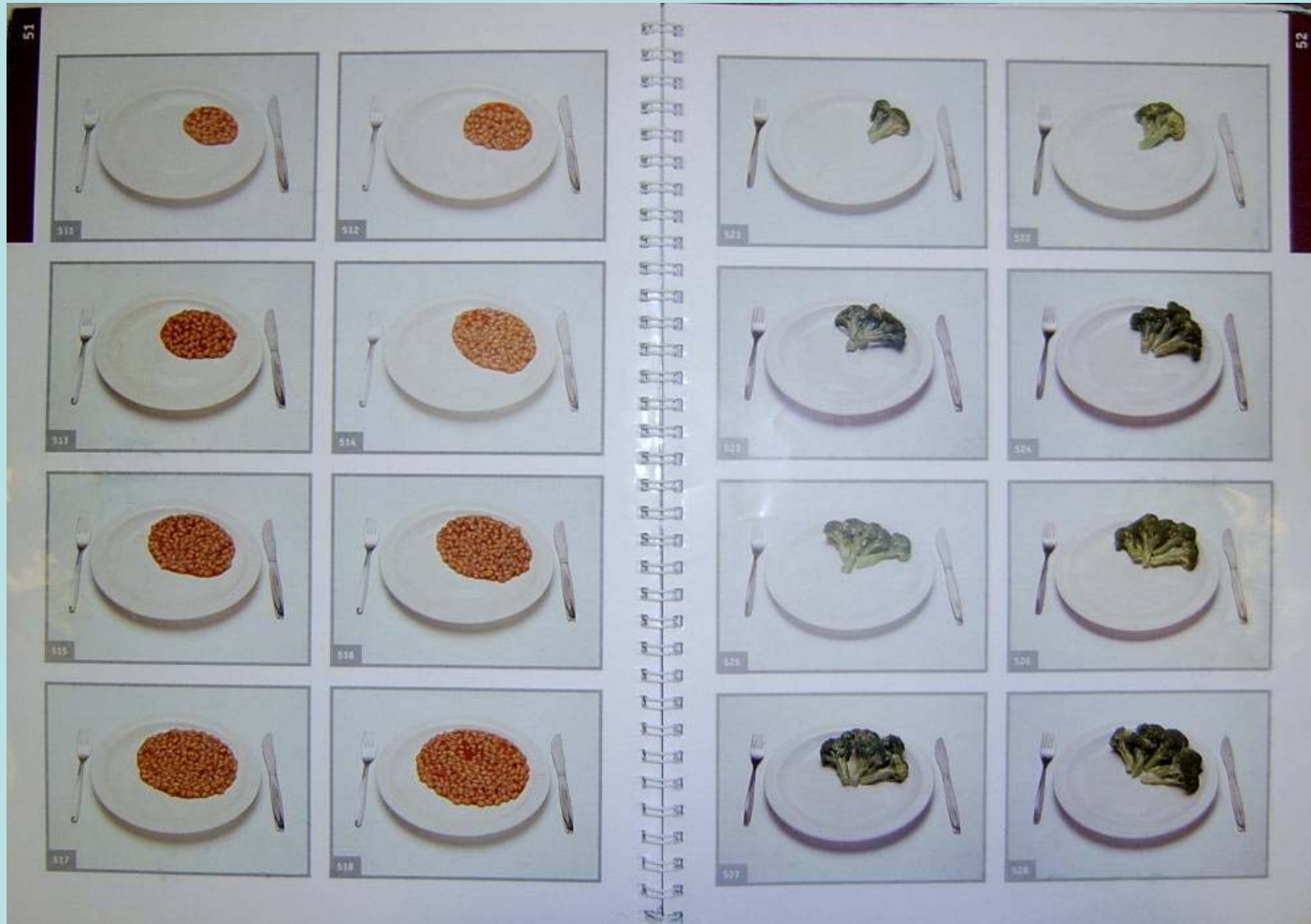


Portion size information is based on (in order of Preference):

1. The amount of pack consumed
2. Estimated using food photographs



Food photographs



Portion size estimation



Portion size information is based on (in order of Preference):

1. The amount of pack consumed
2. Estimated using food photographs
3. Estimated using household measures.



Portion size estimation



For example:

If the person states they've had sugar in their tea we'd like to know

a. How many spoon fulls of sugar they had and what size was the spoon

or

b. How many lumps of sugar did they have



Portion size estimation



If it is not possible to obtain an estimate of the portion size of a food consumed using any of the above methods leave the portion size column blank.

Average portion sizes will be used

This may be the case when working with subjects with visual impairment



Protocol for conducting the 24hr recall



Inform the participant that you are going to ask them to recall the previous 24hrs food and drink intake (midnight to midnight)

Tell them you need to know the details of everything they had to eat and drink including information on the amounts of consumed



Protocol for conducting the 24hr recall



Introduce the methods of portion size assessment

Explain that there are 3 ways in which they can do this:

i). In terms of the size of the package

ii). By looking at photographs:

SHOW BOOK OF PHOTOGRAPHS

and SHOW PHOTOGRAPH OF 10" PLATE

iii). Or in terms of household utensils: for example a glass of milk. or number of spoons



Protocol for conducting the 24hr recall



Introduce the subject to the format of the 24hr recall

First we'll make a quick list of the food and drinks you had all day yesterday

Next I'll ask you about the food and drinks in more detail including amounts

Finally I'll review the list and check that there is nothing we have missed



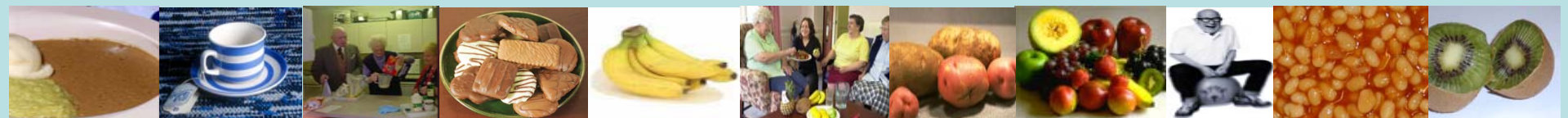
Protocol for conducting the 24hr recall



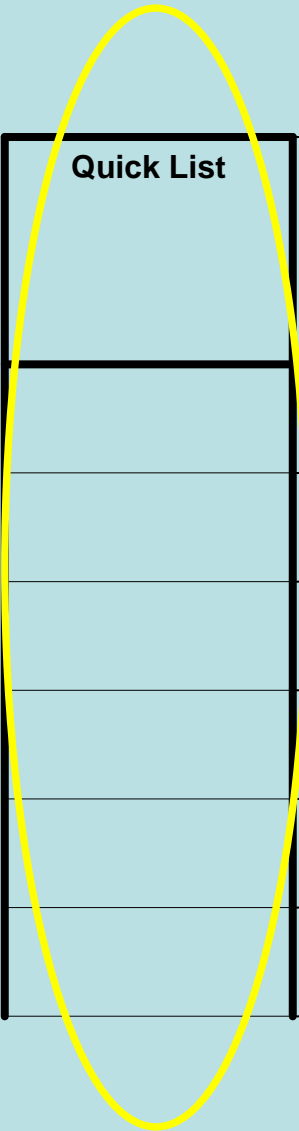
A: QUICK LIST

Ask the subject to start at midnight at the beginning of (*day*).

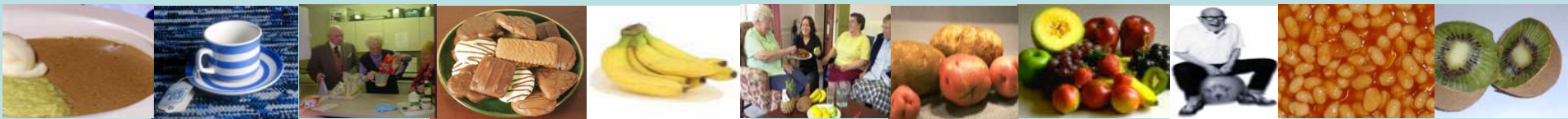
COMPLETE QUICK LIST WITHOUT INTERRUPTING



Recording form



| Quick List | Time (24 hour) | Description of food or drink (as much detail as possible) | Homemade/ retail (H, R, NA) | Cooking method <small>Oven = O Fried = F Grilled = G Boiled = B Steamed = S Not applic. =NA</small> | Brand | Amount served Preface with W: Weight P: Photo H: Household | Leftover Preface with W: Weight P: Photo H: Household | To be completed by nutritionist | |
|------------|----------------|---|-----------------------------|--|-------|--|---|---------------------------------|--------|
| | | | If H: Prompt for recipes | | | | | Food code | Weight |
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Protocol for conducting the 24hr recall



A: QUICK LIST

Ask the subject to start at midnight at the beginning of (*day*).

COMPLETE QUICK LIST WITHOUT INTERRUPTING
WHEN PARTICIPANT STOPS ASK
What else?

WHERE INTERVIEW IS BEING ADDRESSED TO CARER ON
BEHALF OF THE PARTICIPANT, IF APPROPRIATE, ASK
PARTICIPANT

Can you think of anything else that you had to eat or drink yesterday?



Protocol for conducting the 24hr recall



Prompt participant for any forgotten foods using the list below:

Coffee, tea, soft drinks or milk

Alcoholic drinks

Biscuits, cakes, sweets, chocolate bars and other confectionery

Crisps, peanuts and other snacks

Sauces, dressings, salt and sugar

Nutritional supplements – such as fortisip, ensure, fresubin, build up, complan

Anything else you have not already told me about



Protocol for conducting the 24hr recall



Complete the detailed record sheet

Confirm that first thing on quick list is the first thing they ate

Transfer the item to the main recording sheet and ask:

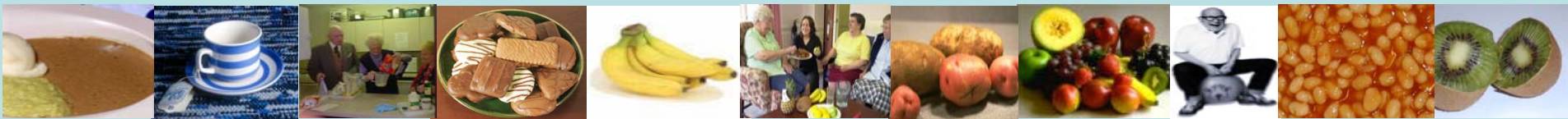
Time food was eaten



Recording form



| Quick List | Time (24 hour) | Description of food or drink (as much detail as possible) | Homemade/ retail (H, R, NA) | Cooking method | Brand | Amount served Preface with W: Weight P: Photo H: Household | Leftover Preface with W: Weight P: Photo H: Household | To be completed by nutritionist | |
|------------|----------------------|--|-----------------------------------|---|-------|--|--|---------------------------------------|--------|
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Protocol for conducting the 24hr recall



Complete the detailed record sheet

Confirm that first thing on quick list is the first thing they ate

Transfer the item to the main recording sheet and ask:

Time food was eaten

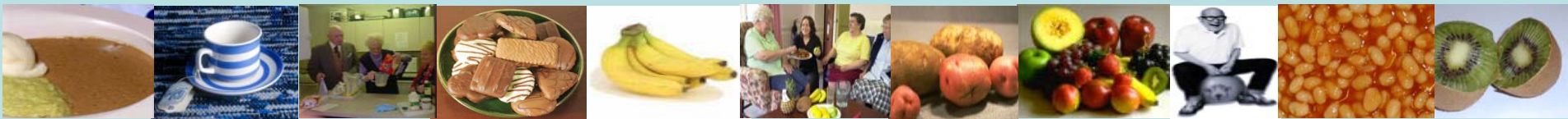
Detailed description of the food



Recording form



| Quick List | Time (24 hour) | Description of food or drink (as much detail as possible) | Homemade/ retail (H, R, NA) | Cooking method | Brand | Amount served Preface with W: Weight P: Photo H: Household | Leftover Preface with W: Weight P: Photo H: Household | To be completed by nutritionist | |
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Protocol for conducting the 24hr recall



Complete the detailed record sheet

Confirm that first thing on quick list is the first thing they ate

Transfer the item to the main recording sheet and ask:

Time food was eaten

Detailed description of the food

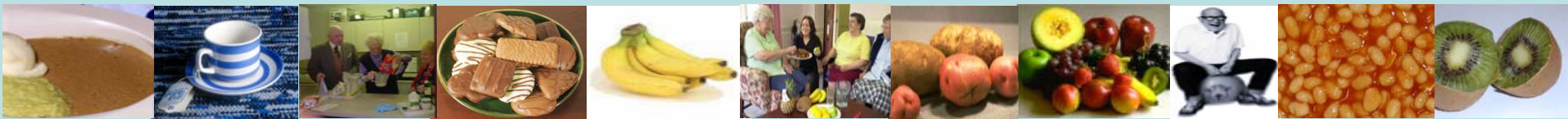
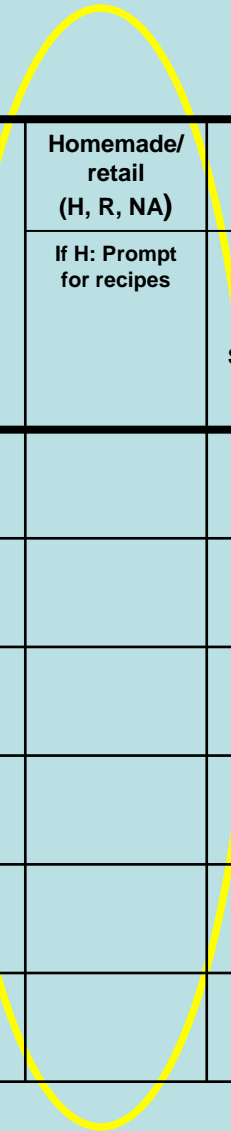
Homemade or retail



Recording form



| Quick List | Time (24 hour) | Description of food or drink (as much detail as possible) | Homemade/retail (H, R, NA) | Cooking method | Brand | Amount served Preface with W: Weight P: Photo H: Household | Leftover Preface with W: Weight P: Photo H: Household | To be completed by nutritionist | |
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Protocol for conducting the 24hr recall



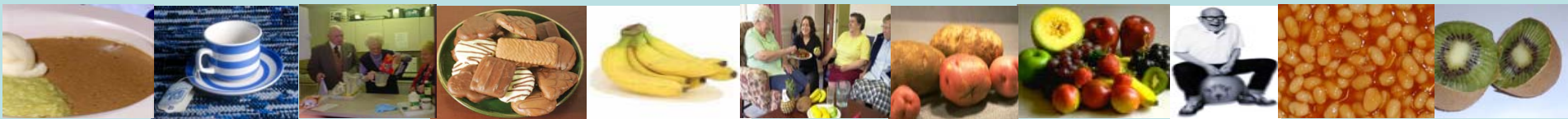
Prompt for cooking method (If appropriate)



Recording form



| Quick List | Time (24 hour) | Description of food or drink (as much detail as possible) | Homemade/ retail (H, R, NA) | Cooking method | Brand | Amount served Preface with W: Weight P: Photo H: Household | Leftover Preface with W: Weight P: Photo H: Household | To be completed by nutritionist | |
|------------|----------------|---|-----------------------------|--|-------|--|---|---------------------------------|--------|
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Protocol for conducting the 24hr recall



Prompt for cooking method (If appropriate)

Prompt for recipes (if appropriate)

Record recipe information on separate 'recipe sheet'

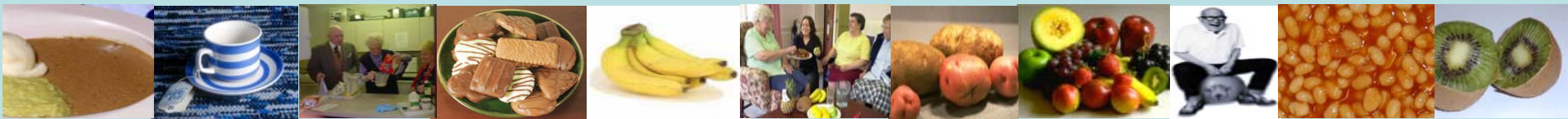
Brand name (if appropriate)



Recording form



| Quick List | Time (24 hour) | Description of food or drink (as much detail as possible) | Homemade/ retail (H, R, NA) | Cooking method | Brand | Amount served Preface with W: Weight P: Photo H: Household | Leftover Preface with W: Weight P: Photo H: Household | To be completed by nutritionist | |
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Protocol for conducting the 24hr recall



Prompt for cooking method (If appropriate)

Prompt for recipes (if appropriate)

Brand name (if appropriate)

Estimate of portion size using (in order of preference)

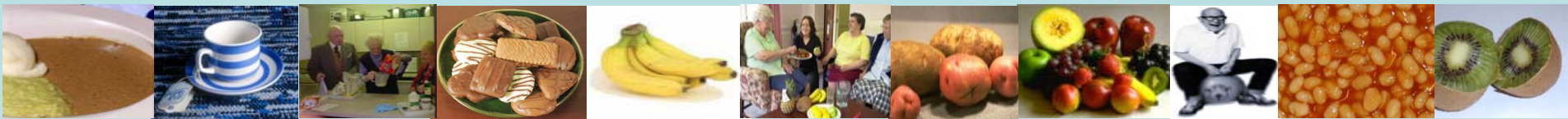
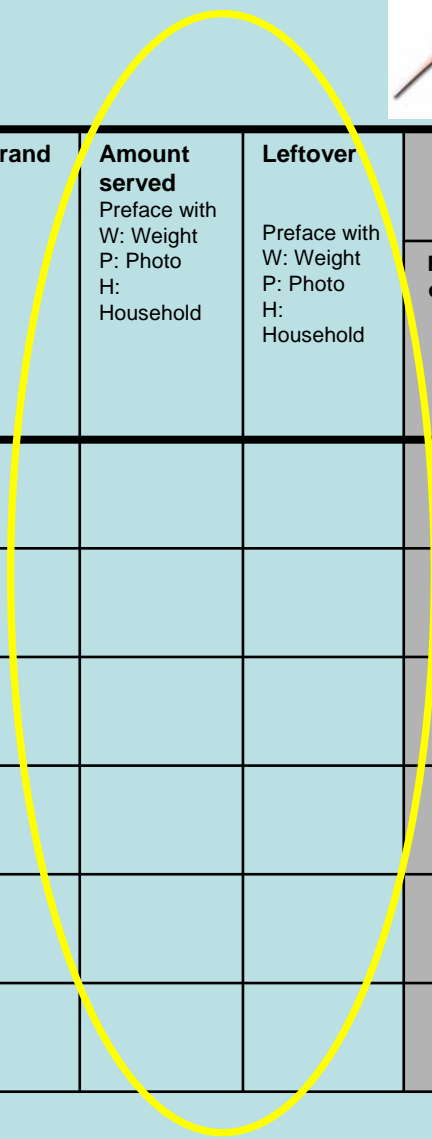
1. Pre-portioned portion size eg pack size
2. Food photographs
3. Household measures
4. No estimate made at interview



Recording form



| Quick List | Time (24 hour) | Description of food or drink (as much detail as possible) | Homemade/ retail (H, R, NA) | Cooking method | Brand | Amount served Preface with W: Weight P: Photo H: Household | Leftover Preface with W: Weight P: Photo H: Household | To be completed by nutritionist | |
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Protocol for conducting the 24hr recall



Check whether there were any leftovers

Check whether they had any 2nd helpings

Confirm that they had nothing between that food and the next item recorded on the quick list

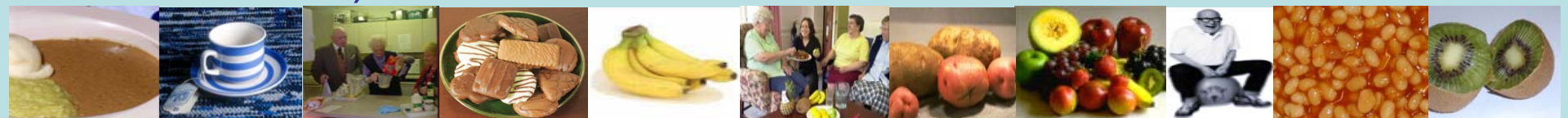
Check for missing brand names; where brand has not been recalled but the participant has the product in the cupboard ask if you can check the brand.



Protocol for conducting the 24hr recall

Review the foods recalled and check for any missing items using the following prompts:

1. Did you have anything to eat or drink between midnight yesterday and (*TIME/NAME OF FIRST OCCASION?*)
2. At (*TIME/NAME OF OCCASION*) you had (*FOODS/DRINKS*). Do you recall having anything else to eat or drink?
3. Did you have anything to eat or drink between (*TIME/THIS OCCASION*) and (*NEXT OCCASION*)?



Protocol for conducting the 24hr recall

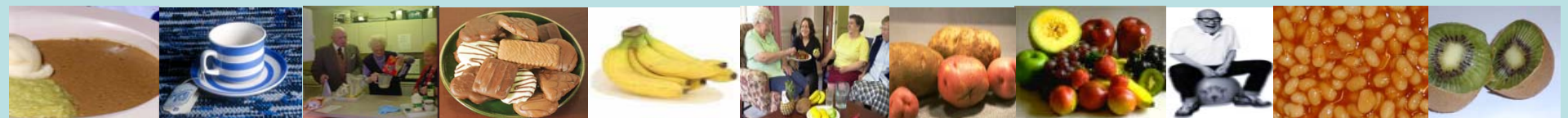


4. Did you have anything else to eat or drink between (*THIS OCCASION*) and midnight last night?
5. Did you have any plain drinking water yesterday, either from a tap or bottle that you have not already mentioned (including water taken with medicines)?

ENTER ANY ADDITIONAL ITEMS ON THE DETAILED RECORD SHEET



Now – Please take the time to read through the protocol



Recording form



| Quick List | Time (24 hour) | Description of food or drink (as much detail as possible) | Homemade/ retail (H, R, NA) | Cooking method | Brand | Amount served Preface with W: Weight P: Photo H: Household | Leftover Preface with W: Weight P: Photo H: Household | To be completed by nutritionist | |
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Protocol



THE NEWCASTLE 85+ STUDY DIETARY ASSESSMENT: 24 HOUR RECALL POSSIBLE WITH A PROXY

- THE FOLLOWING INSTRUCTIONS PROVIDE DETAILED PROMPTS FOR THE 24 HOUR RECALL OF FOOD AND DRINK CONSUMPTION.
 - PLEASE FOLLOW THE SEQUENCE CAREFULLY.
 - WHERE WORDS APPEAR IN *ITALICS*, SUPPLY THE APPROPRIATE WORD (E.G. IF *DAY* APPEARS, SAY THE NAME OF THE APPROPRIATE DAY OF THE WEEK).
 - WHERE THE INTERVIEW IS BEING CONDUCTED WITH A CARER ON THE PARTICIPANT'S BEHALF, INSERT THE NAME OF THE PARTICIPANT WHERE APPROPRIATE.
- NOTE START TIME

IF RESPONDENT IS PARTICIPANT

I am going to ask you about everything that you ate and drank yesterday. By this I mean, 24 hours from midnight to midnight. I would like to know exactly what was eaten and drunk and how much you had.

OR

IF RESPONDENT IS CARER

I am going to ask you about everything that (**NAME OF PARTICIPANT**) ate and drank yesterday. By this I mean, 24 hours from midnight to midnight. I would like to know exactly what was eaten and drunk and how much (**NAME OF PARTICIPANT**) had.



Introducing portion size estimation

When I ask you how much food and drink you had, I would like you to tell me in as much detail as possible. There are 3 ways in which you can do this:

i). In terms of the **size of the package**: for example half a tin of baked beans. In this case please also tell me the size of the tin for example a 420g tin.

ii). By looking at **photographs**: I have a book here with photographs of different amounts of foods.

SHOW BOOK AND OPEN AT PAGE 1: BOWL OF RICE

As you can see there are eight photographs. I will ask you to pick one photograph that looks like the amount you had to eat.

SHOW PHOTOGRAPH OF 10" PLATE

This is a life size photograph of the plate used in most of these photographs.

(SHOW OTHER PHOTOGRAPHS OF PLATES AS NECESSARY DURING RECALL)

ALLOW PARTICIPANT TO FLICK THROUGH BOOK IF THEY WANT

iii). Or in terms of **household utensils**: for example a glass of milk. In this case I would like you to tell me how big the glass was. Or number of spoons, in which case I would ask you for the size of spoon.

Package sizes are best, then photographs, then household utensils.

IF PARTICIPANT IS UNABLE TO MAKE AN ESTIMATE USING ANY OF THESE METHODS, DO NOT ENTER AN AMOUNT; AVERAGE PORTION SIZES WILL BE USED

If you ate any **homemade dishes** for example a stew, I would like you to tell me the ingredients, if you can. If you do not know the ingredients I may need to ask whoever prepared and cooked the dish (if possible)



24 hour recall itself

I would like you to tell me everything that you had to eat and drink yesterday. By yesterday I mean, from midnight to midnight. Include everything that you had to eat and drink at home and away from home, including snacks, tea, coffee, sweets, soft drinks and alcohol.

First we'll make a list of the food and drinks you had all day yesterday (**day**).

Next I'll ask you about the food and drinks in more detail including amounts

It may help you to remember what you ate by thinking about what you were doing yesterday; where you were and who you were with. Feel free to keep these activities in mind and say them aloud if it helps you.

COMPLETE DATE RECALLED AND DAY OF WEEK RECALLED



A: QUICK LIST

So... if you would like to start at midnight at the beginning of *(day)*.

**COMPLETE QUICK LIST WITHOUT INTERRUPTING
WHEN PARTICIPANT STOPS ASK**

What else?

**WHERE INTERVIEW IS BEING ADDRESSED TO CARER ON
BEHALF OF THE PARTICIPANT, IF APPROPRIATE, ASK
PARTICIPANT**

**Can you think of anything else that you had to eat or drink
yesterday?**



B: FORGOTTEN ITEMS

There are some foods that people often forget. In addition to what you have already told me about, did you have any of the following?

SHOW PROMPT CARD 1 AND READ OUT

Coffee, tea, soft drinks or milk

Alcoholic drinks

Biscuits, cakes, sweets, chocolate bars or other confectionery

Crisps, peanuts or other snacks

Sauces, dressings, salt and sugar

Nutritional supplements – such as fortisip, ensure, fresubin, build up or complan?

Anything else you have not already told me about?

IF YES, ENTER ITEM(S) ON THE QUICK LIST



C: DETAILED RECORD

Now I would like to go through the list you have just given me and ask you in detail about each item of food and drink. If while we are talking, you remember anything else that you had to eat or drink, please tell me.

- Was (*FIRST FOOD FROM QUICK LIST*) the first thing that you had to eat/drink yesterday?

IF YES: GO TO BOX, STEP 1 AND WORK THROUGH THE STEPS IN THE BOX

IF NO: What was the first thing you had to eat or drink yesterday?
RECORD ITEM NAMED DIRECTLY ONTO DETAILED RECORD SHEET THEN

GO TO BOX, STEP 2

- Was (*NEXT ITEM FROM QUICK LIST*) the next thing you had to eat/drink?

IDENTIFY WHETHER FOOD IS OBVIOUSLY PART OF SAME MEAL (E.G.MILK ON CEREAL) AND GO TO BOX.

CONTINUE UNTIL ALL FOODS ON QUICK LIST HAVE BEEN ENTERED ONTO DETAILED RECORD SHEET



1. **TRANSFER ITEM FROM QUICK LIST AND TICK BOX.**
2. **ASK: 'About what time was that' AND RECORD TIME.**
3. **ASK FOR DETAILED DESCRIPTION- GET AS MUCH INFORMATION AS POSSIBLE AND RECORD THIS.**
4. **ASK ABOUT COOKING METHOD (IF APPROPRIATE) AND RECORD THIS**
5. **ASK FOR BRAND NAME AND RECORD THIS (IF RECALLED AT FIRST REQUEST, OTHERWISE LEAVE UNTIL THE END).**
6. **ASK FOR AMOUNT (IDENTIFY WHETHER WEIGHT, PHOTO OR HOUSEHOLD MEASURE) AND RECORD THIS. N.B. RECORD THE AMOUNT SERVED NOT THE AMOUNT EATEN.**
7. **PROMPT FOR RECIPES; RECORD EACH INGREDIENT ON A SEPARATE LINE.**
8. ***BEFORE MOVING ONTO THE NEXT ITEM ON THE QUICK LIST:***
9. **ASK ABOUT LEFTOVERS AND RECORD IN LEFTOVERS COLUMN.**
10. **ASK ABOUT SECOND HELPINGS AND RECORD ON SEPARATE LINE.**
11. **CHECK FOR COMMONLY FORGOTTEN ITEMS USING PROMPT CARD 1.**
12. ***THEN GO TO NEXT ITEM ON LIST***



D: REVIEW

Let's see if I have everything. I would like you to try and remember anything else that you had to eat or drink yesterday that you have not already told me about. For example, anything that you had to eat or drink while preparing a meal or waiting to eat.

**USE THE FOLLOWING PROMPTS TO ELICIT ADDITIONAL FOODS/DRINKS
ENTER ANY ADDITIONAL ITEMS ON THE DETAILED RECORD SHEET**

1. Did you have anything to eat or drink between midnight yesterday and (*TIME/NAME OF FIRST OCCASION?*)
2. At (*TIME/NAME OF OCCASION*) you had (*FOODS/DRINKS*). Do you recall having anything else to eat or drink?
3. Did you have anything to eat or drink between (*TIME/THIS OCCASION*) and (*NEXT OCCASION*)?

REPEAT STEPS 2 AND 3 UNTIL LAST OCCASION / TIME

4. At (*TIME/NAME OF OCCASION*) you had (*FOODS/DRINKS*). Do you recall having anything else to eat or drink?
5. Did you have anything else to eat or drink between (*THIS OCCASION*) and midnight last night?

Did you have any plain drinking water yesterday, either from a tap or bottle that you have not already mentioned (including water taken with medicines)?

ENTER ANY ADDITIONAL ITEMS ON THE DETAILED RECORD SHEET



E: BRAND NAMES

WHERE BRAND HAS NOT BEEN RECALLED AT FIRST REQUEST BUT RESPONDENT HAS PRODUCT IN CUPBOARD, FRIDGE ETC, ASK IF YOU CAN CHECK PRODUCT AND ENTER BRAND NAME ON DETAILED RECORD SHEET.

