

WHI DIETARY ASSESSMENT STUDY (DAS) FACT SHEET

WHI Dietary Assessment Study (DAS)

The primary goal of this study is to assess the bias and precision of the Women's Health Initiative (WHI) Food Frequency Questionnaire (FFQ). We will compare nutrient measures from the FFQ with two independent methods of assessing dietary intake: repeat 24-Hour Recalls (24HRs) and Four-Day Food Records (4DFRs). The secondary aims are to: (1) evaluate the sensitivity and specificity of the FFQ as a screening instrument for entry into the Dietary Modification (DM) Trial and (2) estimate test-retest reliability of the FFQ by comparing nutrient measures from the screening FFQ with a repeat FFQ.

Overview of Protocol

A sample of 160 women that is as racially and geographically representative of the WHI population as is feasible will be recruited from the sixteen Vanguard Clinical Centers (VCCs). These women will complete the FFQ at Screening Visit 1 (SV1); a repeat FFQ and four unannounced 24HRs between SV1 and Screening Visit 2 (SV2); and a 4DFR for Screening Visit 3 (SV3). One half will have a baseline FFQ nutrient analysis greater than or equal to 32% energy from fat, and half will have less than 32% energy from fat.

Dietary Assessment Instruments

- **Food Frequency Questionnaire (FFQ):** The FFQ is processed at Screening Visit 1 (SV1) as per WHI protocol. WHI staff at the CCC mail participants a **repeat FFQ** with a postage-paid return envelope. Participants return this second FFQ directly to the CCC.
- **Twenty-Four Hour Recall (24HR):** NASR staff conduct four unannounced, telephone 24HRs for each participant within the designated timeline using a standardized script (which includes information on vitamin mineral supplements) and the Nutrition Data System (NDS) software package. WHI staff enter the vitamin mineral supplement data for these participants.
- **Four Day Food Records (4DFRs).** Participants are instructed on how to keep accurate food records, and the completed 4DFRs are reviewed for adequacy by VCC personnel as per WHI protocol. Clinic staff make two copies of the food record, give one copy to the participant and mail the original to the CCC. NASR staff code the 4DFRs, and call participants for additional detail if necessary (which includes clarification of vitamin/mineral supplements listed on page 4 of the 4DFR). WHI staff enter the Vitamin/Mineral Supplements recorded in the 4DFRs of participants.

Study Time Sequence - The Time Sequence of the WHI DAS is shown in *Figure 1*.

