

Annex F

Questionnaires

Annex F-1

Questionnaire on comparability of foods (Working group 2)

Introduction

At the first Efcosum meeting it was proposed to investigate the feasibility of the European Food Grouping system for making food consumption data more comparable between countries. Each participant was asked to assign straightforward to the EFG system all foods included in available food consumption surveys. At the second meeting in Athens, the first results of this action were presented and it was recognised that food classification relates to both working group 1 and 2. Therefore it was suggested to organise an extra meeting, where people who have a lot of expertise would be invited to discuss the issue of food classification in the Efcosum context. On 19/20 January in Utrecht this meeting took place and the following people were present: Anders Møller (chair), Ada Naska (Dafne), Jayne Ireland (Cost 99), Elin Løken (NORFOODS, Cost 99), Karin Hulshof (reporter working group 1), Marie-Agnes van Erp (reporter working group 2).

At this meeting it was concluded that it should be possible to use the EFG system to come to more comparability between countries regarding the food level of available food consumption surveys. The EFG allows the classification of dietary data, provided that these data refer to raw edible simple foods (ingredients).

The level of comparability at this moment is limited and additional actions are needed to come to a higher level of comparability. This questionnaire is meant to identify the level of comparability at this moment and to identify the actions needed to come to a higher level of comparability in the future. The results of this questionnaire will be included in the Executive summary of the Efcosum project and as such serve as a recommendation to the HIEMS when using available food consumption data. Furthermore this recommendation will also serve as a starting point to define actions necessary to come to comparable data in the future.

For your information please find attached the report of the meeting on food classification with the most important decisions/recommendations included.

What we ask from you is to complete this questionnaire before 20 March. If this is not possible, please let us know. Bear in mind that this questionnaire is meant for food consumption data collected at the individual level and that Efcosum aims for comparability of foods at the ‘raw edible’ ingredient level.

1. Which national food consumption surveys, collected at the individual level would you like to include in the HIEMS system?

Who is responsible/contact person for these data:

Name and address

.....
.....

Note that we send this questionnaire to you as our contact person for the Efcosum project. If you are not the right person to answer these questions, please forward this questionnaire to the right person.

2. Could you describe in general the level of reporting of the food items in this survey?

- as consumed
- at the ingredient level
- a combination of both
- other, namely.....

For Efcosum we will concentrate on the food groups that are regarded as the most important dietary indicators (as defined by working group 1):

- vegetables
- fruits, excluding fruit juices
- fish
- bread and cereals

Therefore for these food groups we would like to know more in detail the level of comparability at this moment and the actions to come to the ingredient level we identified for these specific groups. To ensure correct inclusion of the single foods we include detailed lists of these food groups according to the Eurocode and EFG food grouping system. With respect to the bread and cereals group ask you to concentrate on bread and rolls only, because 'cereals' are not properly defined yet and this issue will be put on the agenda of the coming meeting in Brussels.

3 Vegetables (use the Eurocode and EFG list to ensure the correct selection of foods).

3.1 Is it possible to make a distinction between the following subgroups?

Fresh (raw edible)

Processed: i.e. canned (weight, vegetable water excluded?),
frozen,
dried

3.2 Which level of reporting occur in the fresh vegetables group:

- raw, edible part
- as consumed (both raw and cooked)
- as part of mixed dishes, ready-to-eat meals
- other, namely.....

3.3 You need correction factors to come to the level of raw edible part.

Please specify what factors you need and indicate whether you have such a correction factor available. Could you also give documentation on the sources of these factors?

3.4 For mixed dishes, ready-to-eat meals you need recipe calculations. Do you have the possibility to define the vegetable (raw edible) part of these dishes? Please specify the necessary calculation procedures.

4 Fruits: excluding fruit juices. (use the Eurocode and EFG list to ensure the correct selection of foods)

4.1 Is it possible to make a distinction between the following subgroups?

Fresh (raw edible)

Processed: i.e. canned (weight of fruit juices included?),
frozen,
dried

4.2 Which level of reporting occur in the fresh fruit group

- raw edible part
- raw, not corrected for stone, peel
- as consumed (both raw and cooked)
- as part of mixed dishes

4.3 To come to the level of raw edible part in this food group you probably need corrections/conversion factors.

Please specify what factors you need and indicate whether you have these correction factors available. Could you also give documentation on the sources of these factors?

4.4 For mixed dishes, ready-to-eat meals you need recipe calculations. Do you have the possibility to define the fruit (raw edible) part of these dishes?

5 Fish and seafood. (use the Eurocode and EFG list to ensure the correct selection of foods)

5.1 Is it possible to make a distinction between the following subgroups?

Fresh (raw edible)

Processed: i.e. canned (net weight?)

frozen

fish products such as fish cakes, fish balls etc.

5.2 Which level of reporting occur in the fresh fish group

- raw edible part

- raw, not corrected for bones/skin

- as consumed (both raw and cooked)

- as part of mixed dishes

5.3 For option 2 and 3 you need correction factors to come to the level of raw edible part. Please specify what factors you need and indicate whether you have such a correction factor available. Could you also give documentation on the sources of these factors?

5.4 For mixed dishes, ready-to-eat meals you need recipe calculations. Do you have the possibility to define the fresh fish part of these dishes?

6 Breads and rolls. (use the Eurocode and EFG list to ensure the correct selection of foods)

Note that the ingredient level for bread is the staple food bread and not the flour used for making the bread.

- 6.1 Which level of reporting occur in this group
- bread, consumed as staple food
 - bread as flour

- 6.2 If bread is mainly reported as flour, do you have the possibility to calculate how much bread this will involve?

Annex F-2

EFCOSUM Project

(Working group 3)

Sample size estimation for dietary surveys

Questionnaire on methods

Q1. Do you think that the calculation of the sample size should be based on :

- A desired precision of parameters of interest (desired confidence intervals)..... 1
- The desired power of some tests (difference of means or proportions)..... 2
- The minimal number of people in some socio-demographic groups..... 3
- Other..... 4

Q2. Do you think that the precision desired in a parameter (for instance a mean nutrient intake) should be expressed in a relative value (for instance 5% or 10%) or in an absolute value (for instance +- 10 mg) ?

- Relative value..... 1
- Absolute value2
- Both.....3

Q3. If the sample size desired is not the same for each parameter, which sample size should be chosen ?

- The largest one 1
- The median one2
- The smallest one3
- Other.....4

.....
.....

Q4. Do you think that the sample size should be...

- The same for each country 1
- Proportional to the size of the country..... 2
- Proportional to the SD of the parameter of interest in each country 3
- A minimum size for each country with an additional part
proportional to the size of the country 4
- Other..... 5

.....
.....

Q5. Does the sample method that you use ordinarily require you to take into account a design effect in the calculation of confidence intervals or sample size ?

- Yes..... 1
- No..... 2
- I don't know..... 3
- Other..... 4

Q5bis. If Yes, which design effect ?
(multiple answer possible)

- Stratification..... 1
- Cluster sampling..... 2
- Other..... 3

Q6. Have you ever used a calibration method or the measurement error model to take into account the biases linked to under/over reporting and their impact on the desired sample size ?

- Yes..... 1
- No..... 2

Q7. In order to allow us to calculate sample sizes, please indicate in your more recent national food intake survey for adults :

Size of the sample : /__/_/_/_/_/_/_/ (Age range:)

Number of men : /__/_/_/_/_/_/_/ Number of women /__/_/_/_/_/_/_/

Indicate in the next table the raw values; if you want to indicate corrected values, you can fill the second table.

<i>Raw values.</i>	Mean		SD	
	Men	Women	Men	Women
Total energy (MJ/d)				
Calcium (mg/d)				
Total Fat (g/d)				
Fat (in % total energy)				
Fruit and Vegetable intake (in g/day)				

<i>Corrected values (if necessary).</i>	Mean		SD	
	Men	Women	Men	Women
Total energy (MJ/d)				
Calcium (mg/d)				
Total Fat (g/d)				
Fat (in % total energy)				
Fruit and Vegetable intake (in g/day)				

Annex F-3

EFCOSUM

**FIRST QUESTIONNAIRE ON ASPECTS WITH RESPECT TO THE
OPERATIONALISATION OF A EUROPEAN FOOD CONSUMPTION
SURVEILLANCE (Working group 4)**

..... (country)

..... (name)

Responsible investigator(s):

- 1. Which institute or organization is (could be) the principle investigator for a nation wide dietary survey?**

.....

- 2. Would you prefer to engage a market research company to carry out the whole or parts of such a survey?**

yes

no

comments:

.....

Sampling:

- 3. Is in your country a census available that can be used for representative sampling of adults on an individual basis?**

yes

no

comments:

.....

- 4. Is it feasible to use census for sampling and are there institutions or market research companies that can provide population samples on request?**

yes

no

comments:

.....

5. Is representative sampling of children and adolescents through schools feasible in your country?

yes

no

a. If yes, what types of school for what age categories?

.....

b. If no, what type of sampling of children and adolescents is possible in your country?

.....

Recruitment and handling of non-response:

6. The response rate might be influenced depending on the responsible investigator mentioned to the participant. Probably it is better to mention local institutes than the EU. What type of institute or organization is in your country likely to positively influence response rate for the first approach of the respondent?

.....

7. A signed consent (or oral agreement) is necessary for adults and is for children to be signed by a parent for a child. What is in your country in this respect the age limit?

.....

8. Is it in your country common practice to use incentives (like money, a present, a lottery) or other means (like providing the study results, offering a medical examination)?

yes

no

If yes,

a. What exactly is used?

.....

b. Do you have data on the effect or what is your subjective experience?

.....

9. What other methods are used in your country to handle non-response?

.....

10. How many times is it feasible to re-contact persons who are reluctant to participate or who cannot be reached at first time?

.....

Field work:

11. From what age do you consider it feasible to conduct a 24-h interview direct with a child?

.....

12. How is the interview carried out with smaller children?
Please specify according to age group and address the following aspects:

- interview site
 - usually at home
 - usually at school/daycare center
 - depends on study type
- with whom?
 - child and parent/school staff/daycare staff

.....

13. Is it feasible in your country to perform interviews on:

- **Saturday** yes
 no
- **Sunday** yes
 no
- **Holidays (school or other)** yes
 no

comments:

.....

14. What qualifications do you usually have for an interviewer?

- dietician (or student)
- home economics (or student)
- other (skilled interviewer in general)

comments:

.....

Structure of monitoring system:

15. What structure do you think best for this European food consumption surveillance?

- a repeated monitoring system, every year (*please specify time interval*)
- a rolling system

comments:

.....

Annex F-4

EFCOSUM

SECOND QUESTIONNAIRE ON ASPECTS WITH RESPECT TO THE OPERATIONALISATION OF A EUROPEAN FOOD CONSUMPTION SURVEY

Working group 4

February 2001

Introduction

This questionnaire aims to gather information about the anticipated possibilities and/or current or recent practices within the various European countries with respect to the operationalisation of a nationwide nutritional survey. Among other things, questions are included about the definition of the target population and about the sampling procedures. Because some concepts mentioned in this questionnaire might be unclear or subject to several interpretations, they are explained below:

Target population:

The target population comprises all the individuals to whom the survey data should apply. It is the set of individuals for whom one aims to infer conclusions on the basis of the observed results in a sample drawn from this set of individuals.

Sampling frame:

The sampling frame is the list of sampling units from which the sample can be selected. A sampling frame does not have to list all individuals in the target population, but every individual has to have some known chance of being included in the sample.

Single-stage versus multistage sampling designs:

In a single-stage sampling scheme, the sampling frame ideally represents the target population exactly. There are, however, reasons why actual sampling frames often deviate from the ideal. For example, there are always people dying or moving in and out of the target population, and therefore the sampling frame is never fully up-to-date.

In multistage sampling each sampling stage has a separate sampling frame. For example, the primary sampling frame may list the towns and villages of the population area, and the second-stage frame lists the people of the towns and villages. The units listed in the frame are generally called **sampling units**. Usually there is no difficulty in getting a complete primary-stage frame. However, the frames that list the people have similar problems as the sampling frames of a single-stage sampling.

Please complete the questionnaire on the next pages. When you do not have all the information needed to answer the questions about the situation in your country, please consult an expert in your country on the specific aspect.

Country:

Name:

Target population:

- 1) For the purpose of a nationwide nutritional survey, which **criterion on individual level** would be of highest importance **for defining the target population** within the geographical boundaries of your country?
- 1 nationality
 - 2 chief residence
 - 3 language
 - 4 religion
 - 5 living in the country for at least a specified period
 - 6 other, please specify:
 - 7 combinations of the above, please specify:
- 2) For the purpose of a nationwide nutritional survey in your country, would you prefer to **distinguish between different distinct target populations**, that should be sampled independently from each other?
- 1 yes
 - 2 no
- If yes, please specify:
- 3) For the purpose of a nationwide nutritional survey in your country, would you think of any **subgroups in the population**, who should not be considered as belonging to the target population?
- 1 yes
 - 2 no
- If yes, please specify:
- 4) For the purpose of a nationwide nutritional survey in your country, which **exclusion criteria** (other than with respect to age and with respect to exclusions specified under question 3) would you take into account?
- 1 institutionalised persons (please indicate per type of institution):
 - a hospitals
 - b nursing homes
 - c institutions for elderly
 - d prisons
 - e other institutions, please specify:
 - 2 specific diseases, please specify:
 - 3 specific handicaps, please specify:
 - 4 not speaking common language(s) of the country
 - 5 other, please specify:
 - 6 no exclusion criteria

Sampling frame :

5A) For the purpose of a nationwide nutritional survey in your country, which **type of sampling frame** would you preferably use for the purpose of sampling?

- 1 population register
- 2 census
- 3 electoral list
- 4 list of households
- 5 market research panel
- 6 other, please specify:

5B) Do you have **access to the sampling frames** mentioned under 5A?

- | | | |
|--------------------------------|--------------------------------|-------------------------------|
| a. population register | 1 <input type="checkbox"/> yes | 2 <input type="checkbox"/> no |
| b. census | 1 <input type="checkbox"/> yes | 2 <input type="checkbox"/> no |
| c. electoral list | 1 <input type="checkbox"/> yes | 2 <input type="checkbox"/> no |
| d. list of households | 1 <input type="checkbox"/> yes | 2 <input type="checkbox"/> no |
| e. market research panel | 1 <input type="checkbox"/> yes | 2 <input type="checkbox"/> no |
| f. other, specified under 5A,6 | 1 <input type="checkbox"/> yes | 2 <input type="checkbox"/> no |

5C) How does the **sampling frame relate to the target population** as defined under question 1? (Note: only answer for the sampling frames you have access to)

a. population register:

- 1 complete
- 2 incomplete ; please specify missing subgroup(s):
- 3 contains elements not belonging to target population ; please specify:

b. census :

- 1 complete
- 2 incomplete ; please specify missing subgroup(s):
- 3 contains elements not belonging to target population ; please specify:

c. electoral list:

- 1 complete
- 2 incomplete ; please specify missing subgroup(s):
- 3 contains elements not belonging to target population ; please specify:

d. list of households :

- 1 complete
- 2 incomplete ; please specify missing subgroup(s):
- 3 contains elements not belonging to target population ; please specify:

e. market research panel:

- 1 complete
- 2 incomplete ; please specify missing subgroup(s):
.....
- 3 contains elements not belonging to target population ; please specify:
.....

f. other sampling frames, specified under 5A,6:

- 1 complete
- 2 incomplete ; please specify missing subgroup(s):
.....
- 3 contains elements not belonging to target population ; please specify:
.....

6) For the type of sampling frame specified under 5A, which institution in your country has the **supervision** over the data?

.....
.....

7) For the type of sampling frame specified under 5A, could you briefly describe:

a. the **inclusion/exclusion criteria**?

.....
.....

b. the **frequency of update**?

- 1 continuously (at least weekly)
- 2 discontinuously; at which interval?

c. **other relevant comments** with respect to the sampling frame?

.....
.....

8) For the type of sampling frame specified under 5A, could you briefly summarise the routine procedures of **quality control**?

.....
.....
.....
.....

9) For the purpose of a nationwide nutritional survey in your country, would you prefer to do **single-stage or multistage cluster sampling**?

- 1 single-stage
- 2 multistage

In the case of multistage sampling, please indicate the consecutive steps in the sampling process and specify what would be the sampling units in these respective stages?

Step 1: Sampling units:
Step 2: Sampling units:
Step 3: Sampling units:

Ineligibility, recruitment and non response:

10) In the WHO MONICA study, individuals who died or moved out of the region under study in the period between the drawing of the sample and the actual screening, were called “**ineligible**”. Would you agree with this definition?

- 1 yes
- 2 no

If no, please give alternative definition:
.....
.....

11) For **subjects who died or moved out of the region** under study in the period between the drawing of the sample and the actual survey, would you prefer to:

- 1 substitute these with newly drawn subjects from the original sampling frame
- 2 label these subjects as “ineligible” and not replace them
- 3 other, please specify:

12) Apart from people who died or moved out of the region under study, field workers are often confronted with the fact that some subjects simply never seem to be “contactable” at their official residence. Evidently, this can have several reasons (e.g. a person living on a cargo boat with an official address where he stays only once every three months).

In the context of a nationwide nutritional survey in your country, how would you define “**subjects who can not be contacted**”?

- 1 if you have not been able to contact them after sending (*number of*) letters
- 2 if you have not been able to contact them after (*number of*) telephone calls
- 3 if you have not been able to contact them after (*number of*) home visits
- 4 other, please specify:
- 5 combinations of the above, please specify:

13)

For the calculation of the **participation rate**, which of the three following definitions would you prefer?

- 1 definition A : numerator: all participants
denominator: all subjects in the original sample
- 2 definition B : numerator: all participants
denominator: all subjects in the original sample minus
“ineligibles”
- 3 definition C : numerator: all participants

denominator: all subjects in the original sample minus
“ineligibles” minus subjects “not able to contact for other reasons”

14) For the purpose of a nationwide nutritional survey in your country, how do you in general **recruit** the eligible persons in the sample (e.g: by letter, telephone call, home visit, or combination of these). Please describe the first contact and following recruitment procedures to ask for participation.

.....
.....
.....

15) For the purpose of a nationwide nutritional survey in your country, are there any **legal and/or ethical regulations** with regard to:

a. **the number of times you can contact individuals:**

1 yes

2 no

If yes, please specify:

.....

b. **the way you contact individuals** (cf question 14):

1 yes

2 no

If yes, please specify:

.....

c. **the type of feedback to be given to participants:**

1 yes

2 no

If yes, please specify:

.....

d. **the type of information in the informed consent :**

1 yes

2 no

If yes, please specify:

.....

e. **other recruitment aspects:**

1 yes

2 no

If yes, please specify:

.....

16) In recent large population based epidemiological studies (in nutrition – household budget), do you have data on **participation rates in different age and sex strata**? Please, provide data on the most recent surveys.

.....
.....
.....

Field work :

17A) For the purpose of a nationwide nutritional survey in your country, is it feasible to do **24 hour recall interviews by telephone** ?

1 yes

2 no

17B) Do you have an approximation of the **percentage coverage for fixed telephones** among households in your country? %

Does it differ across **social classes**? Do you have data on it?

.....
.....

17C) Do you have an approximation of the **percentage coverage for mobile telephones** among individuals in your country? %

Does it differ across **social classes**? Do you have data on it?

.....
.....

Does it differ across **regions**? Do you have data on it?

.....
.....

17D) Do you have an approximation of **accessibility to telephone numbers** (are the numbers registered?, % of secret numbers etc.)? Please, specify separately for fixed phones and mobile phones.

fixed phones:

mobile phones:

18) For the purpose of a nationwide nutritional survey in your country, what type of **location** would be the most feasible in your country, for conducting a 24-hour recall by a personal interview (not by telephone)?

1 home visits at the participants home

2 visit of the participant to local research centres

3 travelling research centre (one or more research caravans travelling the whole country)

4 other, please specify:

It is suggested that for some of the relevant dietary indicators for Efcosum, **biomarkers** should be used. Both urine collection and blood sampling are considered.

19A) Would it be feasible in your country to include **24-hour urine collection** in a nationwide nutritional survey?

1 yes

2 no

If no, please specify:
.....

19B) Would it be feasible in your country to include **blood sampling** in a nationwide nutritional survey?

1 yes

2 no

If no, please specify:
.....

19C) Do you expect including 24-hour urine collection and/or blood sampling in a nationwide nutritional survey would **reduce participation rates** in your country?

a. 24-hour urine collection: 1 yes 2 no

b. blood sampling: 1 yes 2 no

If yes (reduction of participation rates), please specify:
.....

19D) What **approach** would you prefer for inclusion of 24-hour urine collection and blood sampling in a nationwide nutritional survey in your country?

1 Inform the subject on all aspects of the study (food consumption, urine collection and blood sampling). Agreement to participate includes all aspects together.

2 Inform the subject on all aspects of the study (food consumption, urine collection and blood sampling). But agreement to participate can be given to the different aspects separately.

3 Present 24-hour urine collection and blood sampling as a second phase of the study. Subjects are informed and asked for participation on a voluntary basis, after participation to the food consumption part.

4 Other, please specify:
.....
.....

19E) Are there any **regulations** in your country about who is allowed to take blood samples in a nationwide nutritional survey?

1 doctor/physician

2 qualified nurse, only under supervision of a physician

3 qualified nurse

4 trained field worker, only under supervision of a physician

5 trained field worker

6 other, please specify:

19F) What type of location would be the most feasible in your country to take blood samples in a nationwide nutritional survey?

- 1 home visit at the participants home
- 2 visit of the participant to local research centres
- 3 travelling research centre (one ore more research caravans travelling the whole country)
- 4 other, please specify:

20) By Working Group 1 of Efcosum, it is advised that quantification of portion sizes should be conducted by (among other things) using a picture book, including country specific dishes.

Do you have a picture book of food portion sizes available in your country?

- 1 yes, a picture book used in the EPIC study
- 2 yes, another national picture book of food portion sizes

**If so,
How many different foods are included?**

.....

How many different portion sizes per food are included?

.....

- 3 no

Comments:

.....
.....

21) In quantification of portion sizes also lists of standardised weights or measurements of natural units of foods (e.g. an average apple) or household units (e.g. a teaspoon of sugar) can be used.

Do you have a list or book with standardised weights and measurements of foods available in your country?

- 1 yes
- 2 no

If yes, can you give a reference or send it to us?

.....
.....

22A) Several countries have indicated that it is not feasible in their country to conduct interviews on Sundays and/or Saturdays.

Do you have data on **differences in food consumption** (food intake and/or energy and nutrient intake) **between the various week- and weekend days** in your country?

.....
.....
.....
.....

(Please, specify the differences and/or send us relevant publications)

22B) Do you have experience in your country on conducting **24-hour recalls with respect to the day before yesterday?**

.....
.....
.....
.....

(Please, describe your experience and/or send us relevant publications)

Other relevant remarks with respect to operationalisation:

.....
.....
.....
.....
.....
.....

Thank you for completing this questionnaire!

This report was produced by a contractor for Health & Consumer Protection Directorate General and represents the views of the contractor or author. These views have not been adopted or in any way approved by the Commission and do not necessarily represent the view of the Commission or the Directorate General for Health and Consumer Protection. The European Commission does not guarantee the accuracy of the data included in this study, nor does it accept responsibility for any use made thereof.