

Short Food Survey (also known as the CSIRO Healthy Diet Score) in ALSWH

David Fitzgerald, June 2021

Background

The ALSWH surveys have used DQES / FFQ items in previous surveys, however, Survey 9, 1946-51 cohort, included the Flinders Short Food Survey (aka CSIRO Healthy Diet Score). The Survey 9 questionnaire asked the questions at the end of the survey. They were introduced with this wording in the paper questionnaire.

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The next several questions ask about your usual intake of a range of foods and beverages. Over the next few pages, we'll ask questions about what you eat and drink and how often. Remember: There are no right or wrong answers so just respond as best as you can!

The Short Food Survey responses are not included in the main analysis survey 9 dataset. They are available as a separate dataset.

Short Food Survey data in survey 9, 1946-51 cohort

The Short Food Survey data includes all the questionnaire items plus derived dietary items. The questionnaire data were sent to Dr Gilly Hendrie, CSIRO, who derived the dietary scores.

While the full Survey 9 dataset had 7956 records the Short Food Survey data had only 7141 records. Some records were removed because they did not answer enough questions or the responses were extreme and / or not plausible.

The derived variables are:

Serves per day

Fruit(serves)
Vegetables(serves)
Grains(serves)
Meat(serves)
Dairy(serves)
Discretionary(serves)
Beverages(serves)

Dietary Component Scores (higher score=higher compliance with dietary guidelines)

Vegetable_Score_100
Fruit_Score_100
Grains_Score_100
Meat_Score_100
Dairy_Score_100
Discretionary_score_100
Fluid_score_100
Variety_score_100
Healthyfats_score_100
DietScore_100

Overall diet quality score out of a possible 100

DietScore_100

Meeting Dietary Guidelines (Yes/ No)

Veg_meetingDG

Fruit_meetingDG

BreadCereal_meetingDG

Meat_meetingDG

Dairy_meetingDG

Discretionary_meetingDG

Fluid_meetingDG

Healthyfats_meetingDG

Variety_meetingDG

A full list of the questionnaire items and their labels is available.

Short Food Survey Acknowledgement

Researchers using the Short Food Survey data must acknowledge the data as below.

Acknowledgement

Where the dietary questionnaire data has been used, the developers of the survey tool must be acknowledged with the statement “The authors thank Dr Gilly Hendrie from CSIRO Nutrition & Health and Professor Rebecca Golley from Flinders University for permission to use the Short Food Survey (also known as the CSIRO Healthy Diet Score).” Furthermore, all parties are to notify each other before presenting any Short Food Survey data at a conference, seminar or other forum, and, where appropriate, provide copies of the presentation, papers etc. to Dr Gilly Hendrie (gilly.hendrie@csiro.au).