

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

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### Background

The ALSWH surveys have used DQES / FFQ items in previous surveys, however from Survey 9, 1946-51 and 1973-78 cohorts, they included the Flinders Short Food Survey (aka CSIRO Healthy Diet Score). The Survey 9 questionnaires asked the questions at the end of the survey. They were introduced with this wording in the paper questionnaires.

*Questions [X] to [Y] are copyright to the Commonwealth Scientific and Industrial Research Organisation (CSIRO) and are used with permission.*

*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 datasets. They are available as a separate dataset.

### Short Food Survey data in surveys 9

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 1946-51 cohort dataset had 7956 records, the Short Food Survey data has only 7141 records. The full Survey 9 1973-78 cohort dataset had 6245 records, but the Short Food Survey data has only 6003 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](mailto:gilly.hendrie@csiro.au)).