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Feasibility and acceptability of dietary intake assessment via 24-hour recall and food frequency questionnaire among women with low socioeconomic status

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Abstract

Background: Comprehensive evaluation of [dietary interventions](#) depends on effective and efficient measurement to quantify behavior change. To date, little is known regarding which self-reported measure of dietary intake is most feasible and acceptable for use in evaluation of the effectiveness of diet intervention studies among [underserved populations](#).

Objective: This research focused on evaluating feasibility and acceptability of two self-report measures of diet.

Design: Cross-sectional.

Participants/setting: Two interviewer-administered 24-hour recalls and a 110-item food frequency questionnaire (FFQ) were administered to both English- and Spanish-speaking participants (n=36) by native English- and Spanish-speaking research assistants. On completion of both dietary assessments, participants were interviewed regarding their preference of measure.

Main outcome measures: *Feasibility* for completion of the dietary assessment measures was determined for contacts and retention. *Acceptability* of the measures was determined through responses to open- and closed-ended questions.

Results: During the 5-month trial, 36 participants were enrolled; 29 completed both intake measures, and 26 completed both measures and the interview. Participants were mainly Hispanic/Latina (72%), with a mean age of 37.0 (± 7.6) years. Feasibility targets were met for contacts (1.9, 1.6, 1.8 contact attempts to complete each diet assessment measure with a target of ≤ 2) and for retention with 89% and 91% completing two 24-hour recalls and the FFQ, respectively. Participants indicated both diet assessment methods were generally acceptable; both positive and negative comments were received for use of the FFQ.

Conclusion: Dietary assessment with the use of 24-hour recalls or an FFQ can be feasible and acceptable among women with low [socioeconomic status](#), although care should be taken to address cultural appropriateness in the selection of the measurement method.

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KEYWORDS: Acceptability; Dietary intake assessment; Feasibility; Low socioeconomic status; Public housing