



## THE SCHOOL AS SETTING FOR CLASSROOM QUESTIONNAIRES AND INDIVIDUAL INTERVIEWS AMONG SWEDISH ADOLESCENTS

Dietary methods tailored to adolescents  
"Ungdomsstudien"  
The Göteborg Adolescence Study

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## The Göteborg Adolescence Study

- Iron nutrition in relation to removal of general iron fortification of white flour Jan 1, 1995

### Requirements

- High participation
- High representativity
- Nutrient calculation and meals
- What method?
- Both 7-d records and diet history were discussed



## The Göteborg Adolescence Study

- School setting
- Classroom questionnaire, structured into meals schooldays, additional questions about weekends
- Individual interviews
- Utilised information from school canteens about menus, dishes and ingredients
- High participation, overall 88%



## The Göteborg Adolescence Study

- Compare food habits in 2 cohorts of 15-16-year-olds: 9th graders in Gothenburg academic years 1994/95, and 2000/01 (N= 1245 in 1994/95 and N=1080 in 2000/01)
- Validation of energy intake with energy expenditure, Doubly labelled water
- Relative validation with 7-day record in a subsample of girls

1. Evaluate iron intake as well as iron bioavailability
2. Energy intake in relation energy requirement
3. Meal pattern



## Energy intake from Diet history interviews validated with energyexpenditure with DLW

- Energy intake: 11.0 MJ
- Energy expenditure: 11.4 MJ
- Ranking correlation coefficient: 0.59
- 20/35 students reported adequate energy intakes based on EI/TEE
- 9 students under-reporters (7 girls)
- 6 over-reporters (5 boys)
- Under-rep. girls' diet ↓ fat intake, ↑ carbohydrate and ↑ vitamin C intakes

Sjöberg A, Slinde F, Arvidsson D, Ellegård L, Gramatkovski E, Hallberg L, Hulthén L.  
Energy intake in Swedish adolescents: validation of diet history with doubly labelled water.  
*Eur J Clin Nutr*. 2003; 57(12): 1643-1652.



## Summary Diet history in The Göteborg Adolescence Study

- All dietary methods have limitations, also this, but...
- The diet history method enabled high participation
- The school setting was important for high participation and information about school meals facilitated data collection
- The individual interview was most important
- Possible disadvantages and potential for improvement:
- Requires much resources
- The interviewers could enter data during the interview



## References

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