

Participation rate among children and adolescents in Norwegian dietary assessment studies – our experiences

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Background

UNGKOST-93

Landsdekkende kostholdsundersøkelser blant 7. klassinger og elever på 2. trinn i

96%

SOSIAL- OG HELSEDIREKTORATET, AVDELING FOR ERNÆRING

80%

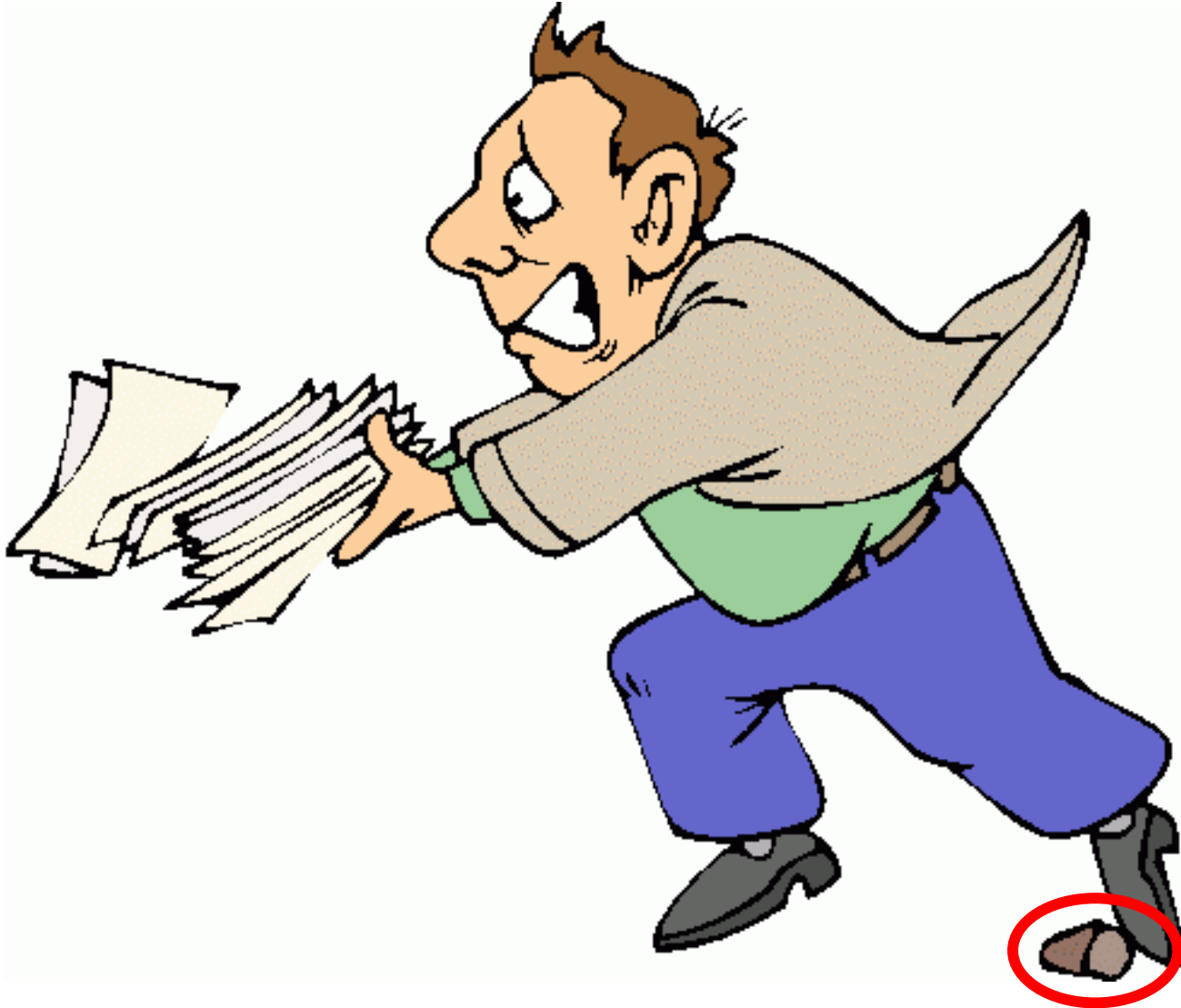
UNGKOST-2000

Kostholdsundersøkelse blant elever i 4.-og 8. klasse i Norge

2013: Pilot- and evaluation studies prior to UNGKOST-3

14-66%

Are we losing it?



Recent examples (from 2013)

Study1 (Pilot)

- 9- and 13 year olds
- Web-based. Two different recruitment designs.

Study2 (Calibration)

- 9 year olds
- Web-based V. paper

Study3 (Validation)

- 9- and 13 year olds
- Accelerometer, blood sample, observation

Study1 (Pilot)

- Aims
 - Try out a new web-based food record
 - Testing two different recruitment designs
- Subjects
 - 9- and 13 year olds
 - Total 361 invited
- Recruitment method
 - Letter versus visit
 - Gift card, value 200 NOK
 - Consent form: both paper form or electronically



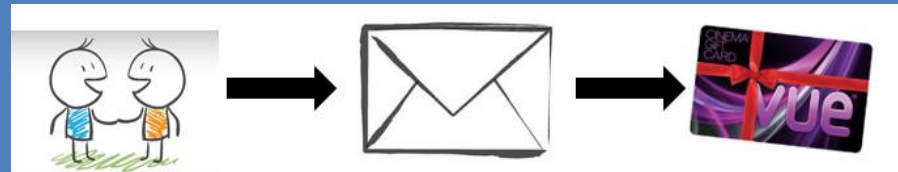
Study1 (Pilot) - Results

Table 1. Participation among "invited by letter-schools" versus "visited-schools" in Pilot study 2013

Schools	Participation rate, % (n)
Invited by letter-schools	
Primary school 1	11 (3)
Primary school 2	12 (6)
Middle school 1	20 (9)
Middle school 2	13 (6)
In total "invited by letter-schools"	14 (24)
Visited-Schools	
Primary school 1	50 (10)
Primary school 2	29 (20)
Middle school 1	11* (5)
Middle school 2	49 (27)
In total "visited-schools"	33 (62)
In total, all schools	24 (86)

Study1 (Pilot) - Learning points

- Meet potential participants during recruitment



- Teachers play an important role

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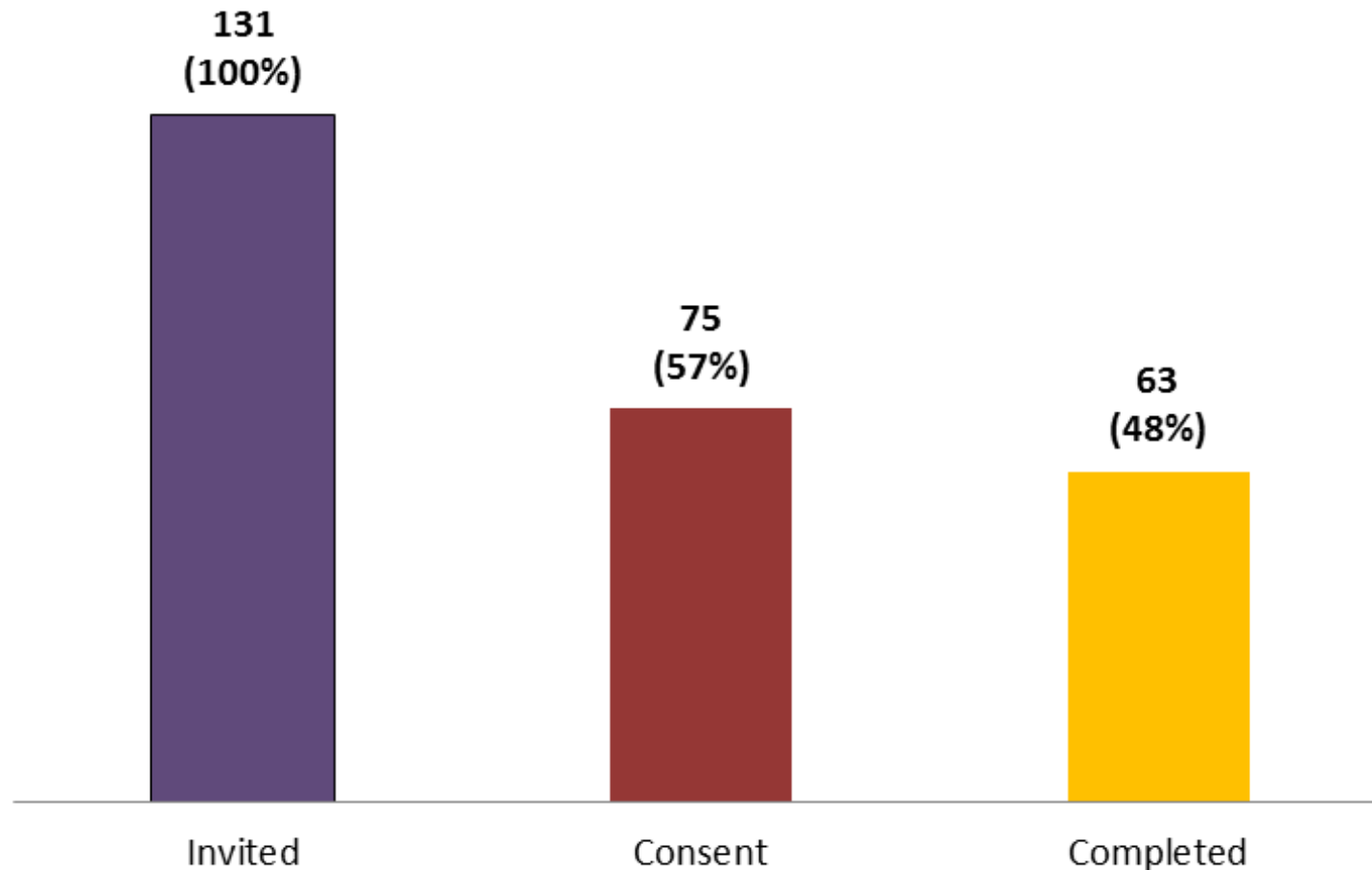
Study2 (Calibration)

- Aim
 - Testing web-based food record versus paper based
- Subjects
 - 9-year olds
 - Total 131 invited
- Recruitment method
 - Invitation
 - Visited schools
 -  Second chance to participate (24-h time limit)
 - Gift card 300 NOK
 - Consent form: both paper form or electronically



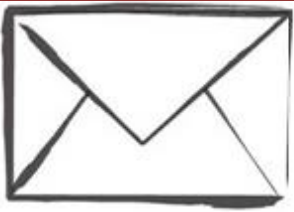
Study2 (Calibration) - results

Participants in a Calibration study 2013



Study2 (Calibration) - Learning points

- Meet potential participants during recruitment
- Reminders and a second chance
- Effect of gift card (300 NOK)?



Recent examples (from 2013)

Study1 (Pilot)

- 9- and 13 year olds
- Web-based. Two different recruitment designs.



Study2 (Calibration)

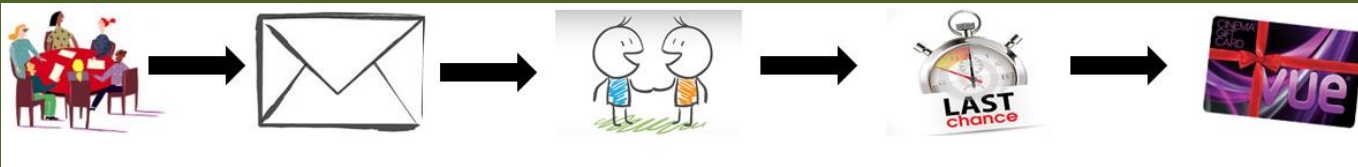
- 9 year olds
- Web-based V. paper

Study3 (Validation)

- 9- and 13 year olds
- Accelerometer, blood sample, observation

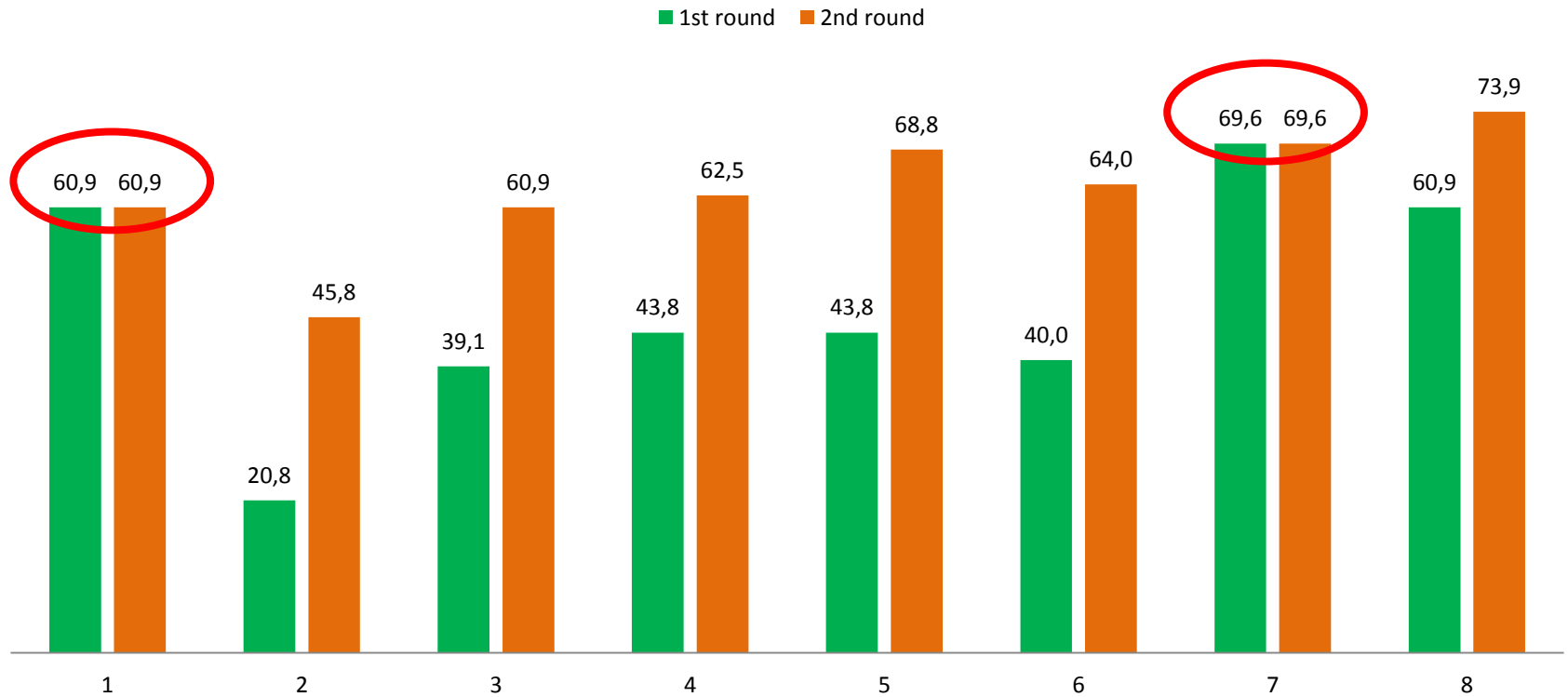
Study3 (Validation)

- Design
 - Validation study of web-based FR
 - 9- and 13 year olds (414) invited through schools
 - Accelerometer, blood sample, weight, height, observation
- Recruitment method
 -  – Parent meetings
 -  – Involved school nurses and teachers
 - Invitation
 - Visited schools
 - Second chance to participate (24-h time limit)
 - Gift card, 2 cinema tickets, value <200NOK
 - Consent form: both paper form or electronically



Study3 (Validation) - results

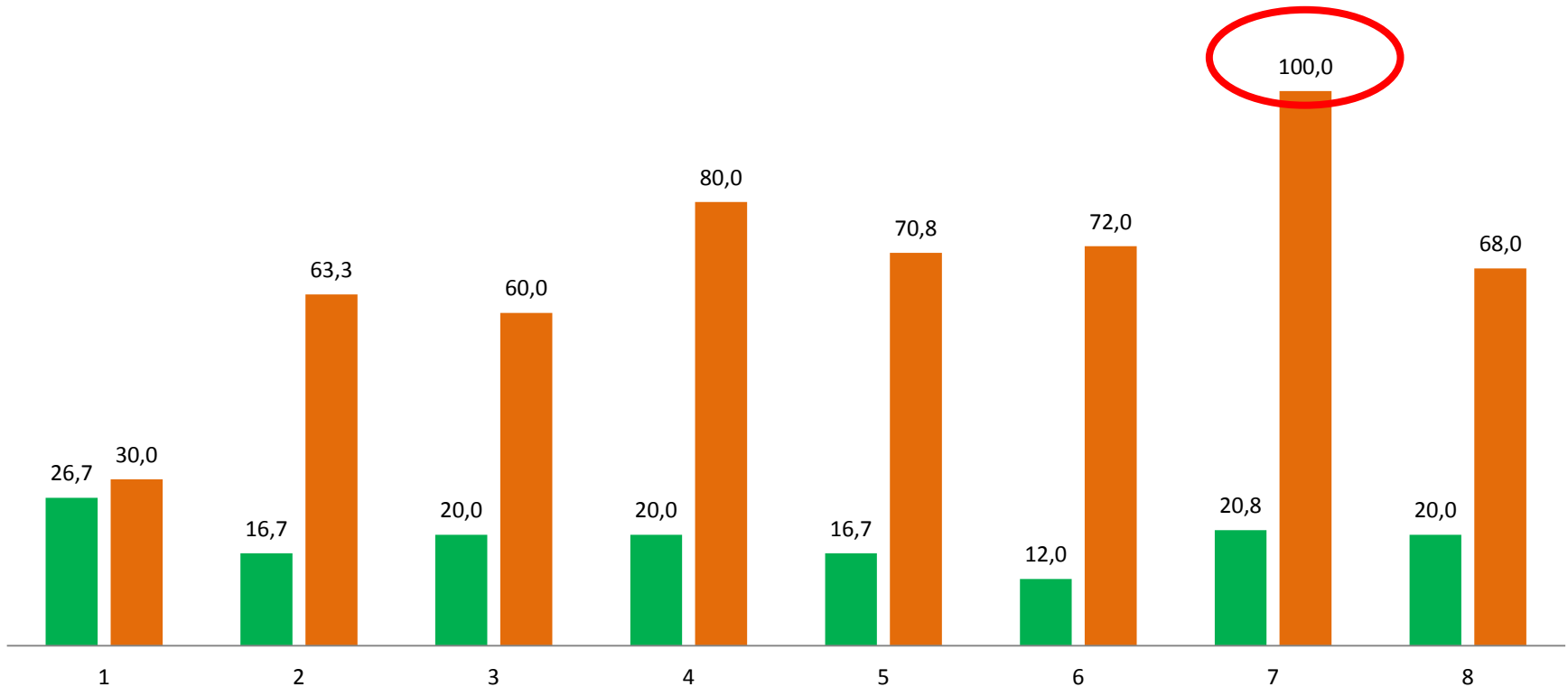
Proportion of 9-year old participants,
after 1st and 2nd recruitment round in a validation study 2013, presented for each school class (1-9) in
the order we recruited them in the study



Study3 (Validation) - results

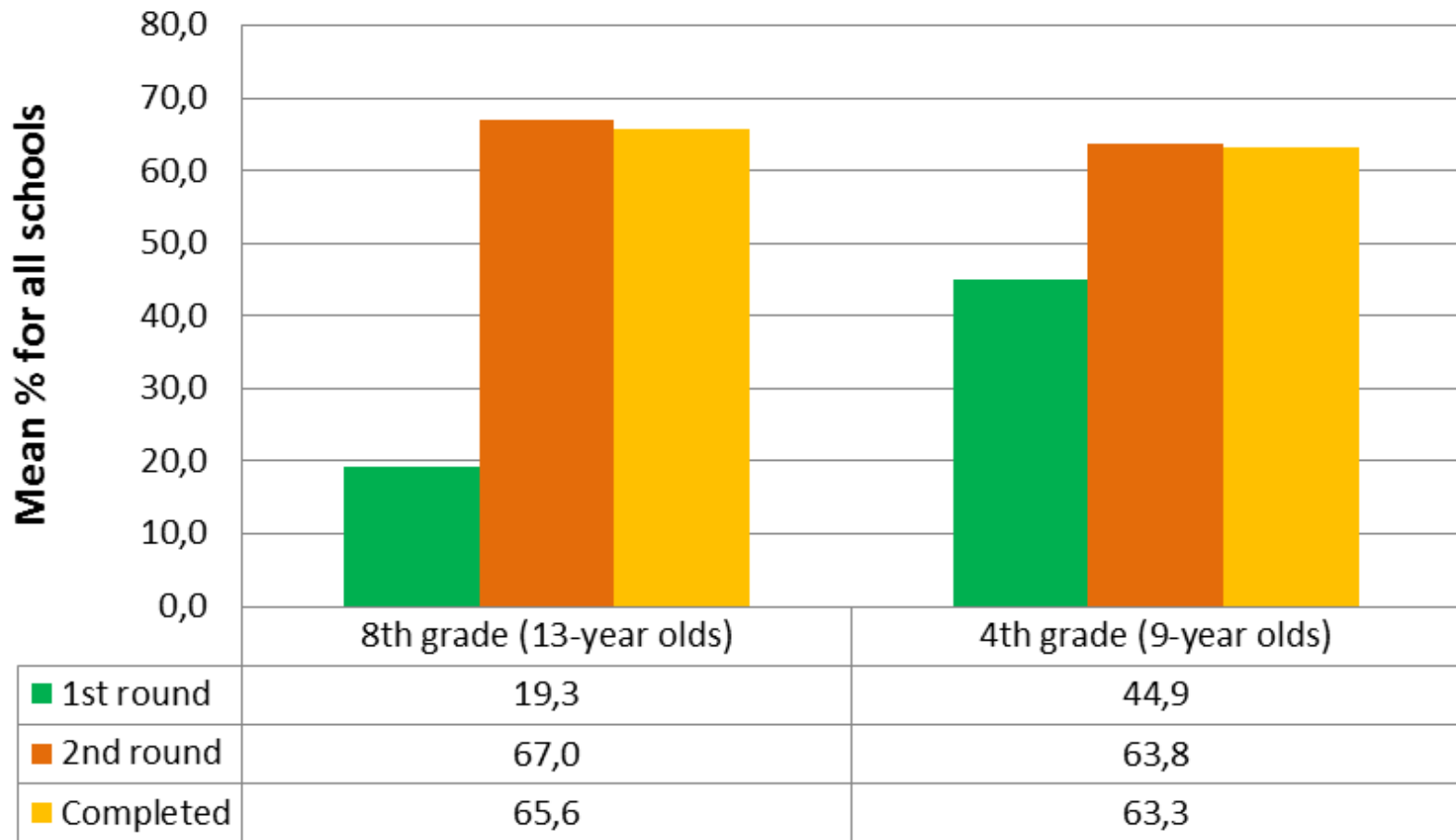
Proportion of 13-year old participants,
after 1st and 2nd recruitment round in a validation study 2013, presented for each school class (1-8) in
the order we recruited them in the study

■ 1st round ■ 2nd round



Study3 (Validation) - results

Participation rate in a validation study 2013



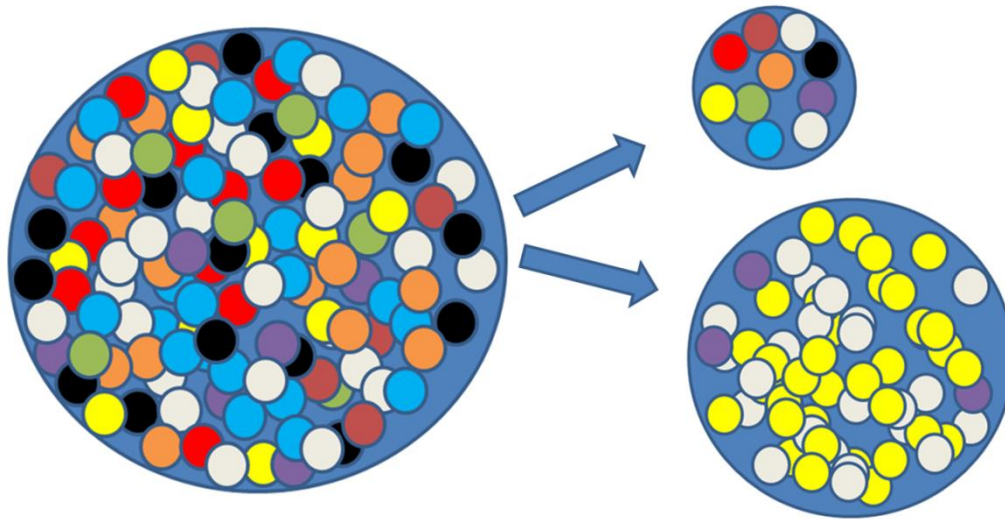
TAKE HOME MESSAGES

What do we think is most important?

- Recruiting through schools. Face-to-face
- Teachers and school staff
- Reminders and 2nd chances to participate
- Peer pressure (13-year olds)
- Parent meetings?
- Giving participants a gift card/compensation?

Future perspectives

- Recruitment is getting harder
- Less is more?



Thank you for you attention!

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