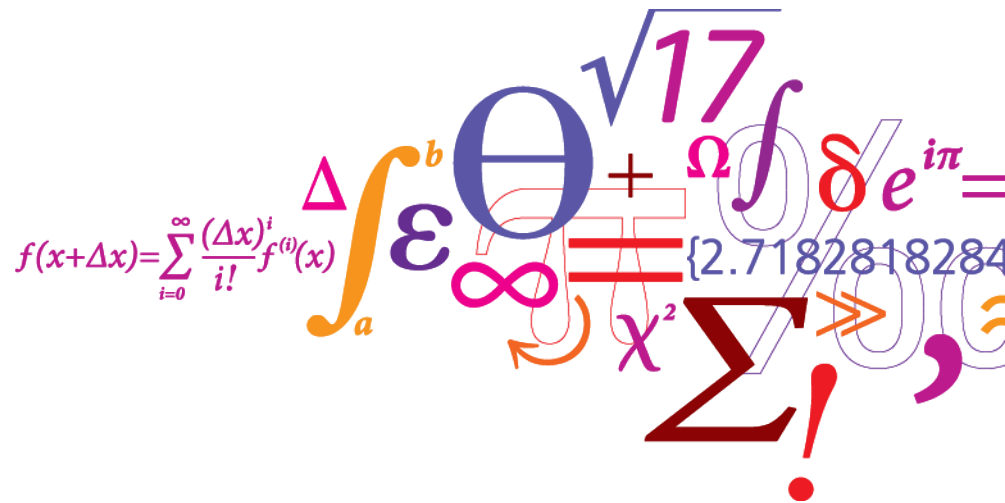# How to Assess the Diet Among Students at Danish Schools for Vocational Education?

Implications for the design of the study

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Spisvel

Aiming to increase the availability of healthier and more sustainable alternative to traditional fast food 'on the move'.

Divided into two work packages

Spisvel - Innovation

- Development of tasteful, healthier, and sustainable alternatives to current fast food

- The meals must meet the keyhole labelled criteria

- Collaboration with McDonald's, 7-eleven, gas stations among others

Fotos: Spisvel Folder

Spisvel – Impact Measurements in McDonald's

- Over 2000 participants completed a questionnaire survey

- Before, after, follow-up on introduction of keyhole labelled products

- Background data, position and preferences on fast food and intake, waste and price
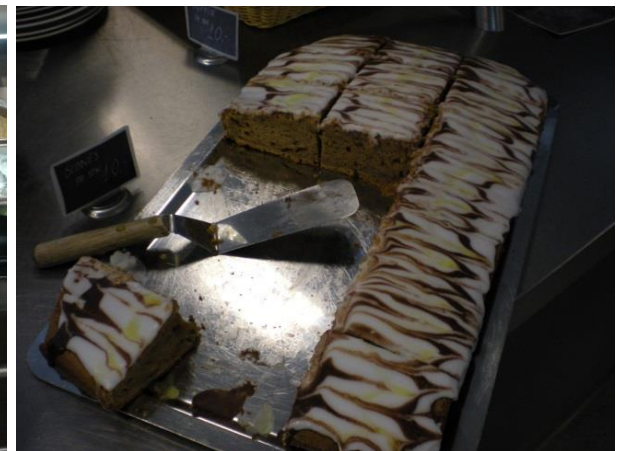
Spisvel – Impact Measurements in Vocational College

- Social disparities exist in quality of food according to fx. education level[1,2]

- It is difficult to approach the young short educated men[1]

- School with canteen that was going to be keyhole certified and a control

- Aim: Food behaviour and keyhole label effect

1. Groth et al. 2014
2. Groth et al. 2001

Method

- Recipes
- Recruitment
- Emails (welcome and information)
- Lunch with registration
- Participant registration of food in WebDash (each evening)
- Possible reminder
- Online questionnaire survey
- Possible follow-up call
- Data extraction and connection

Generation of Data

Lunch (Photo + weight)	Registration by student	Madloggen couples weight	Program couples recipe and nutrition	Data

Recruitment of Participants

- Flyer
- Poster
- Physical registration
- Contact persons on the schools
- Registration by phone or email
- Incitement, but no focus on health
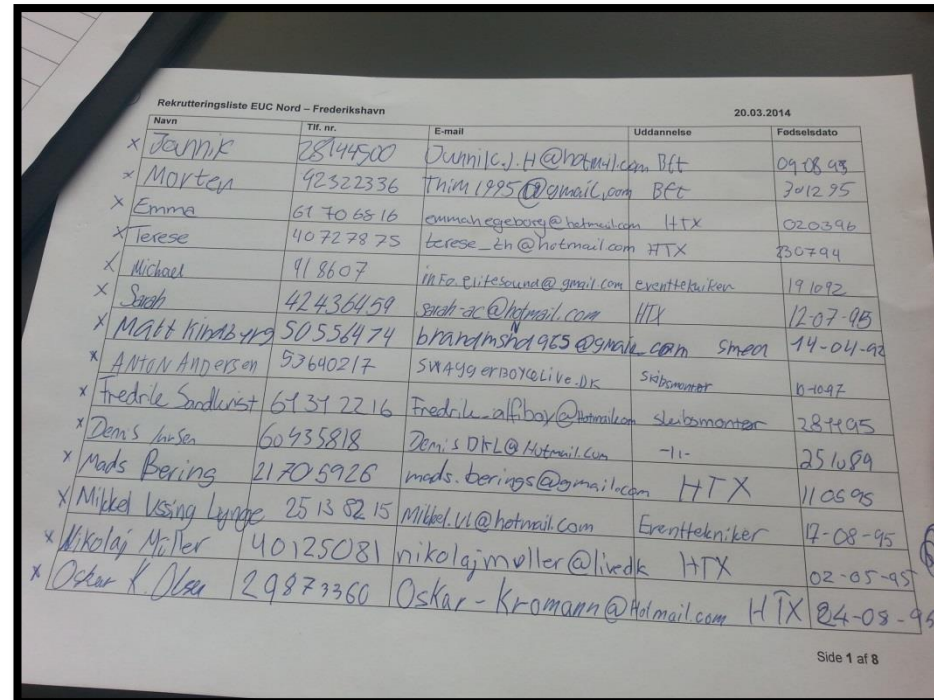
Experiences and Problems - Recruitment

Pros

- Physical registration gave the best contact
- Phone number is essential to contact the participants

Cons

- Problems with deciphering of the handwriting
- Differences in involvement from the schools lead to different levels of effort to get participants
- Information of schema and presence at the measuring week was difficult to obtain

Interaction Systems

- Standardised welcome mail – Description of project and a declaration of consent
- WebDash – Sending videos, password, user ID and reminders
- Online Survey – customised link and reminder
- Reminds – Email system from WebDash and survey, group and individual SMS, and a physical reminder

Experiences and Problems – Interaction systems

Pros:

- Physical reminder generates accountability
- SMS reminder gives communication at eye level
- Email is a good communication strategy, when information level is high

Cons:

- New designed program gave some unpredictability compromising the professional perception
- SMS communication on individual level is time consuming

Data collection

1. Students chooses lunch (within some limits)
2. Their food was registered and the received a sticker with ID on plate
3. Photography of plate with weight
4. Photography of waste with weight
5. Photography of empty plate with weight (control)

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Experience and Problems – Photo Data Collection

Pros:

• People were willing to return their waste

Cons:

• Aberration from normal patterns
• Line – due to space and method limitations
• Attending the lunch each day

WebDash - Modifications

Developed to 9-11 year olds - Modified to fit adolescents

Potato salad with meatball

Open sandwich

Cake

Pasta salad

Potatoes

Sandwich

Experience and Problems – Madloggen
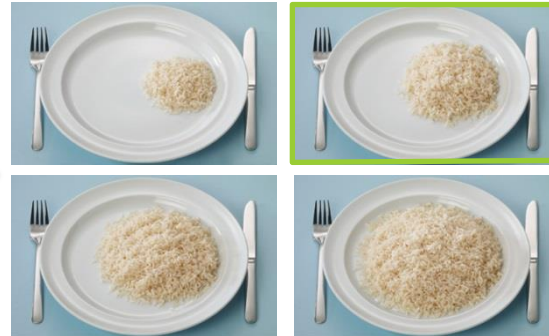
Pros

• Photo based program – No weight

Cons

• No introduction - Only online videos
• Forgetting to fill in
• Over or under registration due to
  – Forgetting
  – Wrong estimation

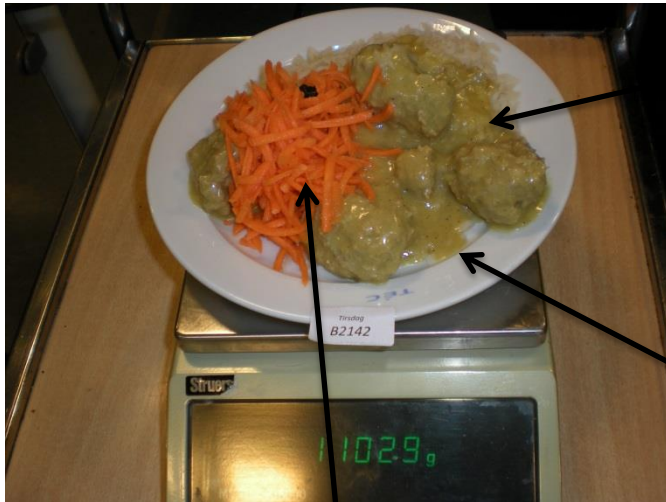# Data Extraction and Quality

The canteen: Rice

110g

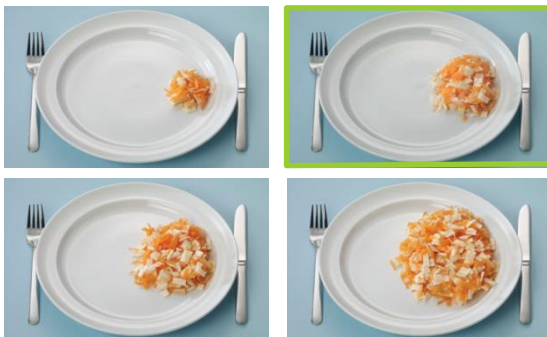Meatballs in curry sauce

The canteen: Meatballs in curry

130g

The canteen: Shredded carrots

40g

Plate: ~600g

Food eaten: ~500g

Food registered: 280g

Experience and Problems – The Design

Pros

- The programs made it easy to participate
- Photo documentation made it possible to verify method
- Physical presence to gain mutual confidence
- Knowledge on how to approach the target group and on their food behaviour

Cons

- Drop-out rate
- Missing registration – day and food level
- Missing introductory meeting
- Programs only worked on computer
- No pilot

Thank You for Your Time!

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