Nutritools.org: an interactive dietary assessment tool website for use in health research

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INTRODUCTION

Accurate assessment of dietary intake is challenging.
No dietary assessment methods are totally free of error.
Researchers need help to select suitable dietary assessment tools (DATs).

AIMS & OBJECTIVES

To improve the quality of dietary data collected in epidemiological and clinical studies.
To create an interactive website Nutritools with Best Practice Guidelines (BPG); details of validated DATs; and a Food Questionnaire Creator (FQC).

METHODS

Development of the Nutritools website was divided into 3 strands:
1) Best Practice Guidelines (BPG) to help choose the most appropriate DATs, generated using a Delphi method to integrate expert views.
2) Interactive DAT e-library, with validated DATs identified through a review of systematic reviews.
3) Online interface, between food tables and DATs.

RESULTS

Best Practice Guidelines (BPG):
- 57 international experts contributed to the guidelines.
- 43 guidelines, DAT strengths and weaknesses; online interactive format (figure).

-tool Library:
- DAT e-library includes 63 UK and 65 other country dietary assessment tools validation study details.
- Visual presentation using bubble and summary plots (see below), allows easy comparison between the DATs.

Food Questionnaire Creator (FQC):
- New online food questionnaires can be created or use existing valid DATs.
- You can create a food database from scratch with your own food items and nutrients, or extend an existing one.

CONCLUSIONS

- The BPG assists the selection of the most appropriate DAT.
- The Nutritools website, hosts validated, interactive DATs.
- Validated DATs can be accessed through the DAT e-library, and create new tools using the FQC.

REFERENCES


Nutritools Launch event 27th April at University of Leeds: https://www.eventbrite.co.uk/e/nutritools-launch-event-tickets-43340047248