

Development and REPRODUCIBILITY of a Young Adults Food Frequency Questionnaire

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A Young Adults Food Frequency Questionnaire (YAQ) was developed using the same format as the validated adult Nurses' Health Study questionnaire. A group of 179 adolescents (10 to 18 years old) was recruited from a random sample of Nurses' Health Study II participants. The YAQ was evaluated by assessing the one year test-retest reproducibility and by comparing mean nutrient intakes with external national data sets. The Pearson correlations ranged from $r=.26$ for protein to $r=.58$ for calcium for the total group. Assessing by gender the females tended to do better and by age the oldest group (16-18 year olds) had the highest correlations in most nutrients. Comparing the YAQ mean nutrient intakes to the Nationwide Food Consumption Survey the mean nutrient intakes were very similar with most nutrients being within 25% of each other.