Nutritional assessment

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Assessing dietary intake

Oxford Web Questionnaire

- Self-administered
- Online
- Secure user-friendly interface
- Food and drinks over last 24 hours
- List of 21 food groups
- Relatively quick: 15-20 min
- Up-to-date food list and nutrient database
- Administered on 2 non-consecutive days

User friendly, photographs

Details

Oxford WebQ

Did you eat any bread or crackers yesterday? ○ No ● Yes | Show Help |
E.g. toast, sandwiches, rice cakes, bread rolls, hotdog roll, crumpets, tortilla wraps.

Bread		Amount	None	½	1	2	3	4	5	6+
	Sliced bread	Slice	○	○	○	○	○	○	○	○
	Sandwich baguette, ciabatta, panini, or sub	Bread item	○	○	○	○	○	○	○	○
	Large sandwich bap, stotty, pitta bread	Bread item	○	○	○	○	○	○	○	○
	Bread roll, bap, burger bun, hotdog roll, bagel	Bread item	○	○	◉	○	○	○	○	○

Flour type:

☑ **White**
☐ Granary, brown, mixed flours/grains, white with extras (e.g. Best of Both, 50/50)
☐ Wholemeal
☐ Other - please describe: [   ]

Extras:

☑ **Seeded (inside and/or on top)**

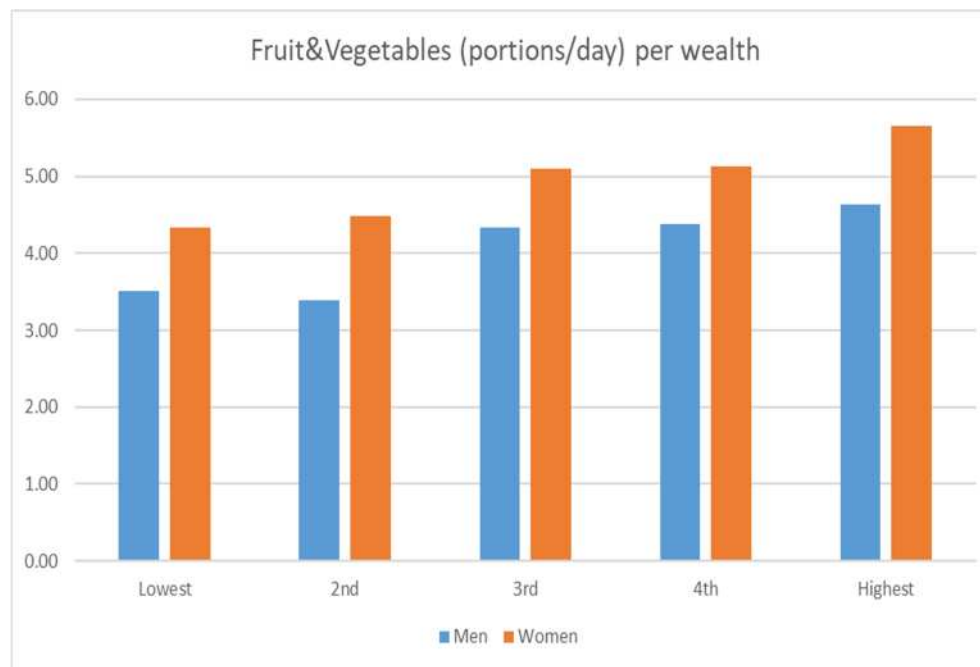| Other bread and crackers		Amount	None	½	1	2	3	4	5	6+
	Naan bread	Bread item	○	○	○	○	○	○	○	○
	Garlic bread	Slice	○	○	○	○	○	○	○	○
	Crackers, crispbread, rice cakes, corn cakes (e.g. Ryvita)	Biscuit / Item	○	○	○	○	○	○	○	○

Results – Food groups

Age

Wealth

Men N=2235; Women N=2687

Men

	Lowest	2nd	3rd	4th	Highest
Fish					
Red and processed meat					
Soft drinks					

Women

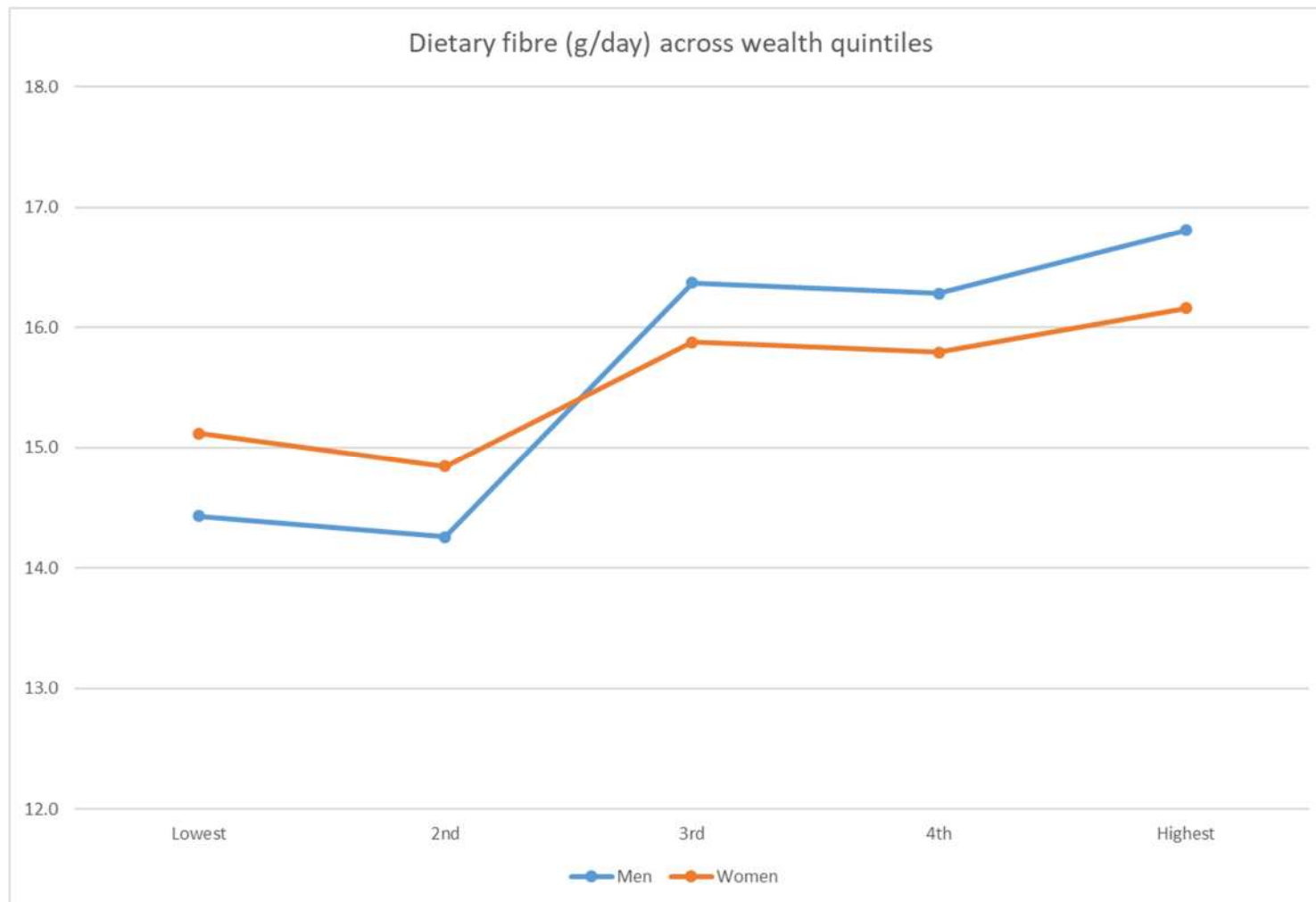|	Lowest	2nd	3rd	4th	Highest
Fish					
Red and processed meat					
Soft drinks					
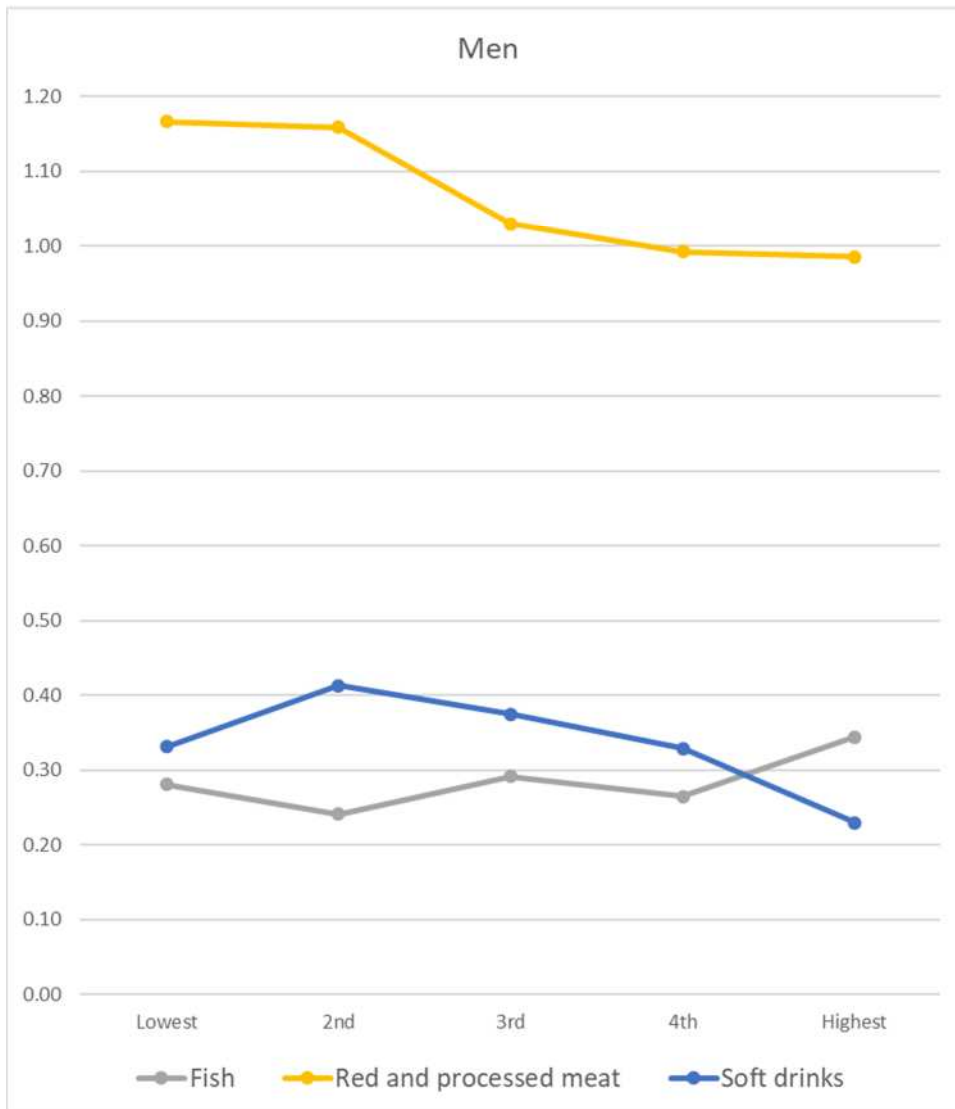
Results – Macronutrients

Men   2,207 kcal/day
Women   1,883 kcal/day
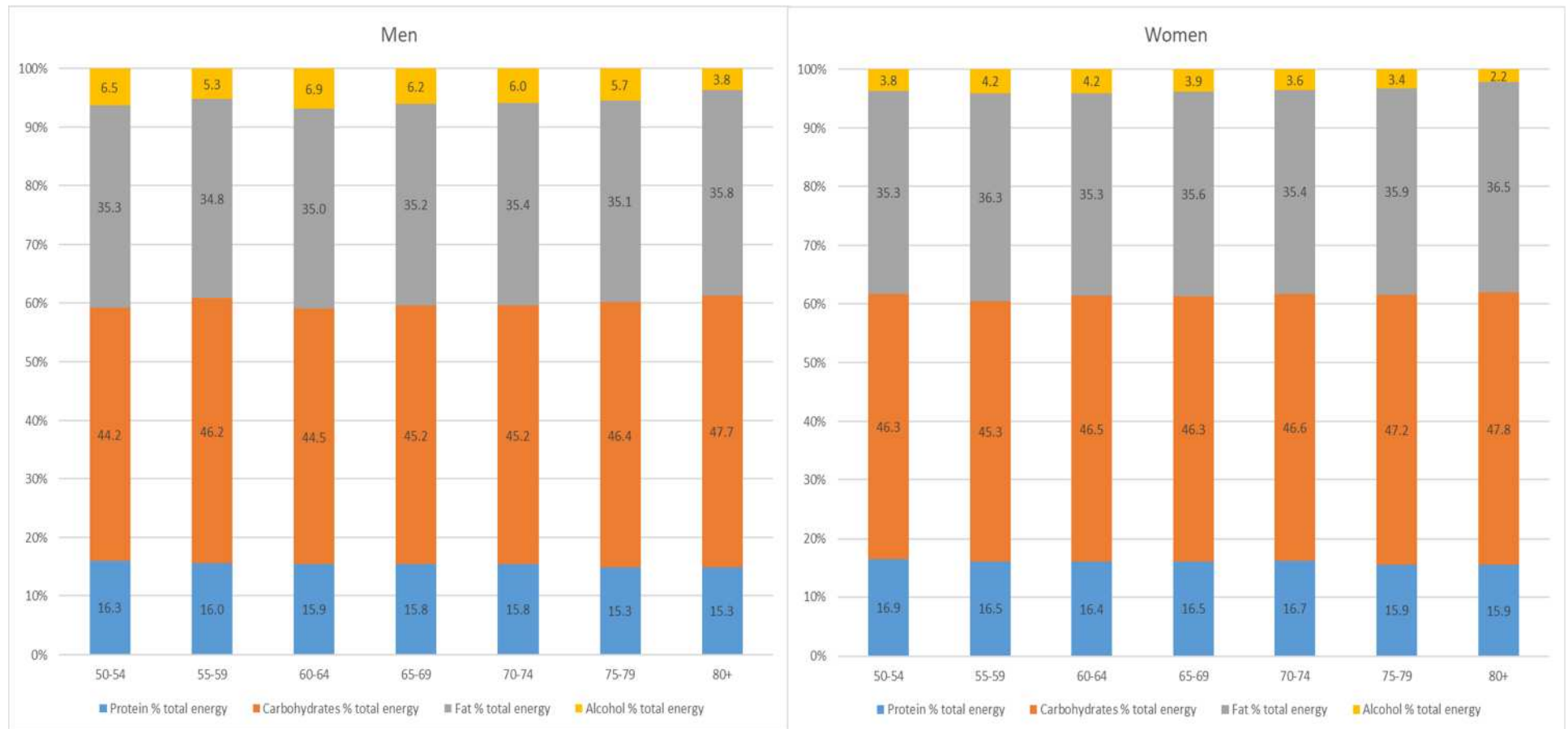
Results – Macronutrients

Reference Nutrient Intake for dietary fibre: 30g/day
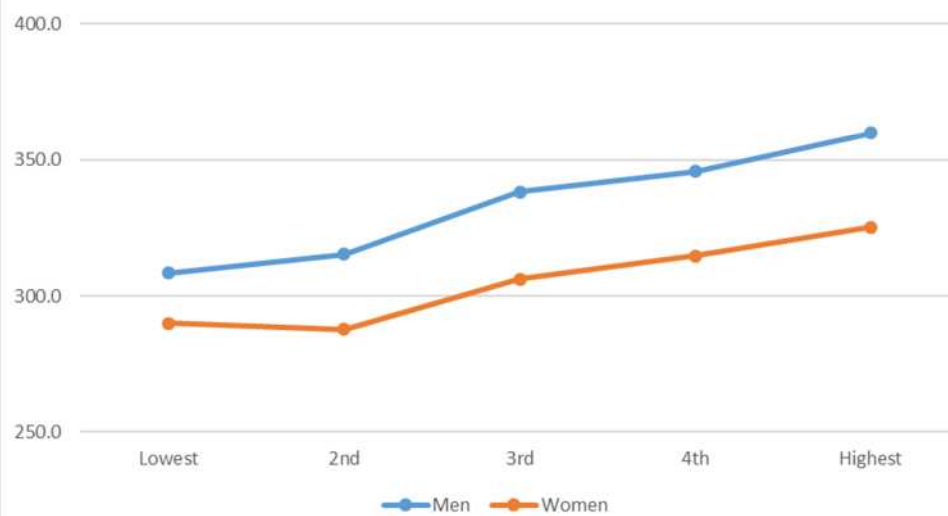
Results - Micronutrients
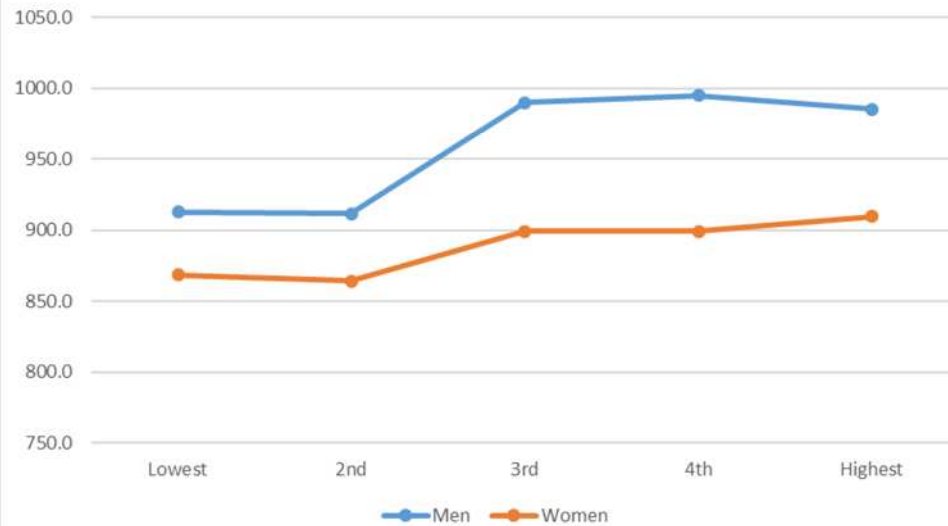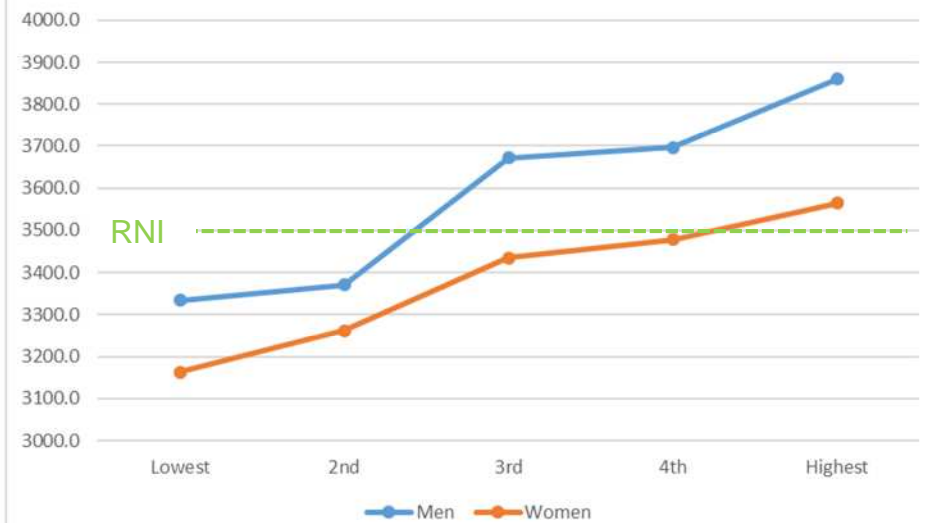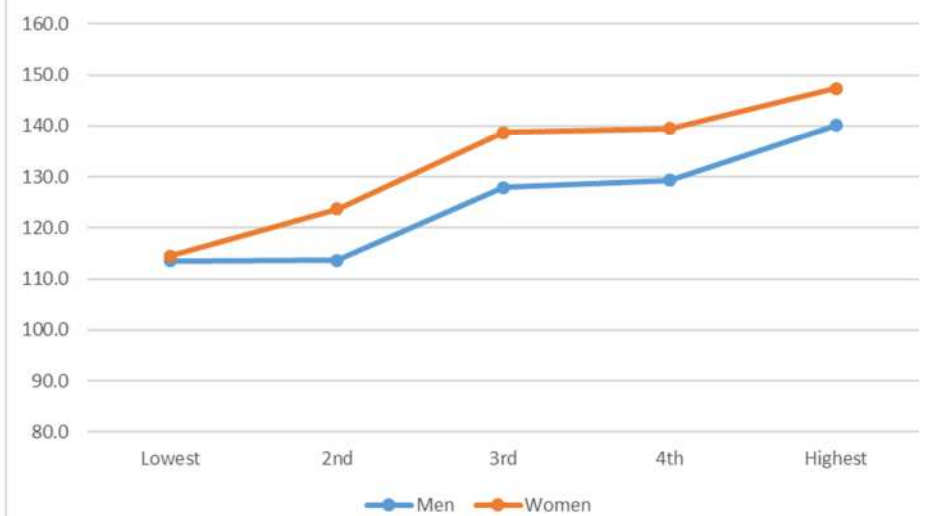
Conclusions

- Similar macronutrient breakdown between men and women and across age groups

- Men consume more alcohol, red meat

- Women eat more fruit and vegetables

- Average dietary fibre intake below recommended

- Wealth gradient: healthier diet, greater micronutrient intake in highest compared to lowest wealth categories

Thank you for your attention!