

F. 24-Hour Dietary Recall Interview Guide

NYPANS - Telephone Script for the 24-Hour Recall Interview:

IF ADULT ANSWERS THE PHONE:

“Hello. My name is [Your Name] and I am calling on behalf of the National Youth Physical Activity and Nutrition Survey, which is conducted by the U.S. Centers for Disease Control and Prevention (CDC). [Student Name]’s school was one of about 200 high schools across the nation that was randomly selected to participate in this survey. [Student Name]’s class was selected to participate in a series of follow-up interviews dealing with nutrition.

[Student Name] returned a signed parental permission form to school indicating he/she had permission to participate. In total, we would like to complete three interviews with [Student Name] during the next 2-3 weeks. Each interview will take approximately 20-30 minutes to complete. For each completed interview, [Student Name] will receive \$10, and an additional \$10 if he or she completes all three interviews.

Doing this interview will cause little or no risk to [Student Name]. The only potential risk is that [Student Name] might be uncomfortable remembering the types or amounts of food eaten yesterday. The interview has been designed to protect [Student Name]’s privacy. No student will ever be mentioned by name in a report of the results. We would like all selected students to take part in the interview, but the interview is voluntary. No action will be taken against you or [Student Name], if [Student Name] does not take part. Students may stop participating in the interview at any point without penalty.

We would like to conduct an interview now, if that is possible. If you don’t have any questions for me, may I please speak with [Student Name]?”

IF STUDENT IS NOT AVAILABLE:

“Could you please ask [Student Name] to contact us toll-free at 1-800-XXX-XXXX to complete the interview? Please tell [Student Name] to have the Food Amounts Booklet that he/she received at school with him/her when calling. For the purposes of this study, [Student Name]’s identification number is XXXX. He/She can give that ID number to the interviewer when he/she calls. Thank you very much.”

ONCE STUDENT IS ON THE PHONE:

“Hello. My name is [Name] and I am calling on behalf of the National Youth Physical Activity and Nutrition Survey, which is conducted by the U.S. Centers for Disease Control and Prevention (CDC). Do you remember taking this survey in school a couple of weeks ago? At that time, we gave you something called the ‘Food Amounts Booklet’ and told you that you would need it when we call. Well, that’s why I’m calling today. Your class was selected to participate in a phone survey and your parents gave you permission to do it.

“Your class is one of the very few classes across the country that was selected to take part in this telephone survey. None of the other classes in your school were selected. What we’re asking you to do is to take part in three interviews with us over the phone. The interviews only ask about what foods and beverages you ate and drank yesterday. Each interview will take approximately 20-30 minutes to complete. For each interview you will receive \$10, and if you complete all three interviews, you will receive an additional \$10.

Public reporting burden for this collection of information is estimated to average 30 minutes per response, including time for reviewing instructions, searching existing data sources, gathering and maintaining the data needed, and completing and reviewing the collection of information. An agency may not conduct or sponsor, and a person is not required to respond to a collection of information unless it displays a currently valid OMB control number. Send comments regarding this burden estimate or any other aspect of this collection of information, including suggestions for reducing this burden to: CDC Reports Clearance Officer, 1600 Clifton Road, MS D-74, Atlanta, GA 30333, ATTN: PRA (0920-XXXX).

“We would like to conduct an interview now, if that is possible. Is this a good time to talk?”

“Great! Doing this interview will cause little or no risk to you. The only potential risk is that you might be uncomfortable remembering the types or amounts of food you ate yesterday. The interview has been designed to protect your privacy, and no student will ever be mentioned by name in a report of the results. We would like all selected students to take part in the interview, but the interview is voluntary. No action will be taken against you if you do not take part. You may stop participating in the interview at any point without penalty.

“Let’s go ahead and get started.”

IF STUDENT ANSWERS THE PHONE:

“Hello. My name is [Name] and I am calling on behalf of the 2010 National Youth Physical Activity and Nutrition Survey, which is conducted by the U.S. Centers for Disease Control and Prevention (CDC). Do you remember taking this survey in school a couple of weeks ago? At that time, we gave you something called the ‘Food Amounts Booklet’ and told you that you would need it when we call. Well, that’s why I’m calling today. Your class was selected to participate in a phone survey and your parents gave you permission to do it.

“Your class is one of the very few classes across the country that was selected to take part in this telephone survey. None of the other classes in your school were selected. What we’re asking you to do is to take part in three interviews with us over the phone. The interviews only ask about what foods and beverages you ate and drank yesterday. Each interview will take approximately 20-30 minutes to complete. For each interview you will receive \$10, and if you complete all three interviews, you will receive an additional \$10.

“We would like to conduct an interview now, if that is possible. Is this a good time to talk?”

IF STUDENT RESPONDS THAT IT IS NOT A GOOD TIME TO TALK

“Could I give you a call back later today? I can also give you our toll-free number and you can call us back later today when you have 20-30 minutes. It is 1-800-XXX-XXXX. Please be sure to have the Food Amounts Booklet that you received at school with you when you call. Also, please tell the interviewer that your study ID number is XXXX. Thank you very much.”

IF STUDENT ASKS YOU TO CALL BACK TOMORROW

“I’m sorry, but we can’t make appointments in advance for completing the interview. Thank you for your time today, and we’ll try to back another day.”

IF STUDENT SAYS IT IS A GOOD TIME TO TALK

“Great! Doing this interview will cause little or no risk to you. The only potential risk is that you might be uncomfortable remembering the types or amounts of food you ate yesterday. The interview has been designed to protect your privacy, and no student will ever be mentioned by name in a report of the results. We would like all selected students to take part in the interview, but the interview is voluntary. No action will be taken against you if you do not take part. You may stop participating in the interview at any point without penalty.

“Let’s go ahead and get started.”

“Do you have the Food Amounts Booklet with you?”

IF STUDENT LOST OR CANNOT FIND THE BOOKLET

“We can’t complete the interview without the Food Amounts Booklet, so we will send you a copy of it by mail and we will call you another day. What address would you like for me to send it to? It can be your home address or another address where you get mail.” [GET ADDRESS]

IF STUDENT HAS FOOD AMOUNTS BOOKLET

“We’ll use the Food Amounts Booklet during this interview to help you estimate the amount of foods and beverages you had yesterday. For example, you may use Page 1, the squares and rectangles in the Food Amounts Booklet, to describe the size of a piece of cake, a brownie or other food that is the shape of a square or a rectangle. Then you can use Page 4 to tell me how thick the cake or brownie was. If the brownie was frosted, you’d just think about the brownie, not the frosting.

“The circles on Page 2 are used to estimate the size of foods like doughnuts, tortillas, and hamburger patties.

“The wedges on Page 3 are used to describe foods like a piece of cake, pizza or pie. First you’ll tell me how far from the tip the pie went and then how far over.

“Next let’s look at the bowls and the pictures of the bowls on Pages 10 and 11. You select the bowl that seems most like the one you used yesterday and then look at the lines to tell how much you ate.

“Picture number two on Page 16 helps estimate foods like roast beef or pork. Page 17 shows common sizes of chicken parts.

“Don’t worry. You don’t need to memorize those page numbers. I can tell you what page to refer to as we go along. I will remind you how to use the booklet if you need me to.

“What we’ll do first is to make a list of all the foods and beverages you had yesterday from 12 midnight on [Day of Week] until 12 midnight last night. This includes all meals, snacks, beverages, tap water, as well as tastes or samples of foods.

“We’ll make a general list at first with approximate times you ate and then we’ll go back and fill it in with more detail. Finally, we’ll go through the list once more to make sure we haven’t missed anything.

“Take a moment to think about yesterday, what you did, where you went and so forth. Thinking about the day can help you remember what you did yesterday and when you ate or drank.

“Now let’s begin.”

PASS 1: ENTERING THE QUICK LIST

“After 12 midnight on [Day of Week], when was the first time you had something to eat or drink?”

WAIT FOR A RESPONSE AND AS NEEDED FOLLOW UP WITH:

“What did you have at that time?”

“Did you have anything else at that time?”

“Did you have something to drink then?”

AFTER COMPLETING THE QUICK LIST:

“Now we will review what we have so far”

PASS 2: REVIEWING THE QUICK LIST

“I’m going to go over what I have so far. If you think of anything else you ate or drank yesterday or if I have missed anything, let me know.

“The first thing that I have is at (*insert meal name and time*) when you had (*insert food name*), is this correct?”

AS NEEDED:

“I don’t have anything between midnight and [insert time of day] yesterday morning. Do you remember if you got up during the night and had anything to eat or drink?”

“Did you have a beverage with that meal?”

“Did you have any snacks between meals or did you sample food as you prepared for the meal?”

“Can you think what you were doing (*after school, at work, at dinner/supper time, etc.*)? Sometimes if we think about where we were or with whom, it helps to remember what we ate.”

AFTER COMPLETING THE QUICK LIST REVIEW:

“Now we will fill in your list with more detail”

PASS 3: ADDITIONS TO FOODS

PROCEED WITH COLLECTING THE RECALL INFORMATION FOLLOWING PROMPTS ON THE NDSR SCREENS

FINISHING THE INTERVIEW

“[Student Name], this completes the interview. Thanks so much for your participation and time. You did a great job and I really enjoyed talking with you.

“Do you have any questions?”

PAUSE AND RESPOND TO THEIR QUESTIONS.

“Thank you again. This is the [1st/2nd] interview out of three that we need to do with you. Please keep the Food Amounts Booklet until we do all three interviews. What address should I use to send you the \$10 for the interview? It can be your home address or another address where you get mail. [GET ADDRESS]

“We will be in touch with you again soon. Bye-bye”