

Validity of short nutrition questions among Aboriginal and non-Aboriginal children aged 10 to 12 years using multiple 24-hour recalls: Many Rivers Diabetes Prevention Project

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No valid food surveys exist in Australia for Aboriginal children. This paper presents the methods and results of the validation of a short question food survey for Aboriginal and non-Aboriginal children.

The DIAT survey was originally developed in Queensland and modified for use with our population, following focus group research. This survey asks children about the types and amounts of foods they consume. The survey was then administered to 225 children aged 10–12 years in the NSW areas of Taree, Kempsey and Newcastle; 40% of participants were Aboriginal children.

Reliability was determined by administering the survey twice within a 2 to 4 week period of time. Results demonstrate that the survey has good reliability with weighted kappas for most questions of between 0.4 and 0.7.

Validity was tested by comparing the results of the survey with that of 3 x 24 hour food recalls completed with each participant. Results of this analysis will be described.

This paper addresses the NATSINSAP key action area of communicating and disseminating ‘good practice’ Aboriginal and Torres Strait Islander nutrition initiatives.

The survey will be used in a larger survey among children in the area described, assessing interventions to improve food habits. The validity-tested food survey is the first such measure that can be used to rigorously evaluate programs, monitor changes in food intake, and provide information on population behaviour and nutritional intake for Australian Aboriginal children.