Development of a Semi-Quantitative Food Frequency Questionnaire and Nutrition Education Materials in Reproductive-Age Women in El Alto, Bolivia

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Background
- Diet assessment methods are not abundant in Bolivia
- This semi-quantitative food frequency questionnaire (SFFQ) will be used as part of a larger cohort study investigating the efficacy of the rotavirus vaccine
- Educational materials need to be developed to educate Bolivian mothers on nutrition in order to fill knowledge gaps

Project Timeline
- February-May 2012: Establish project goals, refine proposal, assemble team
- May-June 2012: Develop instruments
- June 2012: Meet with in-country partners to discuss project implementation, logistics and instrument development and training
- June 2012-February 2013: Complete data collection, data entry and preliminary data analysis, nutrition curriculum development and distribution
- February-April 2013: Conduct data analysis and write manuscript

Population/Communities Served
- Women of reproductive age in El Alto, Bolivia

Project Goal
To develop and validate a useful diet assessment tool for the area of El Alto, Bolivia that can be used in future projects and to develop useable nutrition education materials.

Specific Aims
- Develop a novel, culturally-specific SFFQ to be used in a new population of mothers and test the validity and the reproducibility of the SFFQ in this population
- Interview Bolivian mothers, nurses, nutritionists, and other healthcare providers to learn gaps in nutrition knowledge
- Develop nutrition curriculum and supplemental materials to educate Bolivian mothers on nutrition and micronutrients

Progress to Date
- 55 SFFQs entered, includes 28 complete pairs for preliminary analysis
- 68 of 24 hour food recalls have been collected for validation
- All nutrient analysis of SFFQ has been completed
- Nutrition curriculum and educational supplements have been developed

Next Steps
- Finish data entry and 24 hour food recall analysis
- Conduct agreement statistics for validity and reproducibility
- Adjust final SFFQ for use in long term project
- Distribute educational materials and curriculum to NGOs and clinics

Project Partners
- Volga Iniguez, PhD from the "Instituto de Biotecnología y Biología Molecular " from the Universidad Mayor de San Andres.
- Hospital Regional de El Alto "Modelo-Corea"
- Hospital Regional de El Alto "Los Andes"

Funding Sources
- Emory Global Health Institute
- International Research Experience for Science Students