



HCHS/SOL Question by Question Instructions, Dietary Behavior Form (DBE/DBS), Version A

General Instructions

The Dietary Behavior Questionnaire is included with the other HCHS/SOL questionnaires on the computer-based data collection system. General instructions for accessing the data system and entering the responses apply to this questionnaire as well.

The Dietary Behavior Questionnaire comprises two items that should be administered following the first 24-hour diet and supplement recall completed during the in-person examination visit using the NDSR software. This questionnaire will not be administered after the follow-up 24-hour recall completed approximately one month following the examination visit.

At the completion of the 24-hour diet and supplement recall, the interviewer says:

“I would now like to ask you about the types of food you eat and where you usually buy your food”.

“Me gustaría hacerle algunas preguntas acerca del tipo de comida que usted consume y dónde generalmente la compra”.

Question by Question Instructions

Q1 The intent of this question is to have the participant characterize the general ethnic composition of their usual diet. This information will be used with information from other questions to indicate how the individual is acculturated into the US population and adherence to traditional Hispanic/Latino life style.

The terms “Hispanic/Latino foods” are meant to refer to recipes and foods traditionally eaten in various Hispanic or Latino countries, not just in the country of origin or pertaining to the specific heritage of the participant. “American” food refers to foods typically available in the general US marketplace.

The interviewer should allow the participant to decide what the terms “mainly” and “mostly” mean to him/her, but the intent is to provide an ordinal scale of usual diet with preponderance of Hispanic/Latino foods at one end of the scale, and a preponderance of typical US or “American” foods at the other end of the scale.

Mark only one response category.

Q2 The intent of this question is to identify the frequencies of the locations of eating for the participant and their family (household), and the frequencies that food is purchased in certain settings. Note that the frequencies are recorded as “times per week.” If the participant reports the

frequency relative another time scale, such as times per month, the interviewer should help the participant translate this frequency into what it would be equal to in times per week.

The interviewer can help the participant decide what category a place of business is if he/she is having difficulty deciding, but the interviewer should not volunteer the frequency per week.

The information from this question is important in identifying specific dietary behaviors and practices that may be associated with particular patterns of dietary intake, e.g., high fat or high sodium intake, or with risk factors for subsequent disease. The participant should provide an answer for each of the ten items (a-j).

2a. Relatives' or Friends' homes. The intent is to identify eating in a home environment other than that of the participant.

2b. Fast-food restaurants. The focus here is on the location of the eating not the ethnicity of the food, so these fast-food restaurants include Hispanic/Latino, Chinese or other restaurants serving ethnic food. These places of business include delicatessens if the food was eaten at the store.

2c. Sit down restaurants. If there was table service, i.e., a waitress or waiter, at the place of business then the restaurant is considered a “sit-down” restaurant for the purposes of this survey. This is true even if the participant ate the food standing at a bar or table.

2d. Buffet restaurants. The intent here is to identify commercial eating establishments where the participant serves him/herself or tells serving staff how much food he/she wants from among various choices. Many restaurants have both buffet service and table service available. The intent is to capture the frequency of buffet-type eating irrespective of other service provided at the place of business.

2e. Pick-up-and-take-home restaurants. These include situations where the food was picked up at the place of business or if it was delivered to home by the restaurant. These places of business include delicatessens if the food was eaten at home.

2f. Grocery stores. These include places of business where the ready-to-eat food is not the primary focus of the business, e.g. a deli counter in a large grocery store.

2g. Cafeterias. The intent is to capture eating locations provided for convenience of employees and students. Commercial “cafeterias” where customers have a wide range of choices should usually be considered as “Buffet restaurants” (item d).

2h. Vending machines. These should be considered irrespective of what the food or beverage dispensed is. So, a participant that buys a Coke from the machine at work each day should include that frequency per week.

2i. On-street vendors. All side walk or street vendors, including ice cream or taco trucks, lunch wagons, or bagel carts are included.

2j. Other. If the participant reports other locations for usual eating that does not seem to fit in the above categories it should be included here.