PhenX Toolkit

Data Collection Worksheet

Please Note: The Data Collection Worksheet (DCW) is a tool to aid integration of a PhenX protocol into a study. The PhenX DCW is not designed to be a data collection instrument. Investigators will need to decide the best way to collect data for the PhenX protocol in their study. Variables captured in the DCW, along with variable names and unique PhenX variable identifiers, are included in the PhenX Data Dictionary (DD) files.

These questions are about the different kinds of foods you ate or drank during the PAST MONTH, that is, the past 30 days. When answering, please include meals and snacks eaten at home, at work or school, in restaurants, and anyplace else. *Read text if the respondent needs further clarification about the information requested.

1. During the past month . . . How often did you have MILK, either to drink or on cereal? Do NOT include small amounts of milk in coffee or tea. *Read if necessary: Do NOT include cream or soy milk. INCLUDE skim, no-fat, low-fat, whole milk, buttermilk, and lactose-free milk. Also INCLUDE chocolate or other flavored milks.

00 [ ] Never

01 [ ] 1-3 times last month

02 [ ] 1-2 times per week

03 [ ] 3-4 times per week

04 [ ] 5-6 times per week

05 [ ] 1 time per day

06 [ ] 2 times per day

07 [ ] 3 times per day

08 [ ] 4 times per day

09 [ ] 5 or more times per day

97 [ ] Refused

99 [ ] Don’t know

2. During the past month . . . How often did you eat any kind of CHEESE? Include cheese as a snack; cheese on burgers, sandwiches, or pizza; and cheese mixed into

such foods as lasagna, enchiladas, or casseroles. *Read if necessary: Do NOT count cream cheese.

00 [ ] Never

01 [ ] 1-3 times last month

02 [ ] 1-2 times per week

03 [ ] 3-4 times per week

04 [ ] 5-6 times per week

05 [ ] 1 time per day

06 [ ] 2 times per day

07 [ ] 3 times per day

08 [ ] 4 times per day

09 [ ] 5 or more times per day

97 [ ] Refused

99 [ ] Don't know

Scoring Procedures The following procedures are used to convert an individual's responses to an estimate of that individual's number of dairy servings: 1. The frequency reported categorically on the questionnaire is converted to the number of times dairy products were consumed per day, as shown in Table 1. In general, the midpoint of the frequency range was used.

Table 1. Conversion of Frequency Response to Times per Day

Frequency Response	Times per Day
Never	0
1-3 times per month	0.067
1-2 times per week	0.214

3-4 times per week	0.5
5-6 times per week	0.786
1 time per day	1
2 times per day	2
3 times per day	3
4 times per day	4
5 or more times per day	5

2. The age- and gender-specific portion sizes (Table 2) for each food are multiplied by the frequency calculated in Step 1.

Table 2. Median Portion Size in Pyramid Servings per Mention by Gender and Age for Dairy

Food Group	**Age Group**						
	18-27	**28-37**	**38-47**	**48-57**	**58-67**	**68-77**	**78-99**
Men							
Milk (P_1)	1.250500	1.083000	1.100400	1.000000	0.916667	0.833333	0.750000
Cheese (P_2)	0.741000	0.641333	0.667000	0.600000	0.575000	0.499000	0.370000
Women							

Milk (P_1)	1.000000	1.000000	0.999000	0.874000	0.750000	0.718750	0.750000
Cheese (P_2)	0.517000	0.470000	0.494000	0.494000	0.470000	0.379000	0.494000

3. Regression coefficients (Table 3) are applied according to the equation below.

Table 3. Estimated Regression Coefficients for Sum of Foods Predicting Servings of Dairy, by Gender

Parameter	**Men**	**Women**
Intercept (b_0)	0.417414	0.385301
b_1	0.831739	0.782852

$E\ (Dairy^{1/2}) = b_0 + b_1\ (N_{FG1}P_1 + N_{FG2}P_2)^{1/2}$

For men: Square root of Daily Pyramid Servings of Dairy = 0.417414 + 0.831739 (Square root of (Daily Frequency * Gender/Age Specific Portion Size per Mention for Milk + Daily Frequency * Gender/Age Specific Portion Size per Mention for Cheese))

For women: Square root of Daily Pyramid Servings of Dairy = 0.385301 + 0.782852 (Square root of (Daily Frequency * Gender/Age Specific Portion Size per Mention for Milk + Daily Frequency * Gender/Age Specific Portion Size per Mention for Cheese))

Protocol source: https://www.phenxtoolkit.org/protocols/view/50401