

ADOS-Ca

Food Questionnaire for Calcium Intake Assessment (**A**nkieta **D**iagnostyczna do **O**ceny **S**pożycia wapnia (**Ca**))

Authors

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About questionnaire

The ADOS-Ca questionnaire is a semi-quantitative questionnaire of food intake frequency.

ADOS-Ca is an advanced tool that enables an evaluation of frequency (times/person/day) and amount (g/person/day) of dairy products consumed usually during last 6 months and the amount of calcium consumed from dairy products (mg/person/day) and daily diet (mg/person/day).

The main part of the ADOS-Ca questionnaire has questions (of closed type) on usual frequency of consumption of 11 dairy products and their amount. The answers for questions on the amount of consumed products were chosen individually for each product and expressed in household measures.

An integral part of the questionnaire consists of questions on current and past eating habits, lifestyle and other factors regarded as osteoporosis risk factors, i.a. meals intake frequency, type of diet, stimulants and calcium-enriched products intake, taking supplements, dairy products intake in youth, physical activity, staying in sunlight, bones fractures and pains, smoking, age at first period, hormonal status of women.

The list of dairy products was developed on the basis of the analysis of food intake structure by Poles, pilot studies and the review of literature on developing and validating food questionnaires [i.a. Hu et al., 1999; Jędrychowski, 1982; Lee et al., 2002; Pisani et al., 1997].

Moreover the questionnaire contains the so called metric (i.a. sex, age, education, place of living) and questions on socio-economic situation.

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(project manager: prof. dr hab. Lidia Wądołowska)

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