

# Brief Diet Quality Assessment Tool

## MEASURING TOOL

## KNOWLEDGE TRANSLATION

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This document is part of the [Toolbox for Carrying Out a Food Access Diagnostic and Evaluating the Effects of a Food Cooperative](#), developed as part of the EffICAS study conducted by the Institut national de santé publique du Québec. One of the main goals of this toolkit is to help stakeholders draw up a diagnostic portrait—a snapshot at a given point in time—of people’s food access and to assess the effects of a food cooperative on individuals and communities.

More specifically, this measuring tool enables rapid assessment of diet quality. Since healthy eating is an important determinant of health (WHO, 2002), estimating the overall quality of a given population’s diet is of interest, particularly when drawing up a portrait of the situation or evaluating the effects of an intervention.

## DEFINITION AND SOURCE

The french version of the brief diet quality assessment tool used in the EffICAS study was developed and validated by Lafrenière’s team (Lafrenière *et al.*, 2019). Please note that the English version of this measurement tool was translated for the purpose of this document and has not been validated.

Based on this tool, a high-quality diet refers to the conceptualization of healthy eating presented in the 2007 edition of *Canada’s Food Guide*.

## QUESTIONNAIRE

The brief diet quality assessment tool is as follows:

- General instructions;
- A series of twenty (20) questions in a specific tree structure. With the exception of the first question, all subsequent questions are conditional on the answers given previously. In this way, only three to six questions are asked to the respondent.
- A single response scale is used for all questions.

**Instructions:** For the following questions, we ask you to answer with reference to your usual consumption.

**Questions, answer choice and associated values, and question skips:**

1. Do you eat processed meats (e.g., sausages, cold cuts, terrines) more than two times a week?
  - 1- Yes – *Go to Q 2*
  - 2- No – *Go to Q 9*
2. Do you eat more than one apple a day?
  - 1- Yes – *Go to Q 7*
  - 2- No – *Go to Q 3*
3. Do you eat salad five or more times a week?
  - 1- Yes – *Go to Q 6*
  - 2- No – *Go to Q 4*
4. Do you eat nuts two or more times a week?
  - 1- Yes – *Go to Q 5*
  - 2- No – *End of the questionnaire*
5. Do you drink coffee or tea more than two times a day?
  - 1- Yes – *End of the questionnaire*
  - 2- No – *End of the questionnaire*
6. Do you eat hummus three or more times a month?
  - 1- Yes – *End of the questionnaire*
  - 2- No – *End of the questionnaire*
7. Do you eat peanut butter at least once a month?
  - 1- Yes – *Go to Q 8*
  - 2- No – *End of the questionnaire*
8. Do you drink fruit juice almost every day?
  - 1- Yes – *End of the questionnaire*
  - 2- No – *End of the questionnaire*
9. Do you consume soft drinks more than once a month (1 can = 1 serving)?
  - 1- Yes – *Go to Q 13*
  - 2- No – *Go to Q 10*
10. Do you drink a glass of 2% milk every day?  
If you consume skim, 1%, or 3.25% milk, please check no.
  - 1- Yes – *End of the questionnaire*
  - 2- No – *Go to Q 11*

11. Do you eat more than one apple a week?
  - 1- Yes – *End of the questionnaire*
  - 2- No – *Go to Q 12*
12. Do you eat onions more than once a week?
  - 1- Yes – *End of the questionnaire*
  - 2- No – *End of the questionnaire*
13. Do you eat nuts three or more times a month?
  - 1- Yes – *Go to Q 14*
  - 2- No – *Go to Q 18*
14. Do you drink fruit juice five or more days a week?
  - 1- Yes – *Go to Q 17*
  - 2- No – *Go to Q 15*
15. Do you eat French fries more than once a week?
  - 1- Yes – *Go to Q 16*
  - 2- No – *End of the questionnaire*
16. Do you eat fish three or more times a week?
  - 1- Yes – *End of the questionnaire*
  - 2- No – *End of the questionnaire*
17. Do you eat hummus two or more times a month?
  - 1- Yes – *End of the questionnaire*
  - 2- No – *End of the questionnaire*
18. Do you eat whole-grain bread almost every day?
  - 1- Yes – *Go to Q 19*
  - 2- No – *End of the questionnaire*
19. Do you eat pasta every other day or more often?
  - 1- Yes – *End of the questionnaire*
  - 2- No – *Go to Q 20*
20. Do you eat broccoli more than once a week?
  - 1- Yes
  - 2- No

## PROCESSING AND ANALYSIS

The questionnaire can generate twenty-one different response patterns. An individual's low- or high-quality diet designation is determined by the sequence and last response given. The tree structure shown in Figure 1 indicates the final diet quality result for each response pattern.

## INTERPRETATION

This indicator produces a dichotomous result: diet is classified as either "high" or "low." This measurement is a rapid assessment of diet quality.



## REFERENCES

Lafrenière, J., Harrison, S., Laurin, D., Brisson, C., Talbot, D., Couture, P., Lemieux, S., & Lamarche, B. (2019). Development and validation of a Brief Diet Quality Assessment Tool in the French-speaking adults from Quebec<sup>1</sup>. *International Journal of Behavioral Nutrition and Physical Activity*, 16(1), 61.  
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# Brief Assessment of Diet Quality Measuring Tool

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