

Diet Habits Questionnaire (DHQ) – the next chapter

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Workshop Discussion

Questionnaire development
Validity, reliability (including inter-rater reliability)
Interpretation of scores
Dietary interventions
Current status
Future directions

Questionnaire Development

Draft, test, retest
Professional & patient involvement
Trial comparing Dietitian diet history results

Validation

Validity, reliability testing
Inter-rater reliability testing

Interpreting the Scores

- Final score for each category rates 1-5 of dietary behaviours.

- Rating 1 poor dietary practices
- Rating 5 indicates healthy dietary behaviours

Immediate dietetic referral

Diabetes + Overweight (BMI >25)
– *Waist 94cm (male) 80cm (female)*

Obese (BMI >30)
– *Waist 88cms (women) 102 cms (men)*

Dietary Interventions

Referral to dietician
Group education
NHF nutritional facts sheets

Current Status

- Electronic data collection
- Outcome measurement
- Recommendations & limitations
- Submitted for publication

Future Directions

- Continue to expand use with other CR programs
- Undertake multi-centre trial with 100 participants
- Trial in Medical/Allied Health Centers
- Review & upgrade electronic application as required