



ASA24 AUSTRALIA

ASA24 Automated
Self-Administered 24-Hour
Dietary Assessment Tool

An Introduction to the Automated Self-Administered 24-Hour Dietary Assessment Tool

What is the Automated Self-Administered 24-Hour Dietary Assessment Tool (ASA24)?

The ASA24 system is a freely-available, web-based software tool, developed by the United States' National Cancer Institute (NCI), that enables automated and self-administered 24-hour dietary recalls and food records (food diaries). ASA24-Australia-2016 makes use of the ASA24 system with modifications made to reflect the Australian food supply and nutrient databases.

The ASA24 system can be used by researchers for epidemiologic, intervention, behavioral, or clinical research. Clinicians may use the ASA24 system for diet assessment and nutrition counseling, and educators may find it to be a useful teaching tool.

How do you use the ASA24 system?

The ASA24 system guides respondents through a 24-hour recall or food record. Respondents report foods, drinks and supplements by searching a list based on the Australian Food, Supplement, and Nutrient Database (AUSNUT) 2011-2013. Portion size options were guided by data from the 2011-2013 Australian Health Survey.

The ASA24 system consists of Respondent and Researcher websites:



Researchers register a study

Dietary intake is entered using Respondent website

Data monitoring and analyses are conducted using Researcher website

Respondent Website



- Respondents report:
 - Meals and snacks
 - Foods, drinks, and dietary supplements consumed
 - Details about foods, drinks, and amounts consumed
- Data can be entered using a desktop, personal computer, tablet, or smartphone

Researcher Website

- Researchers can customize ASA24 recalls and records to collect data on dietary supplements, food sources, TV and computer use during meals, location of meals, and with whom meals were eaten
- The website provides access to study data files that include 41 nutrients
- **For recalls**, researchers can:
 - Collect dietary data for time frames of either midnight-to-midnight of the previous day or for the past 24 hours, starting at the time of login
 - Restrict completion time to 24 or 32 hours
 - Allow respondents to complete recalls in one or multiple sittings
- **For food records**, researchers can:
 - Collect data for single vs. multiple days and for consecutive or non-consecutive days
 - Monitor status of respondents' responses



To enable researchers, clinicians, and educators to explore the ASA24 system, a demo website has been created. Visit <https://asa24.nci.nih.gov/demo>.

How long does it take respondents to complete a 24-hour recall?



Median time to complete first recall*



Median time to complete subsequent recalls*

*Information based on the 2016 version of the ASA24 system

<https://epi.grants.cancer.gov/asa24/respondent/australia.html>



How does the ASA24 system differ from commercial apps?



ASA24-2016

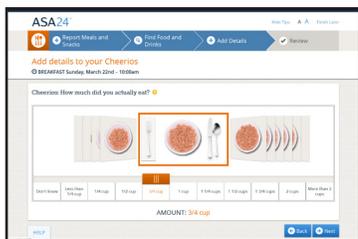
- Designed for use by Researchers ✓
- Detailed questions about food preparation and additions ✓
- Public use food and nutrient databases ✓
- Extensive nutrients ✓
- Provides totals of nutrients by individual food, drink, or supplement ✓
- Data to researchers ✓

Apps

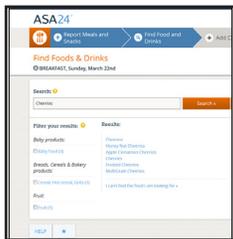
- Designed primarily for consumers wanting to track energy intakes
- Limited questions about food preparations and additions
- Combination of public, proprietary, crowd-sourced food and nutrient databases
- Limited nutrients/food groups in some cases
- Provides totals of nutrients and food groups by day
- Data provided directly to consumers; some have systems for research applications

Can the ASA24 system be used on a mobile device?

The 2016 version of the ASA24 system runs on all desktops and mobile devices.



Desktop



Tablet



Smartphone

Has ASA24 been evaluated?

The U.S. version of ASA24 underwent numerous small-scale cognitive and usability tests during development. Two evaluation studies were conducted. Both indicate that ASA24 is not different from a standardized interviewer-administered recall. Learn more at <http://epi.grants.cancer.gov/asa24/respondent/validation.html>.

Can the ASA24 system be used for research in other countries?

The U.S. version of the ASA24-2016 Respondent website has been modified for use in Canada and Australia. The design of the ASA24 system allows for adaptations related to language, food lists, and nutrient databases; however, this requires additional funding. The Australian adaptation of ASA24 was funded by an Australian Research Council Linkage, Infrastructure, Equipment, and Facilities Grant (LE140100099). To learn more about the different versions of ASA24, go to <http://epi.grants.cancer.gov/asa24/respondent>.

How much does it cost to use the ASA24 system?

As part of its mission to advance measures and methods for monitoring cancer-related behaviors and other risk factors, NCI provides tools and resources to the extramural research community. The ASA24 system is available for use free of charge.

The ASA24-Australia-2016 system was developed through a collaboration of the following research groups:

- The Institute for Physical Activity and Nutrition, Deakin University
- University of Newcastle
- University of Sydney
- University of Wollongong
- Commonwealth Scientific and Industrial Research Organisation



Researchers, clinicians, and teachers can register to use the ASA24 system in a study, clinic, or classroom by visiting the Researcher site at <https://asa24.nci.nih.gov/researcher>.

For more information about ASA24, visit www.epi.grants.gov/asa24 or contact Associate Professor Sarah McNaughton, Ph.D. at asa24aus@deakin.edu.au.