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Validation of a Kazakh food frequency questionnaire

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Statement of the Problem: Food frequency questionnaire is widely used, validated food study tool. There are a number of indicators that need to be optimized for the study population of the Russian and Kazakh variants of the questionnaire: food items, availability of food products, volume of portions, accounting of ingredients in the food, and food habits. The aim of the study is to create FFQ_KZ, which accounts the products consumed in Kazakhstan, and its validation. Methodology & Theoretical Orientation. A survey of 60 representatives of the Kazakh population was conducted. The age (mean, SD) of subjects was 62.9±6.5 years. FFQ consisting of 117 items, translated into Russian and Kazakh by two independent translators from the format "The European Prospective Investigation into Cancer (EPIC) Norfolk FFQ", and test 24-hour recall were used. The correlation analysis of Spearman in Statistica-10 was performed to compare the results of two methods of evaluation of nutrition for energy value, macro - and micronutrients. Findings: We replaced 4 products: "salted meat" on "horse meat", "beefburgers" on "cutlets, meatballs, stuffed cabbage, manty", "brown rice" replaced by "buckwheat, millet", in the item "savory pies" added "pies with unsweetened fillings". Statistically significant ($p<0.05$) high correlation coefficients were found for energy (0.92), proteins (0.9), total fat (0.86), saturated (0.8) and polyunsaturated (0.87) fats, cholesterol (0.87), iron (0.85), vitamin B1 (0.75), B2 (0.85). Average correlation was found for carbohydrates (0.59), vitamins C (0.58) and A (0.46); weak correlation – for calcium (0.32) and potassium (0.37). No statistically significant relationship between monounsaturated fats (0.03) and vitamin E (0.06) was found. Conclusion & Significance. According to the main micro and macronutrients, the energy value modified FFQ_KZ is a valid tool for analyzing the nutrition of the Kazakh population.

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Biography

Raushan Tuleuova Master of Medicine, PhD candidate, works as teacher of preventive medicine. At the moment, providing an investigation in the field of epidemiology of nutrition of the Kazakh population, the influence of dietary habits on the development of cardiovascular diseases, prevention and reduction of the incidence of cardiovascular diseases.

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