Design and Usability Testing of the Personalized Healthy Eating Index Nutrition Report



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Background

The Healthy Eating Index (HEI) is a measure of diet quality, independent of quantity, that assesses alignment with the Dietary Guidelines for Americans. The HEI has been used in multiple research contexts, such as nutrition surveillance, epidemiology, policy, behavioral interventions, and evaluation of food systems.

To extend the application of the HEI, a Personalized HEI Nutrition Report was developed.

The **objective** of this poster is to **introduce** the new **Personalized Healthy Eating** Index (HEI) Nutrition Report and to present results from usability testing.

Methods

- Study Design: Two rounds of mixedmethods user-testing research
- **Population**: Adults > 18 years
- Data Collection: Eye-tracking, qualitative interviews
- **Data Analysis:** Heat maps, thematic content analysis

Results

Eye Tracking: Eye-tracking heat maps demonstrated participants viewed all sections of the report but spent more time reading about changes they "should make" to their diets (141 fixations) rather than changes they "could make" (108 fixations) or where they were "doing great" (66 fixations).

Round 1 Report

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Qualitative Interviews: Design

recommendations from qualitative interview data were incorporated into the final report.





Round 2 Report



Note: Cover page and resources page omitted in image for brevity

Key Takeaway

A five-page Personalized HEI Nutrition Report, including a cover page and resources page, was designed, usertested, and translated to Spanish.

Implications

The report is currently being programmed as a new participant feedback feature of the NCI's Diet **History Questionnaire (DHQ) III.**

Coming Soon: Dietary data from the free and publicly available DHQ may be used to generate a Personalized HEI **Nutrition Report.**

Future directions include pilot testing in different populations, including cancer survivors.

Contact

Scan the QR Code to visit the Healthy Eating Index website.



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