

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.

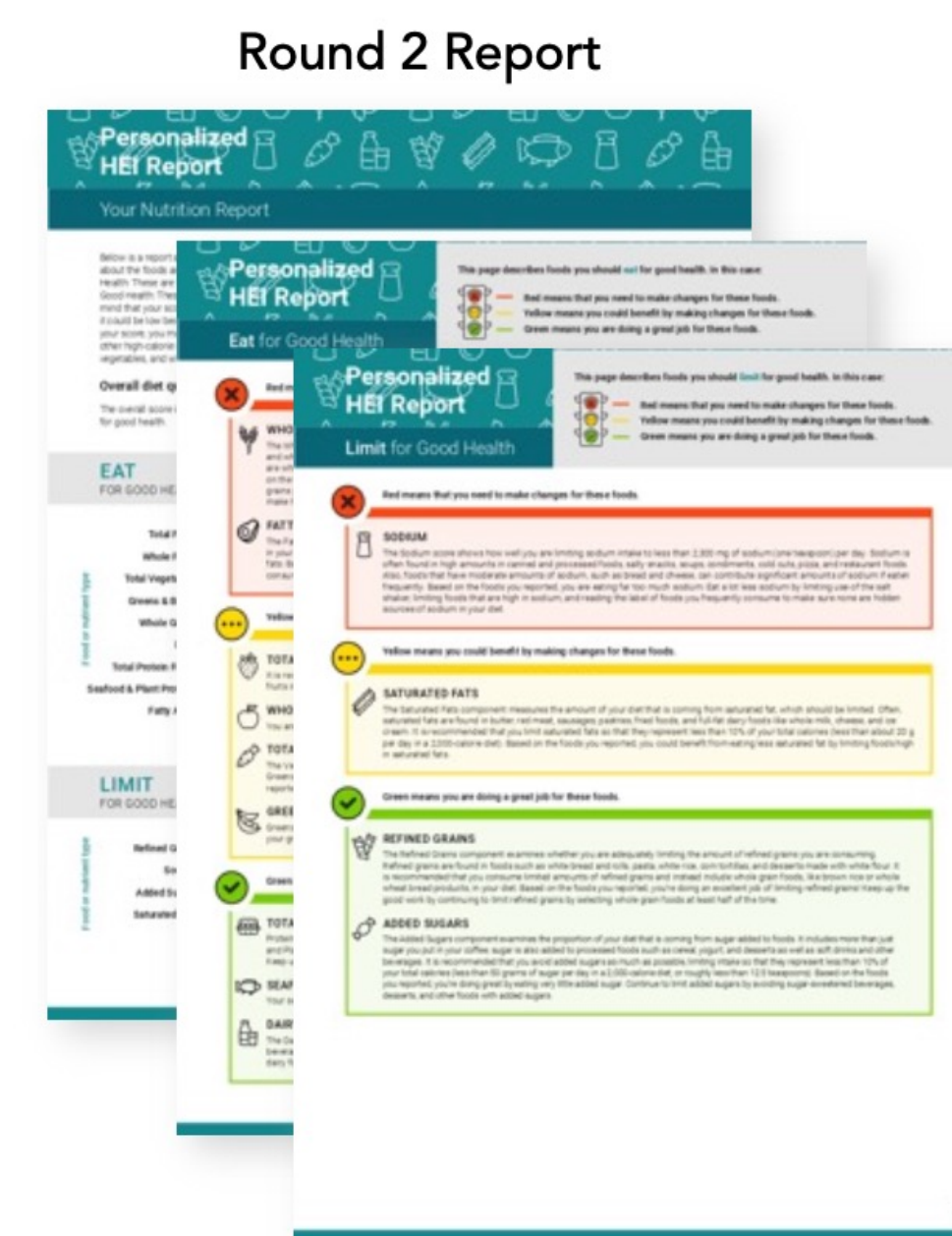
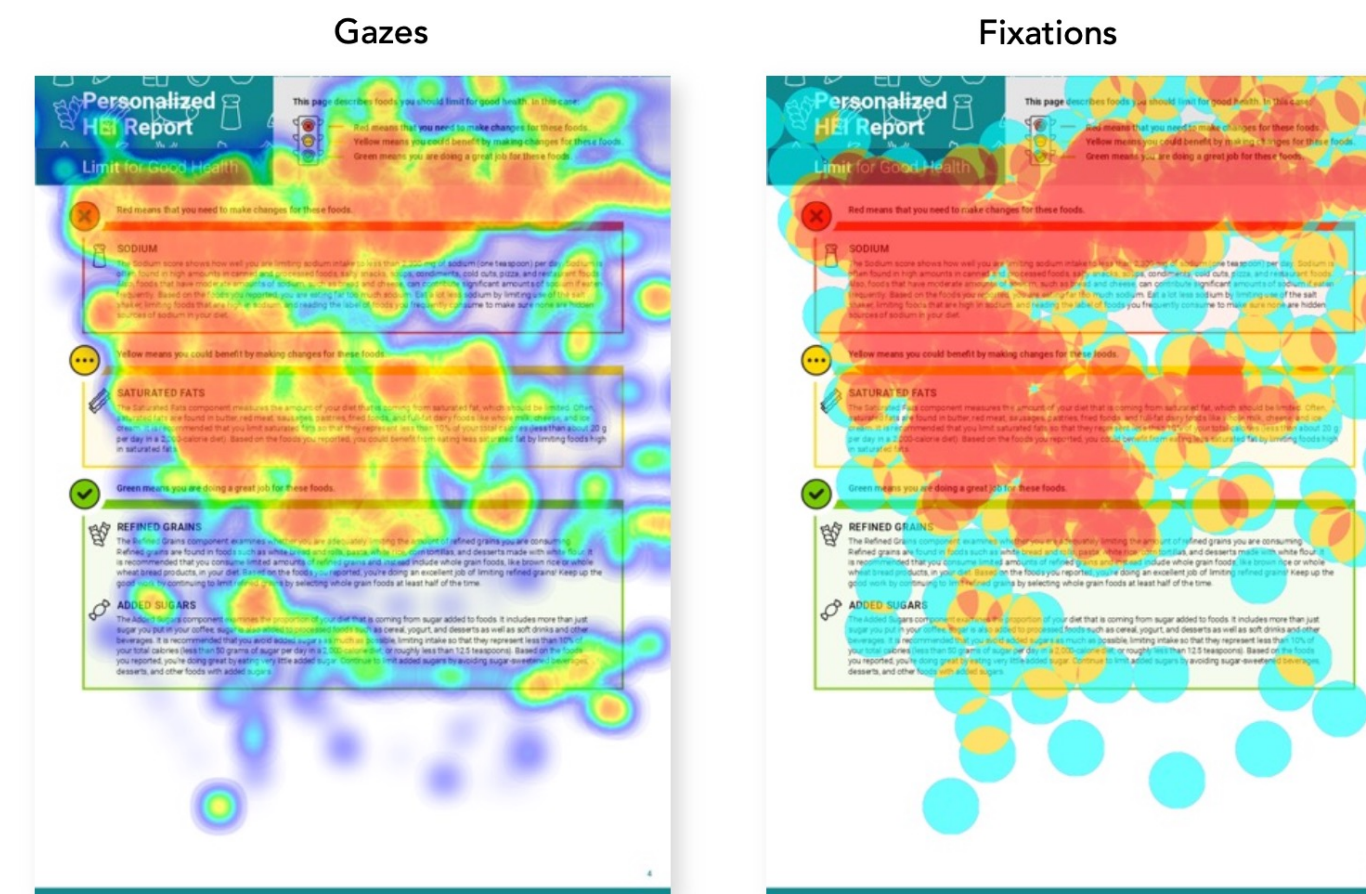
The objective of this poster is to introduce the new **Personalized Healthy Eating Index (HEI) Nutrition Report** and to present results from usability testing.

Methods

- **Study Design:** Two rounds of mixed-methods 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).



Qualitative Interviews: Design recommendations from qualitative interview data were incorporated into the final 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, user-tested, 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**.

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

