

ASA24:
A Validated,
FREE Resource
to Measure Diet

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ASA24

Automated Self-Administered 24-Hour Dietary Assessment Tool

<https://epi.grants.cancer.gov/asa24>



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What is ASA24?

- Fully automated, web-based, self-administered 24-hour dietary assessment tool
 - Web-based system for probing, coding, and calculation of intakes
 - Runs on desktops & mobile devices
- Developed by NCI (Westat as contractor)
 - Format based on Automated Multiple-Pass Method (AMPM) interviewer-administered recalls collected in NHANES
- Publicly available at no cost to researchers, clinicians, and educators
- Allows collection of multiple recalls (retrospective) or records (prospective) in large-scale nutrition research

ASA24 contains many options and optional modules for research studies.



multiple vs. single logins



completion time restricted to 24 hours



supplements



midnight-to-midnight vs. past 24 hours



food source



electronic device use during meals



location of meals



with whom meals were eaten

**New
Sleep
Module**



ASA24 by the Numbers

- From June 2009 through September 2021

- More than 9,000 studies registered
- More than 635,000 recalls/record days collected
- On average, ~70 studies register to use ASA24 each month

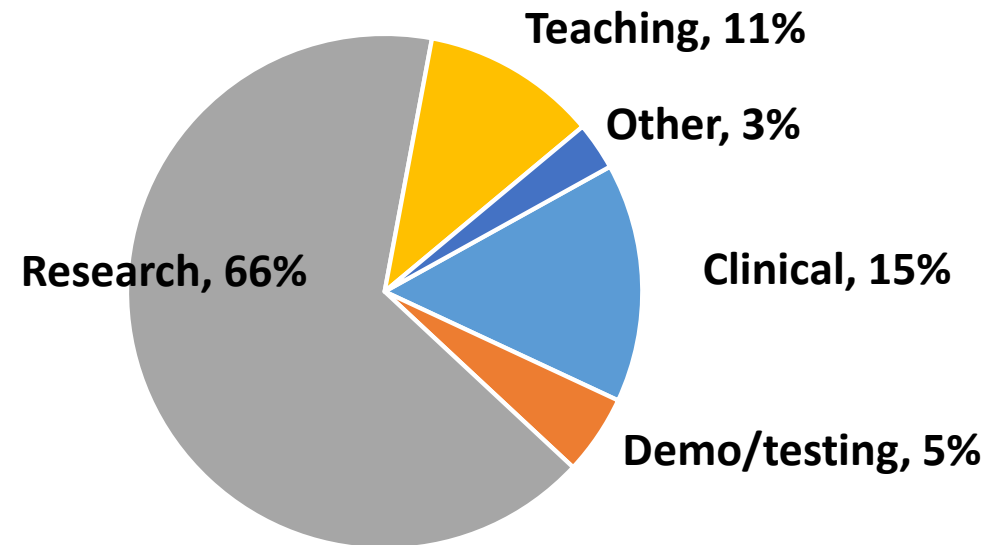


How long does it take to complete a 24-hour recall?



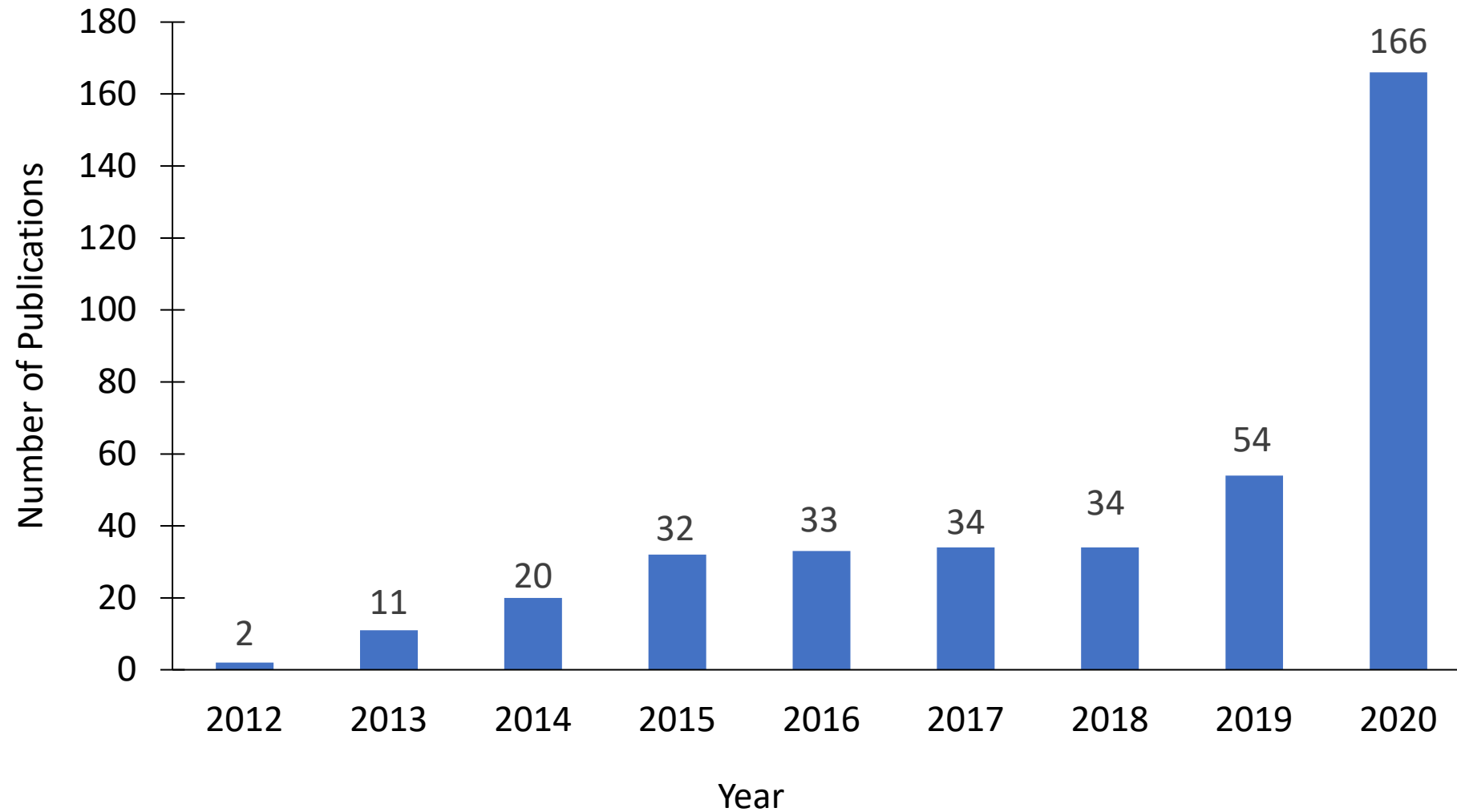
Information based on active versions of the ASA24 system

How is ASA24 being used?





Peer-Reviewed Publications Using ASA24





Feedback for Respondents

Revised Respondent Nutrition Report

Total Calorie Consumption



Calories

Most foods and many beverages contain calories. A person's calorie needs each day depends on factors such as age, gender, height, weight, and level of physical activity. In addition, a need to lose, maintain, or gain weight affects how many calories should be consumed. The target range for percent of calories from carbohydrates, protein, and fat listed here represent the range that is associated with providing adequate intakes of essential nutrients and a reduced risk of chronic disease.

Alcohol

Alcoholic beverage intake is not recommended in the *Dietary Guidelines for Americans*. If alcohol is consumed, it should be in moderation—up to one drink per day for women and up to two drinks per day for men—and only by adults of legal drinking age. There are also many circumstances in which individuals should not drink, such as during pregnancy.

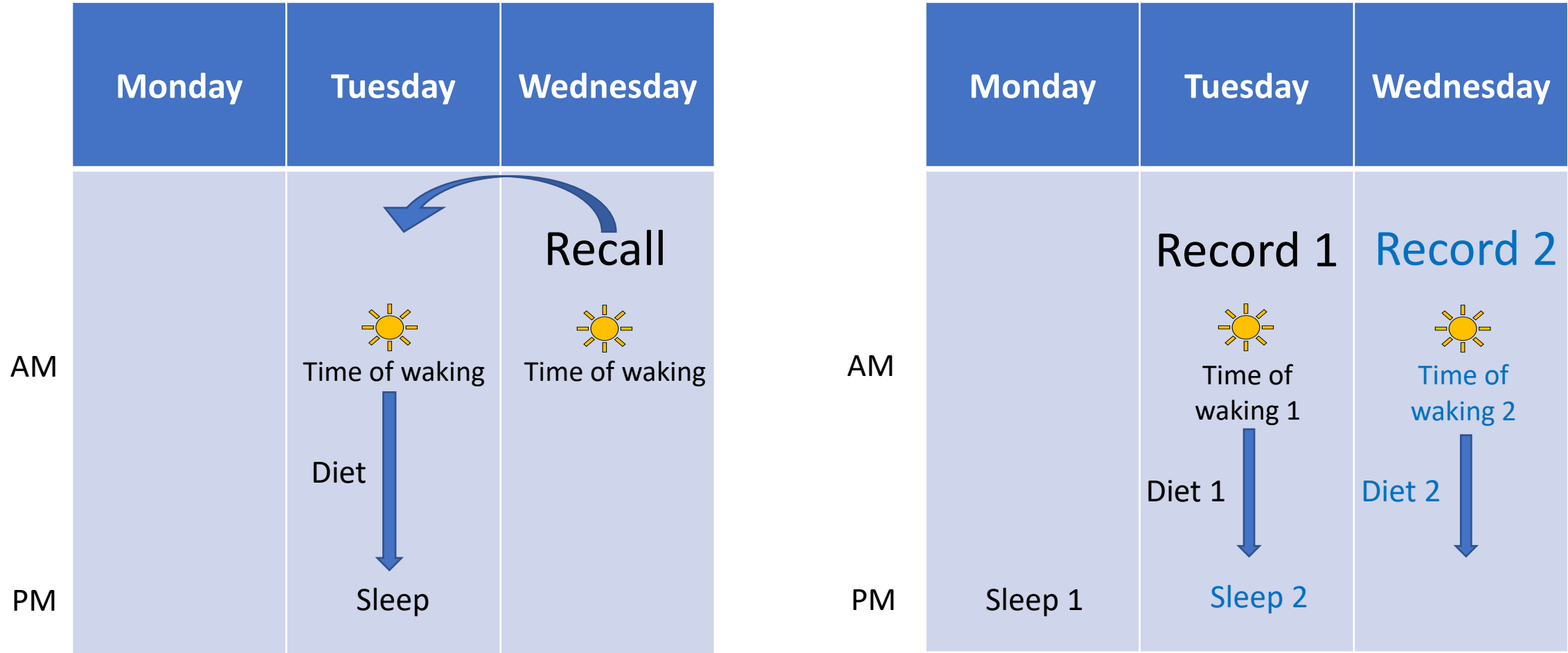
Sources

2015-2020 Dietary Guidelines for Americans (<https://health.gov/dietaryguidelines/2015/guidelines/>) and Dietary Reference Intakes (<http://www.nationalacademies.org/hmd/Reports/2002/Dietary-Reference-Intakes-for-Energy-Carbohydrate-Fiber-Fat-Fatty-Acids-Cholesterol-Protein-and-Amino-Acids.aspx>).



ASA24 sleep module: Sleep Timing

Figure. Periods of time captured in the sleep module: recall vs. record

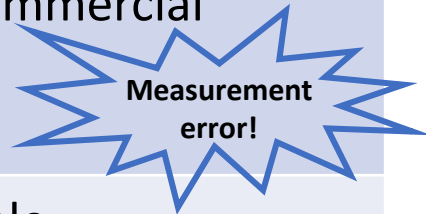




For Additional Information

ASA24 compared to commercial diet tracking apps

ASA24	Commercial apps
For research	For consumers
Detailed extensive probes	Few probes/reminders
Databases: public <ul style="list-style-type: none">• Extensive, validated nutrients/food groups	Databases: public, crowd sourced, commercial <ul style="list-style-type: none">• Limited nutrients/food groups• Duplicates
Single sign on and API available for minimal cost	Single sign on and API may be available
Data at the food and day level	Data at the day level; some also at food level
Direct feedback to participants if researcher/clinician desires	Direct feedback to participants
Extensive peer reviewed evaluation research	Little peer reviewed evaluation research
Free to use	Variable costs





For Additional Information

- Try it out yourself!

<https://asa24.nci.nih.gov/demo/>

- Researcher Instructions or Researcher Website

<https://epi.grants.cancer.gov/asa24/researcher/instructions.html>

- Visit NCI Website (<http://epi.grants.cancer.gov/asa24/>), including:

- Frequently Asked Questions <https://epi.grants.cancer.gov/asa24/resources/faq.html>
- Known Issues & Workarounds <https://epi.grants.cancer.gov/asa24/resources/issues.html>

- Publications using ASA24:

<https://epi.grants.cancer.gov/asa24/resources/publications.html>

Questions?





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