

Impact Case Study

UoA3B: Allied Health Professions, Dentistry, Nursing and Pharmacy (Biomedical Sciences)

Dietary Mis-reporting

The monitoring of accurate patterns of individual food consumption and how this relates to an individuals and population health is a key global priority. Recording accurate data relating to individual food consumption are fundamental for effective interpretation of the links between diet and health, and for the development of sound public health nutrition policy. Research undertaken at the University of Ulster has demonstrated that mis-reporting in dietary surveys is extremely common and generates very misleading evidence on which to base public health policy about healthy eating. Seminal research undertaken at the Biomedical Sciences Research Institute (NICHE) has led to a major paradigm shift in the way dietary surveys are undertaken and thus how public health policy makers interpret dietary intake data.