



## **Food Questionnaire**

The *Food Questionnaire Analysis* gives the daily averages of the food, alcohol and vitamin supplements you have consumed during the past year. The nutrient values obtained are estimates based on your responses to the *Food Questionnaire*. There are four pages:

1. The first page is a more personalized explanation of the food and alcohol you have consumed in the past year and suggestions for improving your overall diet.
2. The second page lists your average daily nutrients on the left side, and the recommended ranges based on age and sex on the right side. These can be used as guidelines for your average daily nutrients.
3. The third page includes a breakdown of your food and alcohol calories, which includes fats, proteins, and carbohydrates. The vitamins from supplements are included for your reference as well.
4. Lastly, your top three food sources from total calories, fats, fibers, vitamins and minerals, and cholesterol are listed on the last page.

## **Blood Test Results**

The results of your blood test will be available upon completion of the study, 2007.



## **Work and Home Activity Survey**

The *Work and Home Activity Survey* will give your average daily energy expenditure during the past year, based on your responses. A person's energy expenditure is the amount of energy he or she uses.

A person's energy requirement is the amount of energy he or she needs to maintain health, growth, and a level of activity.

Your physical activity report, based on your responses to the *Work and Home Activity Survey*, explains the recommended amount of time you should engage in moderate activity. Several examples of moderate activity are also included on the sheet. Moderate activity reduces the risk of developing cardiovascular diseases, diabetes, and high blood pressure, generally improving long-term health.

## **Bone Density Scan (DXA)**

Several methods are available to measure bone density, but currently the most widely used technique is DXA (Dual Energy X-ray Absorptiometry). This is the method used to determine efficacy in the recent large clinical trials, and to characterize fracture risk in large epidemiological studies. The company that manufactured the densitometers used for this clinical trial is *Hologic*.

More information regarding the technique and information contained in the report can be found on the National

Dear Participant,

We hope your experience with the UC Berkeley Vitamin Study has been a positive one. Your assistance has been essential, and without it, our research could not continue.

## ***Tell a friend!***

***We are still recruiting participants.***

The UC Berkeley Vitamin Study is dependent upon word of mouth and the help of people like you for its success.

In order to study a diverse range of people, we are currently looking for participants who are:

- \* men
- \* overweight
- \* thirty— sixty years old

We would be delighted if you would share with people you know at work or at home about this opportunity to volunteer and contribute to science.

Please call us with questions or comments at:

**510-643-0977**

<http://groups.ucanr.org/vitaminstudy/>

♥ **Thank You for Your Help** ♥



## **University of California, Berkeley School of Public Health Vitamin Study**

**In this pamphlet you will find:**

- ♥ Analysis of the ***Food Questionnaire*** you filled out prior to your first visit
- ♥ Analysis of the ***Work and Home Activity Survey*** you filled out prior to your first visit
- ♥ ***Hologic Bone Density Scan Report***
- ♥ \$70 stipend to cover your expenses

## **Thank You for volunteering!**



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