



# 1st International Course 'Modelling of habitual dietary intake' 13-15 November 2017, Wageningen, The Netherlands

organized by the Graduate School VLAG,  
in co-operation with the division of Human Nutrition-Wageningen University & Research (WUR)  
and the National Institute of Public Health and the Environment (RIVM), the Netherlands



## **AIM OF THE COURSE**

Participants will learn 1) the principles of habitual intake modelling for populations 2) the use of SPADE for habitual intake modelling of foods, food groups, energy and nutrients (from foods and/or dietary supplements).

## **BACKGROUND**

In the evaluation of dietary intake of populations, one is often interested in the habitual (usual) intake, i.e. the long-term average intake. For example to estimate the proportion of a population that meets nutritional recommendations. In food consumption surveys, dietary intake is generally collected with short-term measurements, for example 24-hr recalls or food records. The dietary intake of an individual can vary considerably from day to day. Consequently, intake measured over a limited number of days will be a poor indicator of the individual habitual intake. Statistical modelling makes it possible to estimate the habitual intake distribution of a population from repeated short-term measurements. In this course the focus will be on statistical modelling of habitual intake using SPADE (Statistical Program to Assess Dietary Exposure).

## **COURSE CONTENTS**

The course is a 2.5 days hands-on course with a maximum of 25 participants (PhD's, postdocs, other researchers). The course will consist of a combination of lectures on general principles of modelling habitual intake, lectures on how to use SPADE, and practical exercises with SPADE. There is also the option to bring your own data and practice with these data during the last day of the course.

## **SPADE**

During the course, we will teach you hands on experience in using SPADE. SPADE is implemented in a freely available, open-source software R for statistical computing. See for more information <http://rivm.nl/en/Topics/S/SPADE>

## **PARTICIPANTS**

PhD candidates, postdocs, or other researchers interested in this course should work on statistical analyses of food consumption data and have a basic understanding of applied statistics.

## **PROGRAMME TOPICS**

- Principles of habitual intake modelling
- Installing SPADE, R, and R-studio
- Habitual intake modelling for daily intakes
- Habitual intake modelling for episodic intakes
- Bootstrap procedures to estimate confidence intervals
- Habitual intake modelling for intakes from multiple sources, e.g. foods and dietary supplements

## **COURSE LECTURERS & ORGANIZERS**

### **Organization**

**Dr. Marga Ocké**, RIVM / WUR-Division of Human Nutrition  
**Mrs. Ingeborg van Leeuwen-Bol**, Graduate School VLAG

### **Other faculty**

**Dr. Arnold Dekkers**, RIVM  
**Dr Janneke Verkaik-Kloosterman**, RIVM

## **COURSE FEES <sup>1</sup>**

	Fee
PhD candidates affiliated with VLAG	150€
All other PhD candidates	350€
Postdoc / staff from WUR-HNE and RIVM	250€
Postdoc / university staff and others	500€

<sup>1</sup> includes materials, lunches/tea/coffee and one course dinner

## **REGISTRATION AND INFORMATION**

<http://www.vlaggraduateschool.nl/en/courses/course/MHDI17.htm>

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