

Scoring the Dietary Risk Assessment (DRA)

The Dietary Risk Assessment (DRA) is comprised of 4 sections (or subscales) used to assess baseline dietary patterns in order to tailor dietary counseling. These 4 sections are combined into one questionnaire below, would could be given at the outset and conclusion of the program to assess the participant's dietary pattern. However, the program materials are designed so that the appropriate DRA subscale is given at the beginning of each counseling session.

A total DRA score and 4 subscales can be derived. Subscales are scored independently by assigning score values accordingly: 2 for response choices in the "Desirable" column; 1 for response choices in the "Could be improved" column; and 0 for response choices in the "Needs to be improved" column. Example: "In an average week, how many servings of peanut butter, other nut butters, or nuts (like peanuts, almonds, pecans, walnuts, or cashews) do you usually eat?" If the response choice is "3+" then the score value is 2. If the response choice is "2" then the score value is 1. If the response choice is "0-1" then the score value is 0. All DRA scorable items are scored similarly.

Nuts, Oils, Dressings, and Spreads subscale

Sum the score values of the 5 items (questions 1-5) to obtain a subscale score ranging 0 to 10. **If only 1** of the 5 items is missing use a score value of 1 for the missing item and sum the values. **If more than 1** item is missing then a score for this subscale and the total DRA score **cannot be derived**.

Vegetables, Fruit, Whole Grains, and Beans subscale

Sum the score values of the 7 items (questions 1, 2, 3a, 3b, 4, 5, 6) to obtain a subscale score ranging 0 to 14. **If only 1** of the 7 items is missing use a score value of 1 for the missing item and sum the values. **If more than 1** item is missing then a score for this subscale and the total DRA score **cannot be derived**.

Drinks, Desserts, Snacks, Eating Out, and Salt subscale

Sum the score values of the 7 items (questions 1a, 1b, 1c, 2, 3, 4, 5) to obtain a subscale score ranging 0 to 14. **If only 1** of the 7 items is missing use a score value of 1 for the missing item and sum the values. **If more than 1** item is missing then a score for this subscale and the total DRA score **cannot be derived**.

Fish, Meat, Poultry, Dairy, and Eggs subscale

Sum the score values of the 4 items (questions 1-4) to obtain a subscale score ranging 0 to 8. Note: questions 5 and 6 do not contribute to the score. **If only 1** of the 4 items is missing use a score value of 1 for the missing item and sum the values. **If more than 1** item is missing then a score for this subscale and the total DRA score cannot be derived.

Total DRA score

Sum the 4 subscales to obtain a total score ranging 0 to 46. **A total score cannot be derived if any subscale is missing.**

Interpreting DRA Total Score Subscale Scores

For all scoring, a higher score represents a more healthful dietary pattern. The table below outlines goals for the DRA total score and subscale scores. These are based on our experience using these material with over 500 participants in studies we have conducted in central and eastern North Carolina

DRA Component	Score Range	Desirable Score
Nuts, Oils, Dressings, and Spreads	0-10	8 or more
Vegetables, Fruit, Whole Grains, and Beans	0-20	12 or more
Drinks, Desserts, Snacks, Eating Out, and Salt	0-10	8 or more
Fish, Meat, Poultry, and Eggs	0-8	6 or more
Total	0-48	34 or more

Assessment of
Current Eating Habits

Nuts, Oils, Dressings, and Spreads



- ** Are you allergic to tree nuts (like almonds, pecans, walnuts, or cashews)? Yes ___ No ___
- ** Are you allergic to peanuts? Yes ___ No ___
- ** Are you allergic to both? Yes ___ No ___

In an average **WEEK**,

	Desirable	Could be improved	Needs to be improved
1. How many servings of peanut butter, other nut butters, or nuts (like peanuts, almonds, pecans, walnuts or cashews) do you usually eat?	<input type="checkbox"/> 3+	<input type="checkbox"/> 2	<input type="checkbox"/> 0-1
2. What type of butter or margarine do you usually use?	<input type="checkbox"/> trans fat-free margarine (most tub margarines are trans fat-free)	<input type="checkbox"/> butter	<input type="checkbox"/> stick margarine

In an average **WEEK**, how many times do you...

3. Eat foods fried, sautéed, or baked at home using vegetable oil (olive, soybean, canola, or corn oil or tub/liquid margarine)?	<input type="checkbox"/> 3+	<input type="checkbox"/> 1-2	<input type="checkbox"/> 0
4. Use regular (full-fat) salad dressing (Do NOT include no-fat, fat-free, and low-fat dressings)?	<input type="checkbox"/> 3+	<input type="checkbox"/> 1-2	<input type="checkbox"/> 0
5. Use regular mayonnaise (Do NOT include no-fat, fat-free, and low-fat mayonnaise) on sandwiches or in tuna, chicken, or egg salad or use regular (full-fat) tartar sauce?	<input type="checkbox"/> 3+	<input type="checkbox"/> 1-2	<input type="checkbox"/> 0

Assessment of
Current Eating Habits

Vegetables, Fruit, Whole Grains, and Beans



On an average **DAY**, how many servings of these foods do you eat or drink?

	Desirable	Could be improved	Needs to be improved
1. Greens and non-starchy vegetables like collard, mustard, or turnip greens, salads made with dark-green leafy lettuces, kale, broccoli, cauliflower, Brussels sprouts, carrots, okra, zucchini, squash, turnips, onions, cabbage, spinach, mushrooms, bell peppers, or tomatoes (including tomato sauce)	<input type="checkbox"/> 4+	<input type="checkbox"/> 2-3	<input type="checkbox"/> 0-1
2. Fresh, canned (in own juice or light syrup), or frozen fruit or 100% fruit juice (½ cup of juice equals a serving)	<input type="checkbox"/> 3+	<input type="checkbox"/> 1-2	<input type="checkbox"/> 0
3a. Bread, rolls, wraps, or tortillas made all or mostly with white flour	<input type="checkbox"/> Never	<input type="checkbox"/> Some of the time	<input type="checkbox"/> Most of the time
3b. Bread, rolls, wraps, or tortillas made all or mostly with whole wheat flour	<input type="checkbox"/> Most of the time	<input type="checkbox"/> Some of the time	<input type="checkbox"/> Never

In an average **WEEK**, how many servings of these foods do you eat?

4. Starchy vegetables like acorn squash, butternut squash, beets, green peas, sweet potatoes, or yams (do not include white potatoes)	<input type="checkbox"/> 4-7	<input type="checkbox"/> 2-3	<input type="checkbox"/> 0-1
5. White potatoes , including French fries and potato chips	<input type="checkbox"/> 1 or less	<input type="checkbox"/> 2-3	<input type="checkbox"/> 4+
6. Beans or peas like pinto beans, kidney beans, black beans, lentils, butter or lima beans, or black-eyed peas	<input type="checkbox"/> 3+	<input type="checkbox"/> 1-2	<input type="checkbox"/> 0

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Vegetables, Fruit, Whole Grains, and Beans

Assessment of
Current Eating Habits

In an average **WEEK**, how often or how many servings of these foods do you eat?

7a. White rice or regular pasta , like noodles, spaghetti, or macaroni	<input type="checkbox"/> Never	<input type="checkbox"/> Some of the time	<input type="checkbox"/> Most of the time
7b. Brown rice, whole grain pasta , or other whole grain products	<input type="checkbox"/> Most of the time	<input type="checkbox"/> Some of the time	<input type="checkbox"/> Never
8. Regular cold or hot cereals , like corn flakes or instant grits, instant oatmeal, or instant cream of wheat	<input type="checkbox"/> 0	<input type="checkbox"/> 1-2	<input type="checkbox"/> 3+

Drinks, Desserts, Snacks, Eating Out, and Salt



On an average DAY ,	Desirable	Could be improved	Needs to be improved
1a. How many 12-ounce servings of sugar-sweetened beverages do you drink? Sugar-sweetened beverages include regular sodas, bottled fruit drinks, and Kool-Aid (including drinks like Coke™, Pepsi™, Sprite™, Snapple™, lemonade, or fruitade and sports or energy drinks). Do NOT include coffee or tea, or beverages with artificial sweeteners like Crystal Light.	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2+
1b. How many 12-ounce servings of iced tea or coffee do you drink a day? _____ <i>If 1 or more, answer the next question.</i> Is the iced tea or coffee unsweetened (include artificially sweetened), half sweetened, or sweet tea or coffee?	<input type="checkbox"/> un-sweetened	<input type="checkbox"/> half sweetened	<input type="checkbox"/> sweet tea or coffee
1c. How many cups of hot tea or coffee do you drink per day? _____ <i>If 1 or more, answer the next question.</i> How much sugar do you add to each cup (do not include artificial sweeteners)?	<input type="checkbox"/> None	<input type="checkbox"/> 1-2 teaspoons	<input type="checkbox"/> 3+ teaspoons

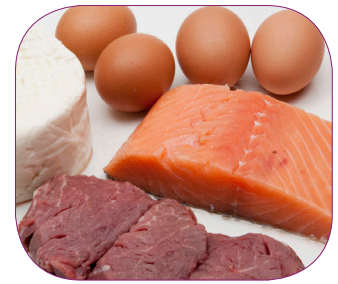
In an average **WEEK**, how many servings of these foods do you eat?

2. Doughnuts, sweet rolls, pies, cakes, cookies, or candy (do not include dark chocolate)	<input type="checkbox"/> 0-1	<input type="checkbox"/> 2-3	<input type="checkbox"/> 4+
3. Frozen desserts like ice cream, ice milk, sherbet, or frozen yogurt	<input type="checkbox"/> 0-2	<input type="checkbox"/> 3-4	<input type="checkbox"/> 5+
4. Snack chips (like potato chips, corn chips, tortilla chips, or cheese puffs), crackers, or pretzels	<input type="checkbox"/> 0-2	<input type="checkbox"/> 3-4	<input type="checkbox"/> 5+

In an average **WEEK**...

5. How many times do you eat out at restaurants, get food delivered , or get carry-out from restaurants? (Include fast-food restaurants.)	<input type="checkbox"/> 0-2	<input type="checkbox"/> 3-4	<input type="checkbox"/> 5+
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Fish, Meat, Poultry, Dairy, and Eggs



In an average **WEEK**, how many servings of these foods do you eat?

	Desirable	Could be improved	Needs to be improved
1. Fish , including canned tuna	<input type="checkbox"/> 2+	<input type="checkbox"/> 1	<input type="checkbox"/> 0
2. Bacon, sausage, hot dogs or cold cuts like bologna, salami, Spam™ or deli meats including turkey and beef	<input type="checkbox"/> 0-2	<input type="checkbox"/> 3-4	<input type="checkbox"/> 5+
3. Chicken or turkey , excluding chicken or turkey cold cuts	<input type="checkbox"/> 3+	<input type="checkbox"/> 2	<input type="checkbox"/> 0-1

On an average **DAY**, how many servings of these foods do you eat?

4. Red meat like roasts, steaks, stew meat, ribs, chops, BBQ, ham or hamburger, either alone or in dishes like meatloaf or spaghetti sauce	<input type="checkbox"/> 0-1	<input type="checkbox"/> 2	<input type="checkbox"/> 3+
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On average, how many servings of these foods do you eat?

5. Dairy products , such as milk, cheese, and yogurt	Number of servings per day _____ or Number of servings per week _____
6. Eggs , including in cooking?	Number of servings per day _____ or Number of servings per week _____