

Nutrition and Health Survey in Taiwan (NAHSIT) for Total Diet Study and Biomonitoring in Taiwan

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Nutrition and Health Survey in Taiwan has been initiated by Bureau of Food Hygiene, Department of Health since 1993 and currently under the auspices of Health Promotion Agency, Ministry of Health and Welfare, Taiwan. It provides dietary information such as 24-hour recall and food frequency questionnaire for application to the total diet study and opportunities for biomonitoring, along with varieties of data on socio-demographics, lifestyles, supplements, nutrition related behaviors and altitudes, physical and mental functions, and disease status for exploratory and confirmatory studies.

NAHSIT adopts a multi-staged, stratified, and clustered probability sampling scheme and includes a door-to-door household interview and a health examination component. A comprehensive 24-hour dietary recall data collection protocol and system have been developed for Taiwanese with unique food models and computation algorithms. Details of all food items are recorded and made available for potential new classifications of foods.

NAHSIT collects bio-specimens for clinical diagnostics and nutritional assessment. We have previously collaborated with National Health Research Institutes and currently with School of Public Health, National Taiwan University for biomonitoring.