The ANIBES scientific study on energy balance in Spain: design, protocol and methodology

STUDY CONDUCTION

Stratified multistage sampling

The main goal of the ANIBES scientific study was to evaluate energy dietary intake and energy expenditure in a national representative sample of the Spanish population by using innovative tools in order to approach the “energy balance” concept.

FIELDWORK DIVIDED INTO 15 CYCLES. EACH CYCLE INVOLVED:

FIRST VISIT
- Interview face-to-face fulfilling recruitment quotas anthropometric data
- Participant training (how to use tablet and software)
- 3-day dietary record (autofilled on tablet by participant)
- 10% of total sample used an accelerometer

SECOND VISIT
- Interview face-to-face on physical activity habits, perceptions of health and eating habits
- Collection of the tablet and, where appropriate, the accelerometer

STUDY DESIGN AND SAMPLING PROCEDURE

Distribution of the sample for the ANIBES scientific study

PARTICIPANTS (Final)
- 2,009 individuals

FIELDWORK DATES
- September 19th, 2013
- November 16th, 2013

STAFF MEMBERS
- 90 Interviewers
- 12 Coordinators*

*Previously trained by FEN

STUDY DESIGN AND SAMPLING PROCEDURE

Design:
Sample size representative of all individuals living in Spain (excluding Ceuta and Melilla)

Sample:
- Individuals aged 9-75 years
- Municipalities > 2,000 inhabitants
- Universe: 37 million of inhabitants

Final sample:
- 2,009 individuals
- 2.23% error and 95% confidence interval

Random sample plus enhancement:
- 2,285 participants

REGION
- 7 Nielsen Areas
- Other Factors which have been taken into account:
  - Rate of unemployment
  - % of foreigners
  - Level of physical activity
  - Education and economical level

* For the youngest groups (9-12 and 13-17) an enhancement was considered in order to have at least a n=200 per age group (error +/- 6.9%)


Coordinated by:
- Spanish Nutrition and Food Sciences Academy (AEN)
- Spanish Nutrition Society (SEÑ)
- Spanish Society of Community Nutrition (SENC)
- Nutrition Studies Association (ASEN)
- Spanish Foundation for Nutritional Research (FIN)
- Improvement of Health by Fitness, Nutrition and Exercise Research Group

With the participation of: