



Dear Researchers

Welcome to our Autumn 2022 updates for [Intake24.org](https://intake24.org) at Cambridge. In this newsletter:

- **Updated United Kingdom locale (food databases) release**
- **Intake24 Resources update**
- **New Intake24 data export report available**
- **Intake24 software Version 4 update**
- **Acknowledgement of Intake24**
- **Intake24 community news**

Updated United Kingdom food databases - V2_2022 locale release

We are very pleased to announce the launch of an updated version of Intake24 for the United Kingdom, the United Kingdom V2_2022 locale (UK V2_2022) now available on <https://intake24.org/>^{1, 2}. This new locale for the UK encompasses the latest updates to the food databases, including improvements to food information, portion assessment and nutrient composition coding. The format of the new UK locale remains aligned with, and benefits from, updates to Intake24 carried out for the [UK National Diet and Nutrition Survey \(NDNS\) Rolling Programme \(RP\)](#).

All new Intake24.org studies, using the UK food databases, will be set up on the UK V2_2022 locale. Studies that were already set up on the former United Kingdom (NDNS V1) locale that have not yet started, or that have only very recently started their data collection, have been moved over to benefit from the updated locale. For a small number of current studies where a large proportion of dietary data collection is expected to continue beyond end of 2022, we will be in contact with you shortly to offer the option to move to the new locale.

If your Intake24 study has already completed, or a large proportion of the anticipated dietary data has already been collected, or if your study is expected to complete dietary data collection

¹ This locale update is UK focused; the South Asia and other country locales are not affected.

² Intake24 can be adapted for populations requiring different food reference information, configured at the locale level to provide context-appropriate food databases for respective settings. Locale reference information include the food list, food names/descriptions, portion estimation, associated food prompt questions and linked nutrient information.

by the end of 2022, there will be no change and your study will remain on the original UK locale (NDNS V1).

How can I check which locale my Intake24 study is using?

Log into your study area on Intake24³. On the `general` tab check the `locale` setting. If this states `United Kingdom V2_2022` your study is using the new locale, if it states `United Kingdom (NDNS V1)` your study remains on the original locale. If you have any questions about which locale your study is set up on please get in contact with us: intake24support@intake24.org.

Updates included in the United Kingdom V2_2022 locale

The United Kingdom V2_2022 locale includes updated food reference databases for the UK. Updates have been informed by regular system analysis and observations from data quality checks from our use of Intake24 (including for UK national surveys and other studies), and the ongoing food composition programme to support the UK NDNS. The food databases are intended to provide comprehensive generic coverage of foods and drinks available in the UK and aim to reflect best estimates of food information available at the current time⁴.

Broadly updates for the United Kingdom V2_2022 locale fall into the following categories:

- Food name changes: optimisation to enable participants to find their foods in Intake24
- Changes to food probing questions: including addition/removal of probe questions to support capture and recording of foods commonly consumed together
- Portion size updates: change/removal or addition of portion images, updates to portion weights for portion size estimation
- Updated food composition table: foods in Intake24 are linked to nutrient composition codes to provide a range of nutrient values (e.g. energy, protein, vitamins and minerals). The new locale is linked to an updated nutrient table (UK_NDB_1) drawn from the most recent available version of the UK NDNS Nutrient Databank (NDB)⁵
- Food code re-linkage: in some cases a different NDB code may have been assigned to an Intake24 food to better reflect current nutrient values
- Updates to key food groups (e.g. sandwich food codes and spreads to better reflect fortification)
- Other changes include deletion of foods that are out of date or duplicates, updates to conversion factors for foods.

³ For guidance on how to log-on and view your study visit our website: <https://www.mrc-epid.cam.ac.uk/research/measurement-platform/dietary-assessment/intake24/> and download 'Getting started with an Intake24 study'.

⁴ The NDNS RP supports an ongoing food composition programme with the aim of providing periodic updates for the UK Nutrient Databank (NDB), maintained for the purposes of the NDNS RP. Updates are driven by priorities for the NDNS RP and are not fully comprehensive due to the scale of the food composition databases.

⁵ The NDB is made publically available in parallel with respective NDNS results publication. The former public UK locale (United Kingdom NDNS V1) was linked to an earlier Nutrient composition table "NDNS_Yr12 (Pre-version 1)" available at: <https://doi.org/10.5255/UKDA-SN-8956-2>

If you have any further questions on locales, please contact us:

intake24support@intake24.org.

Please read on for further information about the new UK locale and other news and updates about Intake24.org.

Intake24 Resources update

We have recently updated the following resources for Intake24.org online:

- Intake24 general information
- Intake24 study setup form
- Getting started with an Intake24 study
- Intake24 data dictionary

The updated resources are available [here](#). We are working on further resources which will be made available on our [Intake24 webpage](#) once ready. So please keep checking for updates.

New Intake24 data export report available

We have added a new data export report variable which holds a standardised user-agent string. This can provide further information on the operating system, browser version etc. that your study participant used when completing an Intake24 recall. Further information on the user-agent string can be found here:

<https://developer.mozilla.org/en-US/docs/Web/HTTP/Headers/User-Agent>

If you would like to extract this variable into your dietary intake data, log into your study area on Intake24⁶, and go to the `Data export` tab, in `Export format` select `Version 4`. If you do not require this additional information you can continue to select `Version 2` export format.”

Intake24 software Version 4 update

We are continuing with our major development project to update the programming code base for Intake24. We are currently beta testing and expect to be able to provide Intake24 software Version 4 during 2023.

Version 4 enhancements will include:

- Compatibility with Intake24 software Version 3 functionality
- optimised presentation for using Intake24 on smaller screen devices
- ability for participants to download and save their dietary feedback
- ability to customise dietary feedback at the study level
- improved ease of adaptation for Intake24

⁶ For guidance on how to log-on and view your study visit our website: <https://www.mrc-epid.cam.ac.uk/research/measurement-platform/dietary-assessment/intake24/> and download ‘Getting started with an Intake24 study’.

Acknowledgement of Intake24

To help maintain support for Intake24, documenting its use through publications is very useful and we kindly ask that you include a statement in your publications to recognise use of this resource.

Suggested acknowledgement statement:

“Dietary intake data were collected using Intake24.org (software Version 3, LOCALE VERSION, YEAR-YEAR): an open source dietary assessment research tool, freely available to researchers, maintained and developed by the Nutrition Measurement Platform, MRC Epidemiology Unit, University of Cambridge, in collaboration with Open Lab, Newcastle University.”⁷

Intake24 community news

Thank you for your continued interest in Intake24. We are delighted that the tool is being so widely used. Recent new projects include the University of Auckland who are developing Intake24 for a pilot study with a view to using the tool in the next New Zealand nutrition survey. The University of Waterloo, Canada, will also once again use Intake24 for the UK dietary data collection as part of the 2022 [International Food Policy Study](#). We continue to receive many enquiries every week from researchers wishing to use Intake24 and to ask about the potential to adapt the system such as for use in new populations and settings, to consider new features, or to adapt for a particular research focus.

Get in touch

If you would like to explore further use of Intake24, please do get in touch with us:

intake24support@intake24.org.

Best wishes

The Intake24 team at Cambridge



This email has been sent by Dietary Assessment, Nutrition Measurement Platform, MRC Epidemiology Unit, University of Cambridge. If you wish to unsubscribe from these emails, please email intake24support@intake24.org. Please enter `Newsletter Unsubscribe` in the subject box.

⁷ Locale name can be found in the Study area of Intake24. On the `general` tab check the `locale` setting. For UK locale studies, LOCALE will either be `United Kingdom (NDNS V1)` (i.e. the original locale) or `United Kingdom V2_2022` (i.e. the new locale).