

USE OF ERS 4.0 FOR EFNEP PARTICIPANT 24-HOUR RECALLS

WISCONSIN NUTRITION EDUCATION PROGRAM

Conversion to the new version of ERS gives us an opportunity to change the way we code 24-Hour Dietary Recalls. ERS 4.0 contains a large database of foods and can code and count food groups quickly and easily. Using the computer to code foods will replace the time-consuming process of referring to the printed list of foods and coding recalls by hand. Accuracy in coding, computing and recording foods and food groups should be improved by use of this method.

It is our goal that all 24-hour Recalls will be coded by computer, starting immediately, or as soon as possible.

- Participants who have been enrolled since October 1, 1998 should be entered into ERS 4.0 and their entry Recall coded by computer.
- Participants who are “continuing” (entry recall complete, but not yet graduated) should be entered into ERS 4.0. Their entry recalls (which had been coded by hand previously) should be re-entered and coded by computer. Exit recalls will also be coded by computer, when completed.

Entering 24-Hour Recalls into ERS for computer coding is not difficult. Follow these steps to get started.

1. Enter the adult participant into the system by completing the New Adult screen (enrollment form). After entering the basic information, including children by age and public assistance, you may begin to enter recall data.
2. Use the “jump” button (colored square button under educator name box) to go to “jump to data” box. From this select “Recalls”
3. You will now be at a recall summary page for the participant you just entered.
4. Click “add recall” button.
5. You will be prompted to select a nutritional method for the analysis of the recalls you will be entering for the participant. Select: “1. Computerized Nutrient Analysis”
6. You will now be at the “New Recall” screen and can follow the directions on pages 34-36 in the ERS User’s Guide for entering the foods and amounts eaten.
7. After you have entered all the foods on the participant’s recall, click “cancel/done” button, then use the door icon to go back several screens to the “ERS Main Switchboard” screen.

To check that what you have entered is correct—you can view or print a list of the foods and amounts that you have entered. To get to the report “food recall review” do the following:

1. From the Main Switchboard screen select: “Nutrition”
2. From Nutrition Switchboard screen select: “Food Recall Reports”
3. From the Food Recall Reports screen, select “Food Recall Review” (You may choose to preview it, on the screen only, or print it) You must also click either “Select by Name” or “Select by ID”
4. You will now be at “Recall Reports by Adult Name” (or “Recall Reports by Adult ID”) screen. Enter the name (or ID) of the participant in the locate box.

5. You will now be at a screen listing all recalls for that participant. Use the button that looks like a printer icon and the report will either show on the screen, or print on your printer.
6. Compare the printed list of foods with the food recall record taken by the Nutrition Educator to check for accuracy and completeness of what you have entered. Make corrections as necessary.

Hints for Coding Foods in ERS 4.0

Please read the information on **page 41** of the ERS User's Guide about the Foods Database that exists within ERS. This summary will help you see how foods are grouped within the database and aid you in finding foods quickly.

Some additional hints that may be helpful:

- Use "chip" (not "chips") to find potato chips and similar items
- Use "hotdog" (not "hot dog")
- Use "roll" to find items such as hamburger and hot dog buns
- Use "beverage" to find items such as soft drinks and juice
- Use "cereal" to find breakfast cereals
- Use "sandwich" to find a variety of sandwiches
- Use "condiments" to find catsup, etc.
- Use "beef" to find steak
- Use "french fries" to find McDonalds fries
- Use "potato" to find french fries made at home from frozen fries
- Use "dressing" to find salad dressings and mayonnaise
- Use "soup" to find 50 different kinds of soup
- Use "beverage" to find liquid diet drinks, like Ensure
- Use "casserole" to find tuna noodle casserole

Standard measures are used for foods:

- Meats are measured in ounces
- Beverages (including milk and juice) are measured in fluid ounces, so recalls that list fluids in cups will need to be converted before entering (ie. 1 cup = 8 oz.)
- Many items are listed in units, such as: one apple, one sandwich, one small serving of McDonalds fries.

Potential Problems:

- Bratwurst is not listed. For now, please use "sausage, Polish"
- McDonalds fries are listed only in the small size. If a person has eaten a medium fries, count it as 1.5 small fries; count a large fries as 2 small fries.
- We will continue to find foods that are not included. It is our intention to prepare an addition to the foods database and give it to you as soon as possible. It will help if you keep a list of foods you would like us to add and periodically forward it to Bev Phillips.

Use of ERS 4.0 Reports to Give Feedback to EFNEP Participants About Recall Results

There are two reports within ERS that are designed to be given to participants, for the purpose of letting them know how what they ate compares to recommendations (Pyramid and RDAs). We have reviewed these two reports and offer some advice on their usefulness.

1. “One Day Recall Summary” Report

This report is a one page summary of one 24-hour recall.

The report lists the numbers of servings eaten in each food group and the range of recommended Pyramid servings. There is also a very simple drawing of a Pyramid on which numbers of servings eaten can be colored-in, by hand.

This report also gives a comparison of the day’s intake to the RDAs for 7 nutrients and a bar graph of the percents of calories from fat, protein and carbohydrate.

Comments: This report will be useful in your work with some participants. The report gives more detail about nutrients, protein and carbohydrate than is needed for much of the teaching you do; and may be confusing for some participants.

As an alternative to this report, you may continue to use the handout entitled “A Food Guide Pyramid for You” that was distributed at the Staff Trainings on 24-Hour Recall that occurred in January. A copy of this handout is on page 4.

2. “Participant Diagnostic Report”

This is a 4 page report on one 24-recall.

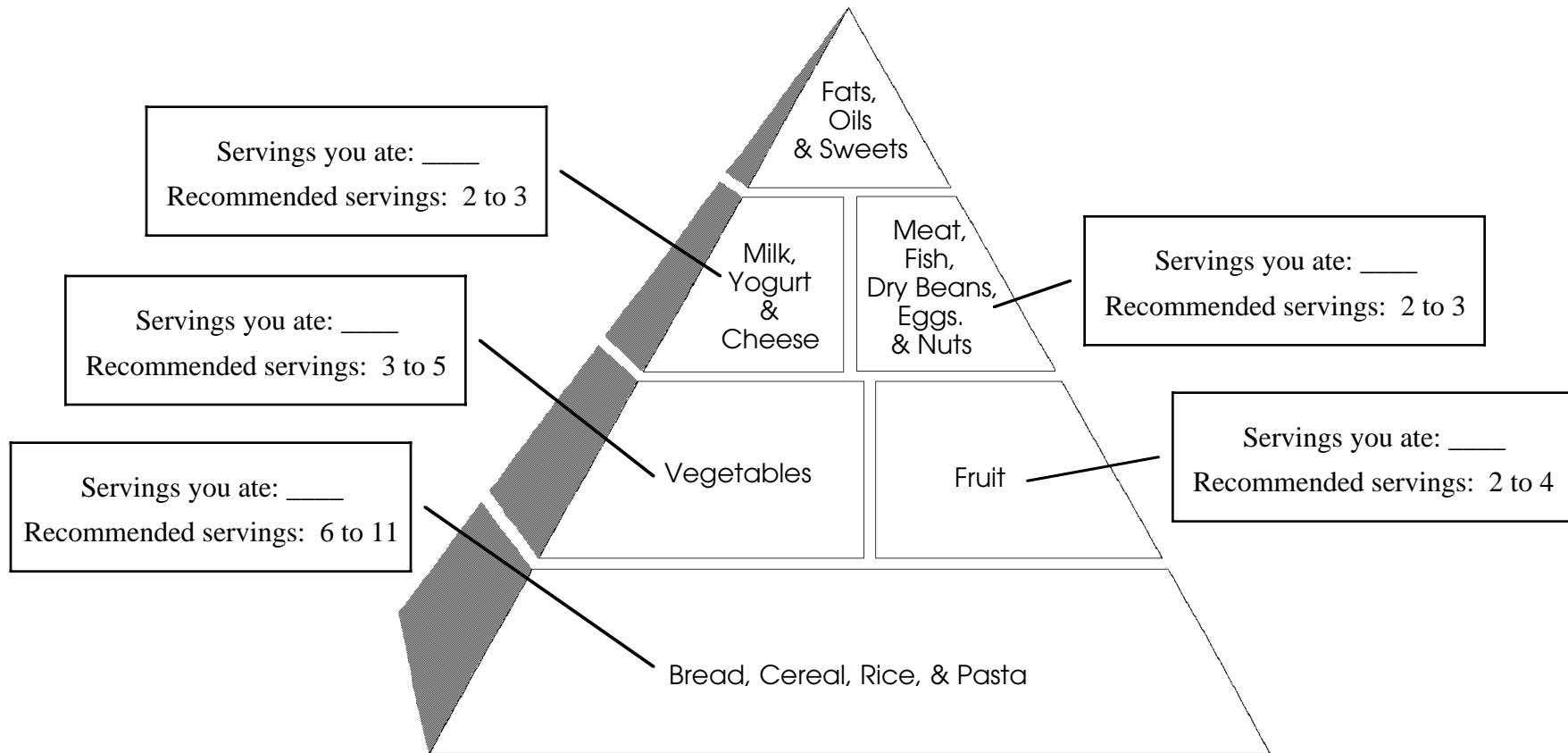
This report starts with a list of the foods entered on the recall, on page 1. Page 2 lists foods consumed according to food group and shows food group totals as calculated. Numbers of servings consumed in each food group are compared to a “recommended” number of servings—unfortunately these recommended numbers of servings are NOT CORRECT on the reports that we have looked at.

Pages 3 and 4 are a nutrient analysis of the diet. Good food sources of selected nutrients are noted. The good sources of certain nutrients are INCORRECT.

Recommendation: Do not waste the paper on this report for your participants. It contains incorrect information and the format of the good information is confusing and difficult to understand.

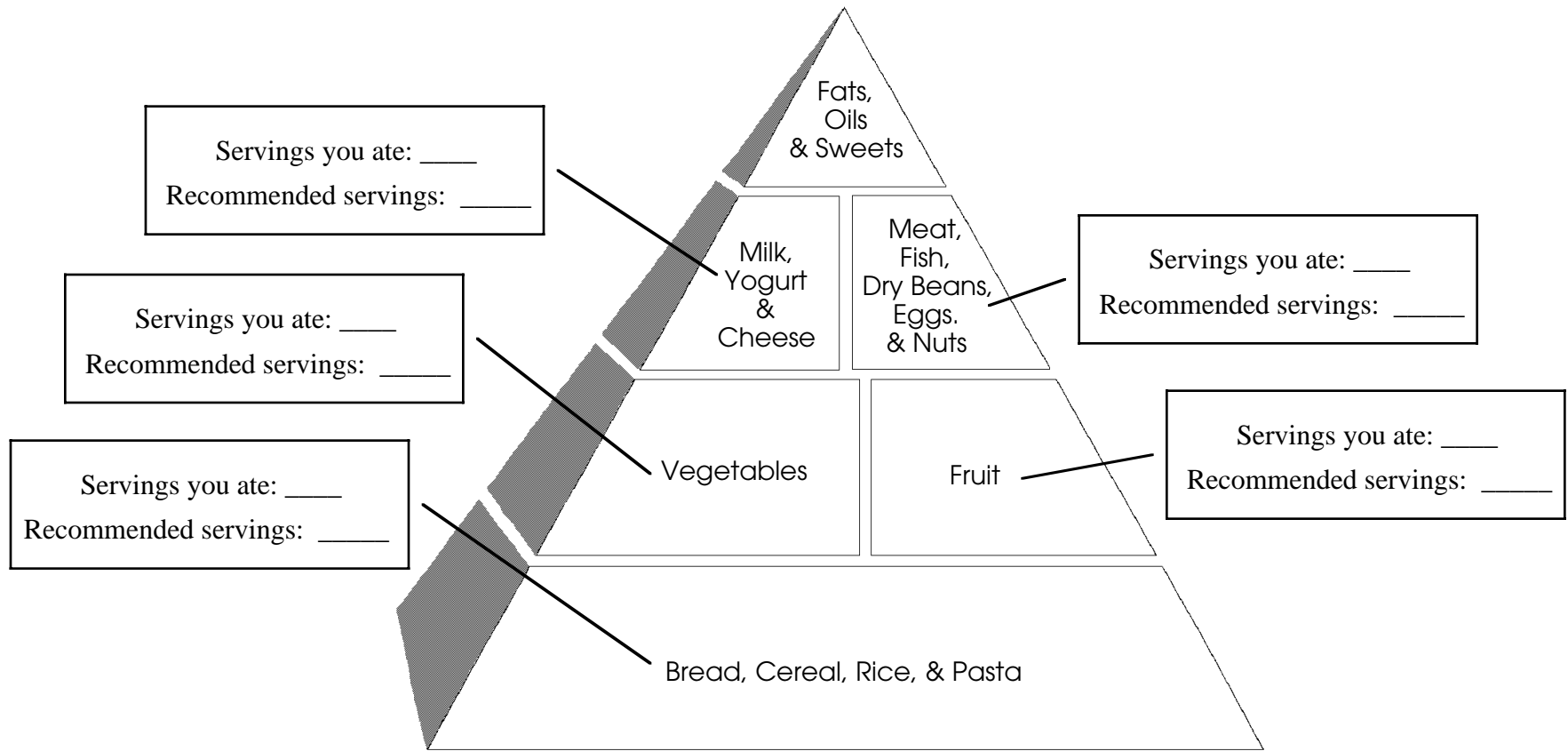
If you have any questions about this new way of coding recalls, please give Bev Phillips a call at (608) 262-0384.

A Food Guide Pyramid for YOU



Comments or Goals: _____

A Food Guide Pyramid for YOU



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Finding the Recommended Number of Servings

Gender	Age Group	Activity Level	Recommended number of servings from each food group:				
			Bread	Vegetable	Fruit	Meat	Milk
Females- Pregnant or Breastfeeding	19 and older	All	9	4	3	2	2
	18 and younger	All	9	4	3	2	3
Other Females	Teens	All	9	4	3	2	3
	Women	Inactive	6	3	2	2	2
	Women	Active	9	4	3	2	2
Males	Teens	All	11	5	4	3	3
	Men	Inactive	9	4	3	2	2
	Men	Active	11	5	4	2	3