



COST Action CA20128

PIMENTO

Promoting Innovation of ferMENTed fOods



Funded by the European Union

Development and Validation of the first European Fermented Food Frequency Questionnaire (FFFQ)



Objectives



- Develop and Validate a food frequency questionnaire specific to fermented foods
- Cartography of fermented food consumption in European regions using a representative sample
- Analyse fermented food intake based on consumer profile

FFFQ Development

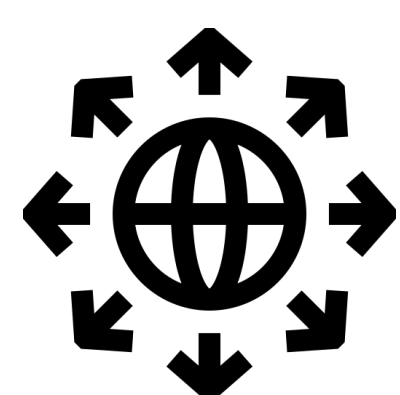


A uniquely developed questionnaire

- ✓ Sufficiently detailed to be informative
- ✓ Sufficiently short to be attractive to future users
- ✓ Content that all European countries could use



Approved protocol (27/05.05.2023)



Expansion to all COST PIMENTO European countries

Robust translation process from the English questionnaire

Forward and Backward translations performed by different teams to guaranty translation reliability



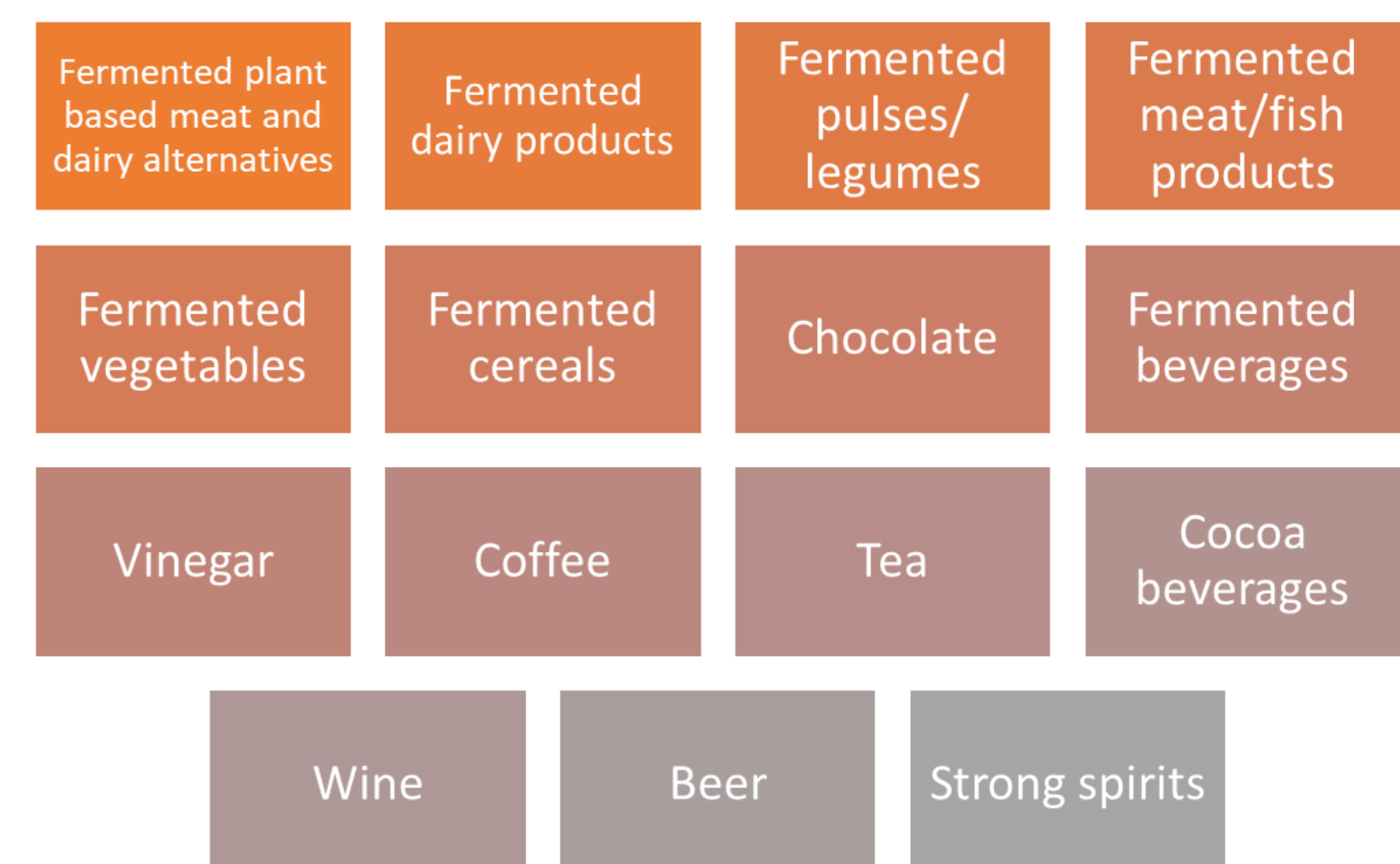
Use of a dedicated research platform for surveys



The FFFQ is an online, consumer-oriented questionnaire

Questionnaire composed of 75 questions

- ✓ Anthropometric characterization (age, gender, BMI, region)
- ✓ Health issues related to nutrition
- ✓ Consumption of 12 categories of Fermented Food products



Measures Frequency and Quantity of Fermented Foods intake



General Data Protection Regulation (GDPR) policy and FFFQ informed consent form



Questionnaire completed in 10-15 min



32 European countries involved, FFFQ translated into 28 languages

FFFQ Validation

Ensure Repeatability/Reliability by European region (EuroVoc) and construct Validity on the total European FFFQ questionnaire

Reliability

Internal consistency

Test-retest reliability

Inter-rater reliability

Validity

Content

Construct

24 hr recalls



- 4 EuroVoc regions:
- Central and Eastern Europe
 - Northern Europe
 - Southern Europe
 - Western Europe

- Achieve a representative sample for each of the four European regions
- Have a representative sample for at least male/female, young/older adults

Expecting a minimum of 1536 individuals for representativity of each EuroVoc region

WE NEED YOU!

The FFFQ is available online from October to December 2023

Please click on the link or scan the QR code to fill in the survey

<https://conjointly.online/study/492884/l4kf9g08ngtfyxqllhfn>



and share it with your colleagues, family and friends!



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