myfood24® RESEARCH

Enhancing Research Internationally

Online nutritional analysis software for researchers and academics for use in epidemiological studies

Customer Announcement: UiT The Arctic University

Researchers from the Department of Community Medicine at one of the top public universities in Tromsø, Norway, examine the usability of myfood24® as a data collection tool in a middle-aged and elderly population in Norway.

myfood24 was specifically chosen to be analysed for intended use in a planned lifestyle intervention study (RCT), focusing on the same target group.

The projects

Usability of myfood24

Dr Laila Hopstock and Marie Wasmuth Lundblad will be assessing myfood24's usability and comprehension using 60 male and female participants aged between 60 to 74 years old, collecting one batch of data.

RCT

The research group from the university then hope to use myfood24 for a complex lifestyle intervention study targeted towards older adults with obesity and elevated cardio-metabolic risk.

The study's cohort involves n=100 participants, active and controls, with additional passive controls from a previous longitudinal population based Tromsø study. The study participants will undergo an 18-month intervention and an additional 18-month follow-up.

About the researchers

Dr Laila Hopstock is a specialist care nurse and researcher in Norway, specialising in the field of cardiometabolic health. Laila has published over 100 publications supporting her research interests into obesity, cardiovascular disease and examining risk factors and prevention of cardiometabolic health.

Marie Wasmuth Lundblad is a Doctoral Research fellow at The Arctic University, with research interests ranging between overweight and obesity, body composition, cardiometabolic disease and diet.

Using myfood24 for research

myfood24 has been developed using robust and evidence-based methodologies by a team of academic experts to ensure our system stands up to academic rigor demanded by dietary assessment research. myfood24's research solution has been designed with speed and ease in mind, to generate trusted results without compromising on accuracy.

Our software is widely used by a range of academic institutions and has been tailored to several international regions, including Australia, the Caribbean, Denmark, France, Germany, Norway, Peru, the Middle East and the UK, all with localised datasets.

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