



UNIVERSITY OF LEEDS

This is a repository copy of *Use and experiences of myfood24: an online 24hour dietary recall tool to record and self monitor dietary intake in women with gestational diabetes: a feasibility and acceptability study.*

White Rose Research Online URL for this paper:
<http://eprints.whiterose.ac.uk/121870/>

Version: Accepted Version

Proceedings Paper:

Gianfrancesco, C, Darwin, Z orcid.org/0000-0001-8147-0669, McGowan, L orcid.org/0000-0001-9766-2833 et al. (6 more authors) (2017) Use and experiences of myfood24: an online 24hour dietary recall tool to record and self monitor dietary intake in women with gestational diabetes: a feasibility and acceptability study. In: Diabetic Medicine. Diabetes UK Professional Conference 2017, 08-10 Mar 2017, Manchester, UK. Wiley , p. 119.

https://doi.org/10.1111/dme.24_13304

Reuse

Items deposited in White Rose Research Online are protected by copyright, with all rights reserved unless indicated otherwise. They may be downloaded and/or printed for private study, or other acts as permitted by national copyright laws. The publisher or other rights holders may allow further reproduction and re-use of the full text version. This is indicated by the licence information on the White Rose Research Online record for the item.

Takedown

If you consider content in White Rose Research Online to be in breach of UK law, please notify us by emailing eprints@whiterose.ac.uk including the URL of the record and the reason for the withdrawal request.



eprints@whiterose.ac.uk
<https://eprints.whiterose.ac.uk/>

Diabetes UK Professional Conference 2017

Category:

Education and self-management

Authors:

C Gianfrancesco*, Z Darwin, L McGowan, D Smith, R Hadrill, M Carter, E Scott, N Alwan, J Cade on behalf of the myfood24 Consortium

Aim: To examine the feasibility and acceptability of myfood24, an online dietary self assessment tool, in women with gestational diabetes.

Methods: Women (n=200) recruited from a diabetes antenatal clinics at diagnosis, were asked to undertake up to five 24 hour dietary recalls using myfood24, complete a user-experience questionnaire and invited to participate in an interview. The qualitative data was analysed using thematic analysis.

Results: Seventy-seven (39%) did not complete any dietary recalls and 100 (50%) completed three or more. Of those who used myfood24, 84 (68%) completed the questionnaire. All women had home internet access. Seventy-five (89%) scored themselves as confident to use technology, with 35 (42%) previously using it for recording food intake. The System Usability Scale score was good (mean 69, 95% CI 65,73) which was comparable to myfood24 usability studies in non-clinical populations.

Many of the 15 women interviewed had used similar technologies and found this tool easy to use, valuing the daily nutritional summaries. Usability was limited for several reasons. Some found the food database restrictive. Food entry was burdensome when cooking from raw ingredients. Most suggested a smartphone format would be more accessible. The multiple behaviours involved in managing gestational diabetes were highlighted and while detailed nutritional information was valued, its use was limited without accompanying blood glucose levels. Thus, women preferred to self-manage using paper diaries.

Conclusions: Myfood24 was acceptable and has potential to improve the health literacy and eating behaviours of women with gestational diabetes, but requires adaptation to record blood glucose results alongside real-time tracking of diet.