

Dietary quality, lifestyle, and health among Australian adults: A Longitudinal Study

Investigators: L/ Prof Clare Collins, Dr Erin Clarke, Dr Jordan Stanford, Dr Maria Gomez Martin, Dr Tracy Burrows, A/Prof Marc Adam, Ms Prudence Morrissey, Ms Xiao Tian Loh
The University of Newcastle & Hunter Medical Research Institute Food and Nutrition Research Program



Invitation:

You are invited to participate in the above research project. This project aims to explore the relationships between dietary habits and other health related factors such as demographic and mental health.

What is involved?

There are two phases to this project. Phase II is optional for those who complete Phase I and meet additional criteria.

Phase I – an online survey (open Australia wide), that takes approximately 40-60 minutes to complete on each of the three occasions over 12-months.

Phase II (optional) – one-off in-person assessment at the University of Newcastle (Callaghan Campus).

*** ALL PHASE I PARTICIPANTS COMPLETING BOTH SURVEYS WILL BE ENTERED IN A PRIZE DRAW TO WIN ONE OF FIVE \$100 GIFT VOUCHERS AT EACH OF THE THREE OCCASSIONS ***

Please share with friends, family & anyone you think might be interested!

Who can participate in the research?

You are eligible to participate in the current study if you:

- Are an adult ≥ 18 years of age.
- Are currently living in Australia.

Please note that this study is not suitable for you if you:

- Are pregnant or breastfeeding.

For more information:

Follow the link, use the QR code or reach out to the study team at

PrecisionNutrition@newcastle.edu.au

Link: <https://redcap.hmri.org.au/surveys/?s=C8KNYXHTA9ALLJPA>



This project has been funded by the National Health and Medical Research Council and been approved by the University of Newcastle Human Research Ethics Committee [H-2023-0414].