

Name of the tool:	short Health Eating Index (sHEI)
Purpose:	We developed and tested a short survey, with a low participant burden, to assess dietary quality and individual food groups consumed by college students.
How was it conceptualized?	The tool was developed to mirror the USDA's Healthy Eating Index using short survey questions instead of repeated 24-hour food recalls.
What were the steps in development (including face/content validation, cognitive interviews, psychometrics, etc.)?	Content experts develop initial questions and a scoring system. The system was then refined using a classification and regression tree (CRT) algorithm methodology with an iterative feedback process with expert review and input. A Concurrent-Criterion validation process was used to validate the developed sHEI against the HEI scores calculated from 24-hour recalls. The total sHEI score was found to be highly correlated with the 24-hour recall derived HEI score (0.79). The sHEI tool can also be used as a valid estimate single item estimates for fruits, vegetables, dairy, added sugar, sugar from sugar-sweetened beverages, and calcium.
Who was it tested with? (initial sampling)	The tool was initially validated with a sample of 50 college students and confirmatory analysis conducted with n=398 college students.
How is it scored?	A scoring algorithm is used to determine a global dietary quality score.
How has it been used since?	HCRC researchers have been working on a development article.
Limitations for use:	This tool has currently only been validated with a college population.
Potential applications and future applications:	This tool is currently being validated for use with high school students and with general adult populations in countries around the globe.

Colby S, Zhou W, Allison C, Mathews AE, Olfert MD, Morrell JS, Byrd-Bredbenner C, Greene G, Brown O, Kattelman K, Shelnut K. Development and validation of the short Healthy Eating Index survey with a college population to assess dietary quality and intake. *Nutrients*. 2020 Aug 12;9:E2611. doi:10.3390/nu12092611.