

## **ISTAART Immersives: Practical Approaches to Dietary/ Nutrition Assessment for AD/ADRD Research**

Friday, July 10, 2026 | 1 p.m. - 5 p.m.  
Aurora 11 — InterContinental — London, United Kingdom  
All times are in British Summer Time  
*In-person attendance only*

### **Overview**

This interactive half-day session provides hands-on experience with key dietary assessment tools and a structured approach to evaluating their strengths, limitations, and cultural relevance. Participants will engage with 24-hour recalls, FFQs, short diet screeners, and emerging subjective tools by completing sample assessments, reviewing their entries, and participating in guided critique. The session addresses common sources of error, bias, and misreporting, and examines how usability, administration format, and participant burden affect data quality. Emphasis is placed on cultural and contextual diversity, including how tools align with varied eating patterns, food environments, and linguistic norms, supported by comparisons of region-specific FFQs. Dietary assessment is also framed within Alzheimer's disease (AD) and Alzheimer's disease–related dementias (ADRD) research, highlighting its role in lifestyle interventions such as US POINTER and in studies of diet and cognitive aging. Participants will consider challenges in obtaining accurate data from older adults and individuals with cognitive impairment, including proxy reporting, simplified tools, and multimodal approaches.

### **Organizing Committee**

- Puja Agarwal
- Debora Melo van Lent
- Owen Carmichael

### **Target Audience**

This ISTAART immersive workshop is designed for researchers at the beginner, intermediate, and advanced levels.

### **Learning Objectives**

- Evaluate the strengths, limitations, and cultural relevance of major dietary assessment

tools—including 24-hour recalls, FFQs, and short diet screeners—through hands-on completion, critique, and group analysis.

- Identify sources of error, bias, and participant burden in dietary data collection and assess how administration format, usability, and contextual factors influence data quality in diverse populations.
- Apply dietary assessment methods appropriately in aging and AD/ADRD research, including adaptations for older adults, and match tools to specific study designs and research questions.

## Registration

Pre-conferences are offered for in-person attendance only. Preconferences require a separate registration fee in addition to AAIC full conference registration, or they may be purchased as stand-alone events. Visit [alz.org/AAIC](http://alz.org/AAIC).

## Agenda: Friday, July 10, 2026 | 1 p.m. - 5 p.m.

Time	Session Details	Speakers and Moderator
1:00 p.m. - 1:15 p.m.	Welcome & Overview: Orientation to dietary assessment in AD/ADRD research.	
1:15 p.m. - 1:45 p.m.	Tool Demonstration: Walk-through of digital and paper-based tools with discussion of usability and burden.	
1:45 p.m. - 2:30 p.m.	Hands-On Practice: Completion of two short diet screeners and group reflection on clarity, errors, and user experience.	
<b>2:30 p.m. - 2:40 p.m.</b>	<b>Break</b>	
2:40 p.m. - 3:20 p.m.	Small-Group Tool Review: Examination of sample tools, including culturally adapted FFQs.	
3:20 p.m. - 3:50 p.m.	Expert Mini-Lecture:	

	Validation strategies and culturally responsive design.	
3:50 p.m. - 4:30 p.m.	Application to Aging Populations: Case scenarios focused on adaptations for various study settings.	
4:30 p.m. - 5:00 p.m.	Synthesis & Discussion: Mapping tool strengths and limitations; closing Q&A.	