

## DNBC Healthy Eating Index (HEI)

### Codebook HEIscores

**Cohort:** DNBC

**SAS data set:** heiscores\_dnbc\_mo

The DNBC Healthy Eating Index (HEI) is based on the responses to the Food Frequency Questionnaire (FFQ) that was completed by the DNBC mothers during pregnancy.

The HEI is a measure of dietary quality during this period with higher scores indicating higher adherence to evidence-based dietary guidelines.

The developmental work of the HEI was undertaken and financed by the Maternal Nutrition Group at Statens Serum Institut, as was the data collection of the underlying FFQ data.

If you wish to use the HEI, please contact Anne Ahrendt Bjerregaard and Sjurdur F. Olsen to ensure that you have the proper understanding of the data.

**Bjerregaard AA, Halldorsson TI, Tetens I, Olsen SF.** [Mother's dietary quality during pregnancy and offspring's dietary quality in adolescence: Follow-up from a national birth cohort study of 19,582 mother-offspring pairs.](#) PLoS Med. 2019 Sep 12;16(9):e1002911.

Variable Name	Variable Label	Codes / unit	Data Type	Source
<b>lbnr</b>	DNBC Mother ID		Num 8	
<b>lbgravnr</b>	DNBC Pregnancy ID		Num 8	
<b>Score_FandV_mo</b>	Mother: DNBC HEI score Fruits and vegetables g/w	g/w	Num 8	Pregnancy FFQ
<b>Score_Fiber_mo</b>	Mother: DNBC HEI score Dietary fibers mg/d	mg/d	Num 8	Pregnancy FFQ
<b>Score_Fish_mo</b>	Mother: DNBC HEI score Total fish g/w	g/w	Num 8	Pregnancy FFQ
<b>Score_TotalMeat_mo</b>	Mother: DNBC HEI score Total meat g/w	g/w	Num 8	Pregnancy FFQ
<b>Score_SFA_mo</b>	Mother: DNBC HEI score Saturated fatty acid E%	Energy percentage %	Num 8	Pregnancy FFQ
<b>Score_Sodium_mo</b>	Mother: DNBC HEI score Sodium mg/d	mg/d	Num 8	Pregnancy FFQ
<b>Score_SoftDrinks_mo</b>	Mother: DNBC HEI score Sugarsweetened beverages g/w	g/w	Num 8	Pregnancy FFQ
<b>Score_AddedSugar_mo</b>	Mother: DNBC HEI score Added sugar E%	Energy percentage %	Num 8	Pregnancy FFQ
<b>hei_bsmb_mo</b>	Mother: Total DNBC HEI score		Num 8	Pregnancy FFQ