



ABSTRACT

## Development of Phil-HEI and its evaluation of the Filipino diet: 2018 expanded national nutrition survey

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The Philippine Healthy Index (Phil-HEI) is a locally developed diet quality index. Patterned the American Healthy Eating Index (HEI), it aims to assess an individual's diet quality through a scoring metric based on existing dietary guidelines.

To establish the validity of the Phil-HEI, this study explored its (1) content validity, (2) construct validity, (3) discriminating validity, (4) sensitivity analysis, and (5) internal consistency reliability. Content validity ensured that the component of the metric aligns with the existing dietary guidelines, both locally and internationally. Construct validity demonstrated the relationship between individual characteristics with energy and nutrient intakes. Discriminating validity evaluated the Phil-HEI's capacity to assess different diet qualities across the country by developing ideal meal plans for the standard Filipino diet, halal diet, and vegetarian diet, and then comparing it to the actual food recalls from the 2018 National Nutritional Survey. Lastly, the internal consistency reliability ensured that the index addresses the multidimensional characteristics of diets.

Overall, the validation of the Phil-HEI has demonstrated its appropriateness in evaluating the diet quality of Filipinos along with its adherence to the existing dietary guidelines through the different validity tests conducted.

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