

ABSTRACT

New technologies of information and communication are being imposed in all fields of science including nutrition. The main purpose of the present thesis is to provide new tools based on new technologies to be applied to community nutrition. Based on this main purpose, three tools have been developed and are described along the three chapters of the thesis. The first chapter focuses on developing of an online videogame called “Nutri-trainer” whose purpose is to teach nutrition to the gamers. Along the second chapter, a new food frequency questionnaire, called “UPV-CFCA”, is developed to estimate dietary intakes over the previous year among university students of the Universitat Politècnica de València. Last chapter is focused in the development of a new questionnaire called “Actitudes Alimentarias y Percepción Corporal” that is formed by existing questionnaires. The two questionnaires developed, “UPV-CFCA” and “Actitudes Alimentarias y Percepción Corporal”, are autoadministered online. Online questionnaires have a number of advantages over traditional administration methods. Online questionnaires allow collecting data continuously, regardless of the time of day and day of week, and without geographical limitations. Furthermore, these surveys are less expensive and can be conducted in large samples. Another advantage of online surveys is the speed and accuracy of data collection because responses can be automatically stored on databases or statistical packages, saving time of data entry as well as reducing coding errors and the risk of lost data.