

hei: Calculate Healthy Eating Index (HEI) Scores

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Software

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Summary

The Health Eating Index (HEI) is a dietary metric originally designed by the United States Department of Agriculture (USDA) and National Cancer Institute (NCI) to gauge adherence to the United States Dietary Guidelines (Guenther et al. 2014). The NCI distributes SAS macros for calculating individual HEI scores. **hei** is a package that implements the HEI scoring algorithms in R (R Core Team 2016), allowing users without SAS licenses to perform these calculations for individuals across several years of National Health and Nutrition Examination Survey (NHANES) studies. The package has been unit tested against HEI scores computed using the SAS functions to validate its performance. Internally, **hei** depends on the **nhanesA** package (Endres 2016) to retrieve necessary data for scoring. HEI scores can be widely applied in the fields of epidemiology, public health, nutrition and beyond (Pieroth et al. 2017) (Spankovich et al. 2017) (Yoshida et al. 2017), particularly when combined with additional publicly available demographic and behavioral NHANES datasets.

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