

FAT

**How often do you use butter, margarine, or mayonnaise on your bread or tortillas?
 Would you say _____? (always, sometimes, rarely, never)**

Preliminary Rank Medium **Instrument** California Dietary Practices Survey (2001)

Administration

Population State
Subgroup Adults in California, oversampling of low-income, African American, and Latino participants.
Sample Size(s) n=1,500-1,700 adults biennially.
Mode Interviewer:Telephone (RDD).

Documented

Description

Other Languages **X** Spanish
 Low-Income **X**
 Low Education Level

Evidence

Reliability
 Internal Validity
 External Validity
 Sensitive to Change
 Related to
 Outcome(s)
 Other

Notes:

Citations: Oppen M et al. 2002.

Now think about the foods you eat. Would you say you always, sometimes, rarely, or never: Use low-calorie instead of regular salad dressing? (always, sometimes, rarely, never)

Preliminary Rank Medium **Instrument** Diet and Health Knowledge Survey (DHKS) 1994-1996 (conducted as follow-up to CSFII)

Administration

Population National
Subgroup Nationally representative; Adults 20+ years of age; Oversampling of low-income.
Sample Size(s) n=5,649 in national study; n=1,196 for Obayashi S et al 2003 analysis.
Mode Interviewer:Telephone interview; Trained interviewer.

Documented

Description

Other Languages
 Low-Income **X**
 Low Education Level 10.8% had less than a HS degree in Obayashi S et al. 2003.

Evidence

Reliability
 Internal Validity
 External Validity
 Sensitive to Change
 Related to
 Outcome(s)
 Other **X** Other tests for reliability and validity were conducted on the DHKS 1989-1991 instrument.

Notes: DHKS data indicate that many low-income adults do not know specific facts related to the health consequences or benefits of certain dietary practices, lack confidence that their diets comply with healthful dietary practices (especially among FSP participants), do not engage in dietary habits to lower fat and cholesterol, do not meet the Food Guide Pyramid or Dietary Guidelines recommendations, and have inadequate usual intakes of several micronutrients; DHKS data provide little evidence of differences in dietary intake between FSP participants and other low-income nonparticipants. DHKS 1994-1996 results cannot be compared to DHKS 1989-1991 results.

Citations: USDA/ARS 2004; Gleason P et al. 2000; Obayashi S et al. 2003; Capps O et al. 2002.

Now think about the foods you eat. Would you say you always, sometimes, rarely, or never: Eat ice milk, frozen yogurt, or sherbet instead of ice cream? (always, sometimes, rarely, never)

Preliminary Rank High **Instrument** Diet and Health Knowledge Survey (DHKS) 1994-1996 (conducted as follow-up to CSFII)

Administration

Population National
Subgroup Nationally representative; Adults 20+ years of age; Oversampling of low-income.
Sample Size(s) n=5,649 in national study; n=1,196 for Obayashi S et al 2003 analysis.
Mode Interviewer:Telephone interview; Trained interviewer.

Documented

Description

Other Languages
 Low-Income **X**
 Low Education Level 10.8% had less than a HS degree in Obayashi S et al. 2003.

Evidence

Reliability
 Internal Validity
 External Validity
 Sensitive to Change
 Related to Outcome(s) **X** Significant predictor of total fat intake.
 Other **X** Other tests for reliability and validity were conducted on the DHKS 1989-1991 instrument.

Notes: DHKS data indicate that many low-income adults do not know specific facts related to the health consequences or benefits of certain dietary practices, lack confidence that their diets comply with healthful dietary practices (especially among FSP participants), do not engage in dietary habits to lower fat and cholesterol, do not meet the Food Guide Pyramid or Dietary Guidelines recommendations, and have inadequate usual intakes of several micronutrients; DHKS data provide little evidence of differences in dietary intake between FSP participants and other low-income nonparticipants. DHKS 1994-1996 results cannot be compared to DHKS 1989-1991 results.

Citations: USDA/ARS 2004; Gleason P et al. 2000; Obayashi S et al. 2003; Capps O et al. 2002.

Think about your eating habits over the past year or so. About how often do you eat the following foods? Remember breakfast, lunch, dinner, snacks, and eating out: bacon or breakfast sausage? (1/month or less; 2-3 times a months; 1-2, 3-4, 5+ times a week)

Preliminary Rank Medium **Instrument** Fat Screener (1996-2002)

Administration

Population Local
Subgroup Multi-ethnic group of one company's employees in the San Francisco area.
Sample Size(s) n=208.
Mode Self:Paper/pen. Available online.

Documented

Description

Other Languages
 Low-Income
 Low Education Level

Evidence

Reliability
 Internal Validity **X** Criteria: Meat/Snack score with FFQ correlation coefficients = .69 total fat, .72 saturated fat.
 External Validity
 Sensitive to Change
 Related to
 Outcome(s)
 Other

Notes:

Citations: Block G et al. 2000.

Fat

Think about your eating habits over the past year or so. About how often do you eat the following foods? Remember breakfast, lunch, dinner, snacks, and eating out: cold cuts, lunch meats, ham (not low fat)? (1/month or less; 2-3 times a months; 1-2, 3-4, 5+ times a week)

Preliminary Rank Medium **Instrument** Fat Screener (1996-2002)

Administration

Population Local
Subgroup Multi-ethnic group of one company's employees in the San Francisco area.
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Other Languages
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External Validity
Sensitive to Change
Related to
Outcome(s)
Other

Notes:

Citations: Block G et al. 2000.

Fat

Think about your eating habits over the past year or so. About how often do you eat the following foods? Remember breakfast, lunch, dinner, snacks, and eating out: French fries, fried potatoes? (1/month or less; 2-3 times a months; 1-2, 3-4, 5+ times a week)

Preliminary Rank Medium **Instrument** Fat Screener (1996-2002)

Administration

Population Local
Subgroup Multi-ethnic group of one company's employees in the San Francisco area.
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Evidence

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External Validity
Sensitive to Change
Related to
Outcome(s)
Other

Notes:

Citations: Block G et al. 2000.

Think about how you usually do things now. Do you eat low-fat instead of high-fat foods? (usually/always, often, sometimes, rarely, never)

Preliminary Rank Ideal **Instrument** Food Behavior Checklist (1997)

Administration

Population Local

Subgroup African American and White FSP participants from 7 counties in CA. 8 California counties among women eligible for food stamps. 9 counties in California of women receiving food stamps.

Sample Size(s) n=95, n=100, n=132.

Mode Interviewer:Telephone and in-person among a group.

Documented

Description

Other Languages **X** Spanish

Low-Income **X**

Low Education Level

Evidence

Reliability Control group reliability test not significant. Test-retest correlation was not significant.

Internal Validity **X** Coefficient to carotene =.31.

External Validity

Sensitive to Change

Related to **X** Correlation to serum carotenoid level =.48.

Outcome(s)

Other **X** A Flesch Reading Ease score of 96 and a Flesch Kincaid score of 2.8 indicates less than fourth grade reading level.

Notes:

Citations: Murphy SP et al. 1998; Murphy SP et al. 2001; Townsend MS et al. 2003.

Think about how you usually do things now. When you eat hamburger, chicken, fish, or other meat, is it fried? (usually/always, often, sometimes, rarely, never)

Preliminary Rank High **Instrument** Food Behavior Checklist (1997)

Administration

Population Local
Subgroup African American and White FSP participants from 7 counties in CA. 8 California counties among women eligible for food stamps. 9 counties in California of women receiving food stamps.
Sample Size(s) n=95, n=100, n=132.
Mode Interviewer:Telephone and in-person among a group.

Documented

Description

Other Languages **X** Spanish
 Low-Income **X**
 Low Education Level

Evidence

Reliability Control group reliability test not significant.
 Internal Validity **X** Correlation coefficient to HEI from 24 hour recall = .19.
 External Validity
 Sensitive to Change
 Related to
 Outcome(s)
 Other

Notes:

Citations: Murphy SP et al. 1998; Murphy SP et al. 2001; Townsend MS et al. 2003.

In the past month, how often did you...Put butter or margarine on cooked vegetables? (usually/always, often, sometimes, rarely, never, NA)

Preliminary Rank Medium **Instrument** Food Habits Questionnaire (1990)

Administration

Population Local
Subgroup Women ages 49-59 years; women ages 45-69.
Sample Size(s) n=97; n=1,814.
Mode Self:Paper/pencil; Interviewer:Telephone.

Documented

Description

Other Languages
 Low-Income **X** 8.8% made less than \$20,000/yr.
 Low Education Level High school graduates or above.

Evidence

Reliability **X** Within "avoid fat as seasoning" group test-retest correlation coefficient =.90, internal consistency =.76.
 Internal Validity **X** Within "avoid fat as seasoning" group diet recall and FFQ correlation coefficient =-.57.
 External Validity
 Sensitive to Change **X** The change between the percent of energy from fat and fat-related diet habits scale between baseline and year 1 = 0.14.
 Related to Outcome(s) **X** See notes.
 Other

Notes: Spoon MP et al. 2002 also evaluates a modified FHQ. The article does not specify how questions were grouped, but for "replace with fruit" group, internal consistency=.69, test re-test=.48, and no significant relationship with total fat.

Citations: Kristal AR et al. 1990; Kristal AR et al. 1994; Spoon MP et al. 2002.

In the past month, how often did you...Eat boiled or baked potatoes without butter or margarine? (usually/always, often, sometimes, rarely, never, NA)

Preliminary Rank Medium **Instrument** Food Habits Questionnaire (1990)

Administration

Population Local
Subgroup Women ages 49-59 years; women ages 45-69.
Sample Size(s) n=97; n=1,814.
Mode Self:Paper/pencil; Interviewer:Telephone.

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Description

Other Languages
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 Related to Outcome(s) **X** See notes.
 Other

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Citations: Kristal AR et al. 1990; Kristal AR et al. 1994; Spoon MP et al. 2002.

In the past month, how often did you...Put sour cream, cheese or other sauces on vegetables and potatoes? (usually/always, often, sometimes, rarely, never, NA)

Preliminary Rank Medium **Instrument** Food Habits Questionnaire (1990)

Administration

Population Local
Subgroup Women ages 49-59 years; women ages 45-69.
Sample Size(s) n=97; n=1,814.
Mode Self:Paper/pencil; Interviewer:Telephone.

	<u>Documented</u>	<u>Description</u>
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Other Languages		
Low-Income	X	8.8% made less than \$20,000/yr.
Low Education Level		High school graduates or above.

Evidence

Reliability	X	Within "avoid fat as seasoning" group test-retest correlation coefficient =.90, internal consistency =.76.
Internal Validity	X	Within "avoid fat as seasoning" group diet recall and FFQ correlation coefficient =-.57.
External Validity		
Sensitive to Change	X	The change between the percent of energy from fat and fat-related diet habits scale between baseline and year 1 = 0.14.
Related to Outcome(s)	X	See notes.
Other		

Notes: Spoon MP et al. 2002 also evaluates a modified FHQ. The article does not specify how questions were grouped, but for "replace with fruit" group, internal consistency=.69, test re-test=.48, and no significant relationship with total fat.

Citations: Kristal AR et al. 1990; Kristal AR et al. 1994; Spoon MP et al. 2002.

How often do you use fat or oil in cooking? For example, in frying eggs, meat, or vegetables (# per day, week, month)

Preliminary Rank High **Instrument** Health Habits and History Questionnaire (1987)

Administration

Population State
Subgroup Cancer Prevention Study (CPS-II) individuals ages 40-92 in CA, CT, FL, GA, IL, IA, LA, MD, MA, MI, MN, MO, NJ, NM, NY, NC, PA, UT, VA, WA, and WI.
Sample Size(s) n=184,194.
Mode Self:Paper/pencil; Interviewer:Computer assisted with DIETQL.

<u>Documented</u>	<u>Description</u>
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Other Languages	X	Spanish and Italian
Low-Income		
Low Education Level		6.7% have less than HS degree.

Evidence

Reliability		Only checklist (not questions) was tested.
Internal Validity	X	Content validity from experts.
External Validity		
Sensitive to Change		
Related to Outcome(s)		
Other		

Notes:

Citations: Calle EE et al. 2001; NCI 1997; Smucker R et al. 1989.

When you eat chicken or other types of poultry, how often do you eat the skin? Would you say _____? (never, rarely or seldom, sometimes or occasionally, often or very often, always)

Preliminary Rank High **Instrument** NHANES Diet Behavior and Nutrition Sample Person Questionnaire 1999-2003

Administration

Population National

Subgroup Nationally representative; Question for 60+ years of age only; Survey oversamples older persons (60 years and over), African Americans, Mexican Americans, low income persons (less than 130 percent of poverty), and adolescents 12-19 years old.

Sample Size(s) n=approximately 7,000 interviewed annually (all ages).

Mode Interviewer:In-person interview; trained interviewer using CAPI; individual setting at respondent's home.

Documented

Description

Other Languages **X** Spanish

Low-Income **X**

Low Education Level

Evidence

Reliability **X** Some items underwent reliability testing.

Internal Validity

External Validity

Sensitive to Change

Related to

Outcome(s)

Other **X** New questions were added or modified based on recommendations from survey collaborators, NCHS staff, and other interagency work groups, and through large-scale field testing of English-Spanish speaking participants.

Notes:

Citations: NCHS/NHANES 2004; An C et al. 2003.

When you eat meat, how often do you eat the visible fat? Would you say ____? (never, rarely or seldom, sometimes or occasionally, often or very often, always)

Preliminary Rank High **Instrument** NHANES Diet Behavior and Nutrition Sample Person Questionnaire 1999-2003

Administration

Population National

Subgroup Nationally representative; Question for 60+ years of age only; Survey oversamples older persons (60 years and over), African Americans, Mexican Americans, low income persons (less than 130 percent of poverty), and adolescents 12-19 years old.

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Low-Income **X**

Low Education Level

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Reliability **X** Some items underwent reliability testing.

Internal Validity

External Validity

Sensitive to Change

Related to Outcome(s)

Other **X** New questions were added or modified based on recommendations from survey collaborators, NCHS staff, and other interagency work groups, and through large-scale field testing of English-Spanish speaking participants.

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