

KNOWLEDGE

Knowledge

In the produce section of your grocery store, have you ever seen any banners, posters, pamphlets or special recipes about the number of fruits and vegetables to eat for better health? (Y, N)

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.

Knowledge

How many total servings of fruits and vegetables do YOU think YOU should eat every day for good health? [PAUSE] That's a combined total of BOTH fruits and vegetables. [INTERVIEWER: DO NOT ALLOW RANGE. PROBE FOR SINGLE NUMBER] (#)

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Citations: Oppen M et al. 2002.

Knowledge

Based on your knowledge, which has more saturated fat: a. liver or T-bone steak?, b. butter or margarine?, c. egg white or egg yolk?, d. skim milk or whole milk?

Preliminary Rank Ideal **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; n=2,952 for Perez-Escamilla R et al 2002 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 X Internal consistency for knowledge of nutrient contents between products (Cronbach alpha = 0.46).

Internal Validity X Expert panel decided section had content validity; Discriminant validity for 4/6 studies; Convergent validity on nutrition knowledge construct on diet-disease relationships and nutrient content between products (r=0.2 at P<0.0001); Correspondence validity on nutrition knowledge about the nutrient content between products and total HEI (r=0.1 P<0.001).

External Validity

Sensitive to Change

Related to Outcome(s) X Scoring low on nutrition knowledge for food fat content, food groups, obesity/health relationships, and food labels was associated with a low HEI (OR=1.40, 95% CI: 1.17, 1.68, P<0.001).

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; Perez-Escamilla R et al. 2002.

Knowledge

Which of these would be the best way to add a fruit or vegetable to your meal at a fast food restaurant? (add a tomato slice to your hamburger, order apple pie for dessert, order a large serving of French fries, order a side of salad)

Preliminary Rank Medium **Instrument** General Knowledge (Reynolds) (2002)

Administration

Population Local
Subgroup Parents of fourth grade students in three school districts.
Sample Size(s) Year 1 n=1,292, Year 2 n=1,124, Year 3 n=949.
Mode Self:Paper/pencil.

Documented

Description

Other Languages

Low-Income **X** 30% of participants in the study had a household income of \$30,000 or less.

Low Education Level

Evidence

Reliability **X** Internal consistency among 10 questions = .23.

Internal Validity

External Validity

Sensitive to Change

Related to **X** Increases in parent knowledge were related to increases in children's
 Outcome(s) consumption of fruits and vegetables

Other

Notes:

Citations: CA Dept of Health Services 2003-2004; Reynolds RD et al. 2002.

Knowledge

Who needs to eat plenty of fruits and vegetables? (children, adults, teenagers, grandparents, all of the above)

Preliminary Rank Medium **Instrument** Gimme 5 Fruit, Juice, and Vegetables for Fun and Health (1996)

Administration

Population Local
Subgroup 4 southeastern metropolitan schools and 12 southeastern suburban schools in Georgia (4th-6th grade students, 15.3% African American, 84.7% Euro-American).
Sample Size(s) n=1,172 children.
Mode Self:Paper/pencil.

Documented

Description

Other Languages
 Low-Income
 Low Education Level

Evidence

Reliability **X** Internal reliability for 16-item fruit, juice, and vegetable knowledge questions (Cronbach's alpha=0.67 year 1, 0.71 year 2, 0.77 year 3).
 Internal Validity
 External Validity
 Sensitive to Change **X** Time effects for the 16-item fruit, juice, and vegetable knowledge questions favored the treatment group (p=0.04)
 Related to Outcome(s)
 Other

Notes: Considered this study on children and adolescents since questions are recommended and also appropriate for use with adults.

Citations: Baranowski T et al. 2000; CA Dept of Health Services 2003-2004; Stables G et al. 2001.

Knowledge

Is saturated fat usually found in ____? (vegetables and vegetable oils, animal products like meat and dairy products) (Y, N)

Preliminary Rank Medium **Instrument** Health and Diet Survey (2001)

Administration

Population National
Subgroup Adults in 50 states and District of Columbia; RDD.
Sample Size(s) n=2,743.
Mode Interviewer:RDD telephone survey.

Documented

Description

Other Languages
Low-Income
Low Education Level

Evidence

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

Notes:

Citations: FDA 2002.

Knowledge

Which kind of fat is higher in calories? (saturated fat, polyunsaturated fat, they are both the same)

Preliminary Rank Medium **Instrument** Health and Diet Survey (2001)

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Other

Notes:

Citations: FDA 2002.

Knowledge

How many servings from the milk, yogurt, and cheese group would you say a person of your age and sex should eat each day for good health? (#)

Preliminary Rank Medium **Instrument** National Food Stamp Program Survey (1996)

Administration

Population National

Subgroup Food use questions were posed to a nationally representative population of Food Stamp Program (FSP) participants, FSP eligible nonparticipants, and near eligible nonparticipants.

Sample Size(s) n=3,309.

Mode Interviewer:1,109 in-person and 2,200 telephone.

Documented

Description

Other Languages

Low-Income **X** Average gross income for FSP participants was \$8,468.

Low Education Level **X** 43.1% of FSP participants had less than HS degree.

Evidence

Reliability

Internal Validity

External Validity

Sensitive to Change

Related to

Outcome(s)

Other **X** Cognitive testing

Notes:

Citations: Zambrowski A and Ohls J 1999.

Knowledge

How many servings from the bread, cereal, rice and pasta group would you say a person of your age and sex should eat each day for good health? (#)

Preliminary Rank Medium **Instrument** National Food Stamp Program Survey (1996)

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Subgroup Food use questions were posed to a nationally representative population of Food Stamp Program (FSP) participants, FSP eligible nonparticipants, and near eligible nonparticipants.

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Related to

Outcome(s)

Other **X** Cognitive testing

Notes:

Citations: Zambrowski A and Ohls J 1999.

Knowledge

How many servings from the meat, poultry, fish, dry beans, and eggs group would you say a person of your age and sex should eat each day for good health? (#)

Preliminary Rank Medium **Instrument** National Food Stamp Program Survey (1996)

Administration

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Knowledge

Which one of the following fast food items do you think is lowest in fat? (a cheeseburger, a fish sandwich, chicken nuggets, a grilled chicken sandwich)

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Other **X** Cognitive testing

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Citations: Zambrowski A and Ohls J 1999.

Knowledge

Have you ever heard of a program called The Food Guide Pyramid? (Y/N)

Preliminary Rank Not Ranked **Instrument** PSID (1999)

Administration

Population National
Subgroup Biennial survey of a representative sample of U.S. individuals (men, women, and children) and the family units in which they reside.
Sample Size(s) Approximately 7,000 families.
Mode Interviewer:CATI.

Documented

Description

Other Languages
Low-Income
Low Education Level

Evidence

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

Notes:

Citations: University of Michigan 2004.

Knowledge

Have you ever heard of a program called The 5-A-Day Program? (Y/N)

Preliminary Rank Not Ranked **Instrument** PSID (1999)

Administration

Population National
Subgroup Biennial survey of a representative sample of U.S. individuals (men, women, and children) and the family units in which they reside.
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Low Education Level

Evidence

Reliability
Internal Validity
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Related to
Outcome(s)
Other

Notes:

Citations: University of Michigan 2004.

Knowledge

Have you ever heard of a program called The Dietary Guidelines for Americans? (Y/N)

Preliminary Rank Not Ranked **Instrument** PSID (1999)

Administration

Population National

Subgroup Biennial survey of a representative sample of U.S. individuals (men, women, and children) and the family units in which they reside.

Sample Size(s) Approximately 7,000 families.

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