

## **VARIETY**

Yesterday, how many times did you eat soy products, such as soy beans, soy burgers, tofu, soy cheese, or soy milk? (#)

**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: Eat fish or poultry instead of meat? [IF NEEDED, SAY: "Meat refers to beef, pork or lamb."] (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 saturated fat intake.  
 Other    **X** Other tests for reliability and validity were conducted on the DHKS 1989-1991 instrument.

**Notes:** Question is in FDA's HDS. 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.

## Variety

**Think about how you usually do things now. Do you eat more than one kind of fruit daily? (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                    **X** Test-retest correlation coefficient = .35.

Internal Validity            **X** Correlation coefficient to servings of fruit from 24 hour recall = .38.  
Coefficient to average of fruit =.30.

External Validity

Sensitive to Change        **X** p value = <.05

Related to Outcome(s)    **X** Correlation to serum carotenoid level =.32.

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.

## Variety

**Think about how you usually do things now. Do you eat more than one kind of vegetable a day? (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                    **X** Test-retest correlation coefficient = .65.

Internal Validity            **X** Correlation coefficient to servings of fruit from 24 hour recall = .26 and servings of vegetables from 24 hour recall = .24. Coefficient to average of vegetables =.34 and fiber = .24.

External Validity

Sensitive to Change

Related to                    **X** Correlation to serum carotenoid level =.28.

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.





**During the past week did you have fish? (Y, N)**

**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                              **X** Test-retest correlation coefficient = .68.

Internal Validity                      **X** Correlation coefficient to servings of fruit from 24 hour recall = .21.  
Coefficient to % energy from fat = .23.

External Validity

Sensitive to Change

Related to                                  No significant correlation to serum carotenoid level.

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.



**In the past month, how often did you...When eating chicken, have it baked or broiled? (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      Was not assigned to a group that was tested.  
 Internal Validity      Was not assigned to a group that was tested.  
 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.

**Do you ever eat poultry such as chicken and turkey? Please include foods that are made with poultry such as soups, sandwiches, stews and salads. (Y, N)**

**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.

## Variety

**Do you ever eat meat such as beef, pork, lamb and veal? Please include foods that are made with meat such as soups, stews, sandwiches, lunch meats, and casseroles. (Y, N)**

**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:** Consider revising to "red" meat.

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

## Variety

**On an average day, how many helpings of the following kinds of foods do you eat? Protein foods, such as meat, fish, seafood, chicken, turkey, or eggs. Also include protein foods, such as peanut butter or foods that are made from dried beans, such as bean soup, baked beans, or refried beans, meat substitutes and soy protein foods such as tofu. (# OF HELPPINGS PER DAY; NONE, NEVER, OR RARELY EAT THESE FOODS)**

**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:** Response categories are given to the respondent on the DBQ6 hand card. The sizes of helpings were not defined and responses represent "number of helpings" as determined by the respondent.

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