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)

|------------------|--------|------------|------------------------------------------|

#### Administration

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<thead>
<tr>
<th>Population</th>
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<tbody>
<tr>
<td>Subgroup</td>
<td>Adults in California, oversampling of low-income, African American, and Latino participants.</td>
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<td>Sample Size(s)</td>
<td>n=1,500-1,700 adults biennially.</td>
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<tr>
<td>Mode</td>
<td>Interviewer:Telephone (RDD).</td>
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#### Documented

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

#### Evidence

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

#### Notes:

**Citations:** Oppen M et al. 2002.
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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<th>Preliminary Rank</th>
<th>Medium</th>
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<tr>
<td><strong>Instrument</strong></td>
<td>California Dietary Practices Survey (2001)</td>
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**Evidence**

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

**Notes:**

**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  
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.

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)


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

Notes:

## Knowledge

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<th>Who needs to eat plenty of fruits and vegetables? (children, adults, teenagers, grandparents, all of the above)</th>
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### Preliminary Rank **Medium**

### Instrument

**Gimme 5 Fruit, Juice, and Vegetables for Fun and Health (1996)**

### Administration

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<td><strong>Subgroup</strong></td>
<td>4 southeastern metropolitan schools and 12 southeastern suburban schools in Georgia (4th-6th grade students, 15.3% African American, 84.7% Euro-American).</td>
</tr>
<tr>
<td><strong>Sample Size(s)</strong></td>
<td>n=1,172 children.</td>
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<td><strong>Mode</strong></td>
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### Description

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### Evidence

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<tr>
<th><strong>Reliability</strong></th>
<th><strong>X</strong> 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).</th>
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<td><strong>X</strong> Time effects for the 16-item fruit, juice, and vegetable knowledge questions favored the treatment group (p=0.04)</td>
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### Notes:

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

### Citations:

## Knowledge

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

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<td>Medium</td>
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<tr>
<td>Sample Size(s)</td>
<td>n=2,743.</td>
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<td>Mode</td>
<td>Interviewer:RDD telephone survey.</td>
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### Documented

- Other Languages
- Low-Income
- Low Education Level

### Evidence

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

### Notes:

**Citations:** FDA 2002.
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)

**Administration**

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- 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.
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**

- 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)

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.
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Other Languages
Low-Income  Average gross income for FSP participants was $8,468.
Low Education Level  43.1% of FSP participants had less than HS degree.

Evidence

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

Notes:

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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Evidence

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Other  X  Cognitive testing

Notes:

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)

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

**Administration**

**Population**  National  
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43.1% of FSP participants had less than HS degree.

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Reliability  
Internal Validity  
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**Notes:**

**Citations:** Zambrowski A and Ohls J 1999.
**Knowledge**

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<th>Have you ever heard of a program called The Food Guide Pyramid? (Y/N)</th>
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| **Preliminary Rank** | Not Ranked | **Instrument** | PSID (1999) |

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- Other Languages
- Low-Income
- Low Education Level

**Evidence**

- Reliability
- Internal Validity
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**Notes:**

**Citations:** University of Michigan 2004.
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Have you ever heard of a program called The 5-A-Day Program? (Y/N)

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**Notes:**

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Knowledge

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


Administration

Population  National
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Documented  Description

Other Languages
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Low Education Level

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Notes: