

## **BEHAVIORS**

## Behaviors

**Did you eat a morning meal (breakfast) yesterday? (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.

## Behaviors

**Are you presently trying to lose weight? (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:** Relates to "healthy weight."

**Citations:** Oppen M et al. 2002.

## Behaviors

**Yesterday, did you eat any potato chips, corn chips, cheese puffs, pork rinds or other fried snack foods? Do not include reduced fat or fat-free items. [INTERVIEWER: INCLUDE ALL FRIED SNACK FOODS] (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.

**Now think about food labels. When you buy foods, do you use (SECTION) often, sometimes, rarely, or never? SECTION: a. The list of ingredients? B. The short phrases on the label like "low-fat" or "light" or "good source of fiber"?, c. The nutrition panel that tells the amount of calories, protein, fat, and such in a serving of the food?, d. The information about the size of a serving? e. Statements on the label that describe health benefits of nutrients or foods? (often, sometimes, rarely, never)**

**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 use of food labels (Cronbach alpha = 0.91)  
 Internal Validity                      **X** Expert panel decided section had content validity; Discriminant validity for 2/4 studies; Correspondence validity of food label use and total HEI (r=0.2 P<0.0001).  
 External Validity  
 Sensitive to Change  
 Related to Outcome(s)                      **X** Compared to a reference group, those that were high-income and used food labels were significantly less likely to have a lower HEI (OR=0.42, 95% CI: 0.31, 0.56, P<0.001), those that were high-income but did not use food labels were as likely to have a low HEI (OR=1.08, 95% CI: 0.74, 1.54), and those that were low-income and used food labels were significantly less likely to have a low HEI (OR=0.62, 95% CI: 0.48, 0.80, 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.

**Now think about the foods you eat. Would you say you always, sometimes, rarely, or never: Have fruit for dessert when you eat dessert? (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                      **X** Significant predictor of saturated fat intake.  
 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.

## Behaviors

**I reduce fat in recipes by substituting ingredients and cutting portions. (strongly disagree, disagree, neutral/NA, agree, strongly agree)**

**Preliminary Rank** Medium      **Instrument** Eating Behavior Patterns Questionnaire (2003)

### Administration

**Population** Local  
**Subgroup** Convenience sample of African American women in Nashville, TN.  
**Sample Size(s)** n=277.  
**Mode** Not specified.

### Documented

### Description

Other Languages  
Low-Income  
Low Education Level      23% had less than HS degree.

### Evidence

Reliability      **X** Within "low-fat eating" group, internal consistency = .84.  
Internal Validity  
External Validity  
Sensitive to Change  
Related to      **X** Within "low-fat eating" group, FFQ correlations: total fat = -.37,  
Outcome(s)      saturated fat = -.37, fiber= -.04.  
Other      **X** Cognitive testing.

**Notes:** Suggest that this question be made into 2 questions.

**Citations:** Schulndt DG et al. 2003.

## Behaviors

**I choose healthy foods to prevent heart disease. (strongly disagree, disagree, neutral/NA, agree, strongly agree)**

**Preliminary Rank** Medium      **Instrument** Eating Behavior Patterns Questionnaire (2003)

### Administration

**Population** Local  
**Subgroup** Convenience sample of African American women in Nashville, TN.  
**Sample Size(s)** n=277.  
**Mode** Not specified.

### Documented

### Description

Other Languages  
Low-Income  
Low Education Level      23% had less than HS degree.

### Evidence

Reliability      **X** Within "low-fat eating" group, internal consistency = .84.  
Internal Validity  
External Validity  
Sensitive to Change  
Related to      **X** Within "low-fat eating" group, FFQ correlations: total fat = -.37, saturated  
Outcome(s)      fat = -.37, fiber= -.04.  
Other      **X** Cognitive testing.

### Notes:

**Citations:** Schulndt DG et al. 2003.



## Behaviors

**I carefully watch the portion sizes of my foods. (strongly disagree, disagree, neutral/NA, agree, strongly agree)**

**Preliminary Rank** Medium      **Instrument** Eating Behavior Patterns Questionnaire (2003)

### Administration

**Population** Local  
**Subgroup** Convenience sample of African American women in Nashville, TN.  
**Sample Size(s)** n=277.  
**Mode** Not specified.

### Documented

### Description

Other Languages  
Low-Income  
Low Education Level      23% had less than HS degree.

### Evidence

Reliability      **X** Within "low-fat eating" group, internal consistency = .84.  
Internal Validity  
External Validity  
Sensitive to Change  
Related to      **X** Within "low-fat eating" group, FFQ correlations: total fat = -.37, saturated  
Outcome(s)      fat = -.37, fiber= -.04.  
Other      **X** Cognitive testing.

### Notes:

**Citations:** Schulndt DG et al. 2003.

## Behaviors

**How often do you shop with a grocery list? (do not do, seldom, sometimes, most of the time, almost always)**

**Preliminary Rank** High      **Instrument** EFNEP (2001)

### Administration

**Population** State  
**Subgroup** Nonpregnant nonlactating women ages 12-50 in VA, CO, OK, SD.  
**Sample Size(s)** n=5,159.  
**Mode** Interviewer:Program administrators.

### Documented

### Description

Other Languages

Low-Income      **X** Two-thirds of the sample had a household income of less than \$500 per month.

Low Education Level

### Evidence

Reliability      **X** Internal consistency: .27 thinks about healthy choices, .30 plans meals, .22 use food labels.

Internal Validity      **X** Content validity by experts.

External Validity

Sensitive to Change

Related to      No significant correlations found.

Outcome(s)

Other

### Notes:

**Citations:** Hersey J et al. 2001; Anliker J et al. 2003.

## Behaviors

**In the past 3 months, how often did you eat fruit for dessert? (usually/always, sometimes, rarely, never)**

**Preliminary Rank** Medium      **Instrument** Fat and Fiber Behavior Questionnaire (1997)

### Administration

**Population** Local  
**Subgroup** Randomized clinical trial in Puget Sound area. 68% were women, mean age = 51.  
**Sample Size(s)** n=1,796.  
**Mode** Interviewer:Telephone.

### Documented

### Description

Other Languages  
Low-Income  
Low Education Level      Participants were well educated.

### Evidence

Reliability      **X** Within "replace high-fat with fruits and vegetables" group test-retest correlation coefficient = .61, baseline internal consistency = .50.  
Internal Validity      **X** Within "replace high-fat with fruits and vegetables" criterion: FFQ baseline correlation = .33. Within "fruits and vegetables" criterion: FFQ baseline correlation = .43.  
External Validity  
Sensitive to Change  
Related to  
Outcome(s)  
Other

**Notes:** Modified version of the Food Habits Questionnaire.

**Citations:** Shannon J et al. 1997.

## Behaviors

**Does your current weight loss plan include: some form of dieting, that is, eating differently from the way you usually eat for the sake of losing weight? Physical exercise, such as walking, swimming or calisthenics? Eating meal replacements, such as ultra Slim-Fast, in powder, liquid, tablet, or water form? Fasting for twenty-four hours or longer? Going to a weight loss program such as Weight Watchers or Nutri-System, which may offer diet counseling, therapy, behavior modification, or hypnosis? Going to any other kind of weight loss program offered by a physician, weight loss center, school or clinic? Causing yourself to vomit after you eat? Surgery, such as wiring your jaw, liposuction, gastric bubble, or some other medical procedure? (Y/N)**

**Preliminary Rank** Not Ranked    **Instrument** FDA/NHLBI Weight Loss Practices Survey (1991)

### Administration

**Population** National  
**Subgroup** Noninstitutionalized adults who are trying to lose weight at the time of the survey.  
**Sample Size(s)** n=1,655.  
**Mode** Interviewer:Telephone (RDD).

### Documented

### Description

Other Languages  
Low-Income  
Low Education Level

### Evidence

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

**Notes:** There were inquiries about 8 other weight loss practices not included among the response category options above. Relates to "healthy weight."

**Citations:** Interagency Board for Nutrition Monitoring and Related Research 2000.

## Behaviors

[IF RESPONDENT DOES NOT CONSIDER "DIETING" AS PART OF WEIGHT LOSS PLAN, SKIP] Does your diet plan call for avoiding or eating less of certain foods than you did before you began your diet plan? (Y/N) What types of food are you trying to avoid or eat less of? [MARK ALL THAT APPLY. IF "FATTENING FOODS" OR "JUNK FOODS" MENTIONED, ASK: WHAT KINDS OF FOOD DO YOU MEAN?] (PORK; OTHER RED MEATS; FRIED FOODS; CAKE, PIES, COOKIES, ICE CREAM, DOUGHNUTS; BREADS, BISCUITS, ROLLS; STARCHY FOODS, RICE, POTATOES; SALT; SUGAR, SWEETS, CANDY, SYRUPS; CHIPS, NUTS, PORK RINDS, PRETZELS, SALTY SNACKS; EGGS; WHOLE MILK/CHEESE/OTHER DAIRY PRODUCTS; MARGARINE, BUTTER, OIL; FAT/SATURATED FAT/FATTY FOODS; SWEET DRINKS, COKE, KOOL-AID, SWEET TEA; ALCOHOL; OTHER (SPECIFY))

**Preliminary Rank** Not Ranked    **Instrument** FDA/NHLBI Weight Loss Practices Survey (1991)

### Administration

**Population** National  
**Subgroup** Noninstitutionalized adults who are trying to lose weight at the time of the survey.  
**Sample Size(s)** n=1,656.  
**Mode** Interviewer:Telephone (RDD).

### Documented

### Description

Other Languages  
Low-Income  
Low Education Level

### Evidence

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

**Notes:** Relates to "healthy weight."

**Citations:** Interagency Board for Nutrition Monitoring and Related Research 2000.

## Behaviors

**[IF RESPONDENT DOES NOT CONSIDER "DIETING" AS PART OF WEIGHT LOSS PLAN, SKIP] Does your diet plan call for eating more of certain foods than you did before you began your diet plan? (Y/N) What types of food are you trying to eat more of? [MARK ALL THAT APPLY.] (CHICKEN, PORK; OTHER RED MEAT; SALADS; FRUITS; VEGETABLES; CEREALS, GRAINS, BREAD; OTHER HIGH FIBER FOODS; EGGS, LOWFAT/SKIM MILK; OTHER LOWFAT FOODS; OTHER (SPECIFY))**

**Preliminary Rank** Not Ranked    **Instrument** FDA/NHLBI Weight Loss Practices Survey (1991)

### Administration

**Population** National  
**Subgroup** Noninstitutionalized adults who are trying to lose weight at the time of the survey.  
**Sample Size(s)** n=1,657.  
**Mode** Interviewer:Telephone (RDD).

### Documented

### Description

Other Languages  
Low-Income  
Low Education Level

### Evidence

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

**Notes:** Relates to "healthy weight."

**Citations:** Interagency Board for Nutrition Monitoring and Related Research 2000.

## Behaviors

**[IF RESPONDENT DOES NOT CONSIDER "DIETING" AS PART OF WEIGHT LOSS PLAN, SKIP] As part of your current weight loss plan, are you skipping any meals? (Y/N) Which meal or meals are you skipping [MARK ALL THAT APPLY.] (BREAKFAST; LUNCH/MIDDAY OR NOON MEAL; DINNER /EVENING MEAL)**

**Preliminary Rank** Not Ranked    **Instrument** FDA/NHLBI Weight Loss Practices Survey (1991)

### Administration

**Population** National  
**Subgroup** Noninstitutionalized adults who are trying to lose weight at the time of the survey.  
**Sample Size(s)** n=1,658.  
**Mode** Interviewer:Telephone (RDD).

### Documented

### Description

Other Languages  
Low-Income  
Low Education Level

### Evidence

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

**Notes:** Relates to "healthy weight."

**Citations:** Interagency Board for Nutrition Monitoring and Related Research 2000.

## Behaviors

**Do you eat fruit and vegetables as snacks? (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 = .53.

Internal Validity      **X** Correlation coefficient to servings of fruit from 24 hour recall = .22.

External Validity

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

Related to Outcome(s)      **X** Correlation to serum carotenoid level =.27

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.



## Behaviors

**Would you describe your diet as excellent, very good, good, fair, or poor?**

**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.

Internal Validity            **X**    Correlation coefficient to servings of fruit from 24 hour recall = .35.  
Coefficient to average of fruit =.30.

External Validity

Sensitive to Change        **X**    p value = <.001

Related to                    **X**    Correlation to serum carotenoid level =.45.

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.

## Behaviors

**When shopping, do you use the Nutrition Facts on the food label to choose foods?  
(usually/always, often, sometimes, rarely, never)**

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

<b>Administration</b>
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**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

<b>Evidence</b>
-----------------

Reliability                              **X** Test-retest correlation coefficient = 0.39.

Internal Validity                      **X** Correlation coefficient to servings of fruit from 24 hour recall = .23.  
Coefficient to HEI =.25.

External Validity

Sensitive to Change                      **X** p value = <.001

Related to                                **X** Correlation to serum carotenoid level =.25.

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.

## Behaviors

**Do you buy sweetened cereal (like Frosted Flakes, Fruit Loops, Lucky Charms, etc.)?  
(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 servings of fruit from 24 hour recall = .23

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.

## Behaviors

**Think about how you usually do things now. How many times a week do you usually eat food from a fast-food restaurant? (#)**

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

<b>Administration</b>
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**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

<b>Evidence</b>
-----------------

Reliability                              **X** Test-retest correlation coefficient = .58.

Internal Validity                      **X** Correlation coefficient to servings of vegetables from 24 hour recall = -.20 and carotene = -.27. Coefficient to total fat = .28 and saturated fat = .25.

External Validity

Sensitive to Change                      Not significant.

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.