



Spanish Eating Breakfast

1. ¿En la última semana, cuántas veces tomó desayuno después de levantarse? _____ veces

2. ¿Esta mañana, usted desayunó algunos de estos alimentos, por favor indique cuál(es)?

- leche (½ taza) queso yogur
 huevos carne, pollo o pescado frijoles

Si comió algo más, por favor escríbalo: _____

Scoring

These are single items. For question 1 (how many times in the last week the subject ate breakfast), score as the number entered. Question 2 is whether they subject has had protein for breakfast. The score for question 2 is either 1="yes" or 0="no"; if any of the boxes are checked the score is "1". If something is written in, score as "yes" if it is protein.

Characteristics

Question #1: Tested on 315 Spanish-speaking subjects with diabetes.

No. of items	Observed Range	Mean	Standard Deviation	Internal Consistency Reliability	Test-Retest Reliability
1	1-7	5.50	2.41	—	NA

Question #2: Tested on 317 Spanish-speaking subjects with diabetes.

No. of items	Observed Range	Mean	Standard Deviation	Internal Consistency Reliability	Test-Retest Reliability
1	0-1	.804	.397	—	NA

Source of Psychometric Data

Stanford/El Paso Diabetes Association Border Diabetes Project. Study reported in Lorig KR, Ritter PL, Jacquez A. Outcomes of Border Health Spanish/English Chronic Disease Self-management Programs. The Diabetes Educator 2005; 31(3):401-409.

Comments

Because it is difficult to measure food intake, we decided on a few key behaviors that would act as surrogates for improved eating. Two of these are eating breakfast and having some protein for breakfast. These are measured by the above questions.

References

Unpublished at this time.

Self-Management Resource Center
smrc@selfmanagementresource.com
<https://selfmanagementresource.com>