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
   - yogurt
   - huevos
   - carne, pollo o pescado
   - frijoles
   Si comió algo más, por favor escribalo: ________________________________

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.

<table>
<thead>
<tr>
<th>No. of items</th>
<th>Observed Range</th>
<th>Mean</th>
<th>Standard Deviation</th>
<th>Internal Consistency Reliability</th>
<th>Test-Retest Reliability</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>1-7</td>
<td>5.50</td>
<td>2.41</td>
<td>—</td>
<td>NA</td>
</tr>
</tbody>
</table>

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

<table>
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<th>No. of Items</th>
<th>Observed Range</th>
<th>Mean</th>
<th>Standard Deviation</th>
<th>Internal Consistency Reliability</th>
<th>Test-Retest Reliability</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>0-1</td>
<td>.804</td>
<td>.397</td>
<td>—</td>
<td>NA</td>
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</tbody>
</table>
Source of Psychometric Data

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Unpublished at this time.