



## STANFORD PATIENT EDUCATION RESEARCH CENTER

### Eating Breakfast

1. How many **times last week** did you eat breakfast when you got up?

\_\_\_\_\_ times last week

2. **This morning**, did you eat any of the following foods for breakfast? *(Please check all that apply)*

milk (½ cup)

cheese

yogurt

eggs

meat, poultry, or fish

beans

If you ate anything else, please write here: \_\_\_\_\_

### 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

Tested on 123 subjects.

Item	Observed Range	Mean	Standard Deviation	Internal Consistency Reliability	Test-Retest Reliability
Ate breakfast	0-7	5.41	2.39	—	NA
Ate protein	0-1	0.754	0.432	—	NA

### Source of Psychometric Data

Stanford/EI Paso Border Diabetes Project (English-speaking subjects). 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

It is difficult to measure dietary change. Thus we developed this scale to measure change in two key components of healthy eating, eating breakfast and eating protein for breakfast. Because it is difficult to

get good self-report data about nutrition, we use these two questions as surrogates for more generalized data about eating habits. This scale available in Spanish.

## References

Unpublished at this time.

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