



## 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Unpublished at this time.

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### **Stanford Patient Education Research Center**

1000 Welch Road, Suite 204  
Palo Alto CA 94304  
(650) 723-7935  
(650) 725-9422 Fax  
self-management@stanford.edu  
<http://patienteducation.stanford.edu>

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