

Measuring Eating Competence: Congruence between Two Satter Inventories Supports Supplanting the Original Version with the Low-Income Adaptation

Author(s): B. A. Lohse, K. N. Arnold; Nutritional Sciences, The Pennsylvania State Univ., University Park, PA

Learning Outcome: Participants will describe considerations for choosing a specific inventory to measure eating competence.

Background: Eating competence (EC), a bio-psychosocial cluster of eating/food attitudes and behaviors, is measured with either ecSI or ecSI/LI inventories validated for general or low-income adults, respectively. Twelve items are identical for both versions; 4 are unique to each inventory. Two versions complicate assessment of EC across studies; therefore congruence between them in middle class adults was examined.

Methods: Participants (n=132) were parents from 7 private preschools, mostly white, non-Hispanic (89%) with college degrees (85%). Mean age was 35.8±5.3 years. Only responses from the 99 who indicated never or rarely worrying about money for food and/or no current/past history of food assistance were used.

Results: Linear regression revealed ecSI score (mean 32.69±6.70) predicted 99.8% of the ecSI/LI score (mean 32.93±6.95). Absolute differences between ecSI and ecSI/LI scores ranged from 0 (28%) to 5 (1%). Scores differed by 1 point for 44%. Only 2 were classified as EC (i.e., total score≥32) by one inventory and not the other. Borderline scores were not vulnerable because EC for 6 of the 7 with ecSI/LI scores from 31 to 33 was congruently classified. Examination of each of the 4 unique items affirmed all as equally discrepant. Correlations between versions for total score (r=.98) and the 4 survey items (range r=0.32 to 0.71) were significant at P≤ 0.001). ecSI/LI was confirmed as more sensitive than ecSI for those with a low-income marker.

Conclusion: ecSI/LI can supplant ecSI use in a general population. Renaming the ecSI/LI to ecSI 2.0 is suggested.

Funding Disclosure: SNAP-Ed FNS/USDA and Ellyn Satter Foundation, Inc.