

## Protocol for the Use of the ecSatter Inventory 2.0™

Thank you for your interest in the ecSatter Inventory (ecSI 2.0™). Usage is available to projects that contribute toward developing and examining the instrument or furthering the study of the EC construct. ecSI 2.0™ tests the degree to which individual's eating attitudes and behaviors conform to the principles of the Satter Eating Competence Model (ecSatter; Satter EM, 2007). To gain permission to use the ecSI 2.0™ the project must be conducted so that it neither conjures false support nor encourages unfounded dismissal of ecSatter.

Examples of possible projects include the following:

- Surveying eating competence in specific populations and/or validating ecSI 2.0™ within specific populations, such as Spanish-speaking populations, disabled people, or persons living with chronic diseases such as diabetes.
- Large-group surveys that correlate ecSI 2.0™ with other parameters such as BMI, as illustrated in the original validation studies, or with metabolic parameters, nutritional status, etc. . .
- Using ecSI 2.0™ to measure the impact of a clearly defined education model or clinical intervention.

Gaining permission requires completing an application [[Click here](#)]. Upon application approval, you will receive the survey and usage guidelines. Once approved we will include you in a community of educators, practitioners, and researchers with expertise in EC.

In summary, here is the process for gaining permission to use ecSI 2.0™.

- 1) Review the application guidelines. [insert link to application guidelines].
- 2) Submit your application. The link is at the bottom of the application guidelines document.
- 3) Upon review of this application, respond to any questions and/or comments.
- 4) Once approved, download and use the survey as outlined in your proposed project.
- 4) After your project is completed, prepare a NEEDs Center [confidential outcomes report](#).
- 5) We appreciate your sharing any publications or presentations based on your project with the ecSI 2.0™ community with this [form](#).

You can learn more about Eating Competence by visiting [the Ellyn Satter Institute](#) and reading about eating competence-related research in these articles, which are open access and available at no cost:

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de Queiroz FLN, Nakano EY, Ginani VC, Botelho RBA, Araújo WMC, Zandonadi RP. Eating Competence among a Select Sample of Brazilian Adults: Translation and Reproducibility Analyses of the Satter Eating Competence Inventory. *Nutrients*. 2020;12:2145. doi:10.3390/nu12072145

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Lohse B, Pflugh Prescott M, Cunningham-Sabo L. Eating Competent Parents of 4th Grade Youth from a Predominantly Non-Hispanic White Sample Demonstrate More Healthful Eating Behaviors than Non-Eating Competent Parents. *Nutrients*. 2019;11(7):1501. doi:10.3390/nu11071501

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Quick V, Shoff S, Lohse B, White A, Horacek T, Greene G. Relationships of eating competence, sleep behaviors and quality, and overweight status among college students. *Eat Behav*. 2015;19:15-19. doi:10.1016/j.eatbeh.2015.06.012

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Tanja TT, Outi N, Sakari S, Jarmo L, Kaisa P, Leila K. Preliminary Finnish measures of eating competence suggest association with health-promoting eating patterns and related psychobehavioral factors in 10-17 year old adolescents. *Nutrients*. 2015;7(5):3828-3846. doi:10.3390/nu7053828

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Lohse B, Arnold K, Wamboldt P. Evaluation of About Being Active, an online lesson about physical activity shows that perception of being physically active is higher in eating competent low-income women. *BMC Womens Health*. 2013;13:12. doi:10.1186/1472-6874-13-12

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- Satter EM. Eating Competence: definition and evidence for the Satter Eating Competence Model. *J Nutr Educ Behav*. 2007a; 39: S142-S153.
- Satter EM. Nutrition education with the Satter Eating Competence Model. *J Nutr Educ Behav*. 2007b; 39: S189-S194.