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Food Literacy Questionnaire on Salt for Filipino College Students

To date, studies reveal that years spent in college result in unhealthy dietary habits of students. In Indiana, USA, "students have a fair knowledge of nutritional requirements for health, however food choices they make are not necessarily healthy. Convenience and taste of food were priority" (Abraham, Noriega, & Ju Young, 2018). Little is known about the nutritional knowledge of college students, salt awareness is not emphasized in the curriculum, and dearth of materials available in the Philippine setting. In this regard, this study adapted and applied the Grier's Food Literacy (GFL) model in the food literacy questionnaire on salt. The questionnaire was reviewed and validated by experts in Health education, Nutrition, Language education, and Nephrology. Students' comments regarding the questionnaire were also considered in the final version of the questionnaire. The final questionnaire included items on the foods the students consume, the reasons for consuming salty foods, awareness of the effects, recommended amount of salt per day, frequency, regulation, and reduction of salt intake.

To ascertain construct validity, confirmatory factor analysis through principal components analysis extraction and Varimax rotation methods were conducted while for reliability, Chronbach Alpha was measured through statistical computations via SPSS version 20. Both statistical analyses were indicative of suitability and high reliability.

The questionnaire was pilot tested to 664 college students from a tertiary institution in Quezon City. The questionnaire provided sufficient results on college students' knowledge and habits on salt. Thus, it is recommended that the questionnaire be pilot tested to other tertiary institutions, be used for curricular revisions, and be used in the development of health and food literacy materials that will enhance students' knowledge and healthy dietary practices.