

## Flesch-Kinkaid Scoring in Advantage List Survey Statements

Health handouts and forms generally aim for a 5<sup>th</sup> or 6<sup>th</sup> grade reading level for easy comprehension. Advantage List items meet this easily with a Flesch-Kinkaid reading grade level of 4.5, a Flesch reading ease of 81.1%, only 3% passive sentences, and 10.4 average words per sentence.

	1. I prepare most of my own meals.
	2. My family eats a meal together at least 4 times a week.
	3. The TV and computer are turned off when I eat.
	4. I have lost weight before by decreasing what I eat.
	5. I have followed a low glycemic diet.
	6. I have eaten a high fiber diet.
	7. I have used the American Diabetes Association (ADA) My Plate diet.
	8. I have eaten a low fat diet.
	9. I have reduced the salt in my food and meals.
	10. I have followed a diabetic diet.
	11. I use frozen low calorie meals to decide how much to eat.
	12. I usually eat at least 5 servings of fruits or vegetables a day.
	13. I have counted calories or portions before to decide how much to eat.
	14. I have used a phone or computer app to decide what to eat.
	15. I usually drink water, milk or unsweetened drinks instead of sodas or sweetened drinks.
	16. I have two or fewer alcoholic drinks a day.
	17. I weigh myself on a scale at home.
	18. I weigh myself on a public scale.
	19. After my last baby was born, I got back to the weight I was before the pregnancy started.
	20. I breastfed my baby for at least 3 months.
	21. I usually get 7 hours of sleep a night.