

Name of the tool:	Young Adult Nutrition Literacy Tool
Purpose:	A tool to measure college students' functional, interactive, and critical nutrition literacy.
How was it conceptualized?	Valid and reliable instruments are available to assess health literacy constructs, including nutrition literacy; however, none assess all 3 domains of nutrition literacy.
What were the steps in development (including face/content validation, cognitive interviews, psychometrics, etc.)?	Exploratory factor analysis, confirmatory factor analysis (CFA), item response theory (IRT) analyses, and correlations.
Who was it tested with? (initial sampling)	Two land-grant college campuses, college students aged between 18 and 24 years.
How is it scored?	Each factor is a mean score to indicate nutrition literacy level.
How has it been used since?	This instrument has been used as a predictor of diet quality in a cross-sectional sample.
Limitations for use:	Sensitivity of this instrument to change and whether scores are predictive of change in behavior or BM.
Potential applications and future applications:	Researchers and college health/wellness professionals can administer this tool to assess young adults' baseline nutrition literacy levels in functional, interactive, and critical domains.