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| **Weight Associated Literacy for Youth (WALY)- Development and Validation of a of Weight-Specific Health Literacy Tool** |
| **Background/Objectives**Overweight and obesity in Singaporean adolescents and youth (AYAs) (aged 15-25 years) have quadrupled over the past 10 years. Health literacy is an independent predictor of body weight and has been identified as a public health goal for the 21st century. Although AYAs are proficient in searching for information from various sources for weight management, deficits in health literacy may result in inability to i) evaluate the information according to adult normative criteria for credibility, accuracy and authority and ii) analyse facts and comprehend the potential consequences of alternative actions. Currently there are no weight-specific literary questionnaires for assessment of literacy levels in AYAs. The purpose of this study is to develop an objective measure of weight-specific health literacy tool focusing on weight management in AYAs.**Methods****Content validity** will be assessed using a panel of experts (n=12) on weight management, nutrition and physical activity using the DELPHI method. Additionally focus group discussions (FGDs) with AYAs (n = 60 or until saturation of themes) will also be conducted to understand perceptions, attitudes and beliefs towards weight management. **Construct validity** will be assessed using Exploratory Factor Analysis and Item Response Theory **Face validity** will be confirmed using a small sample of students aged 15-25 years and similar to the target group.**Reliability** will be assessed using Cronbach’s alpha and test-retest on a smaller sample of 30-40 students two weeks apart. **Criterion validity** will be assessed by comparing correlation with other questionnaires that measure similar constructs of functional, interactive and critical literacy. **Results**We will present our validated questionnaire on weight-specific health literacy for AYAs incorporating the many dimensions of literacy such as functional, interactive and critical literacy.**Discussion**Although there is a lot of evidence that low health literacy is a problem in adults, empirical evidence on health literacy in AYAs is extremely limited in Singapore and worldwide. Development of this weight specific literacy tool is the first step towards assessment of weight-specific literacy levels and designing subsequent interventions. **Keywords****Adolescents and Young Adults****Health Literacy****Obesity****Weight Management** |