

# Healthy Kansas Kids Baseline Evaluation Report

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To evaluate the impact of the Healthy Kansas Kids initiative on policies and practices related to physical activity and healthy eating, child care providers enrolled in the EXCEL service offered by the 15 Kansas Association of Child Care Resource and Referral Agencies will complete a previously validated audit tool – the Nutrition and Physical Activity Self Assessment for Child Care or NAPSACC before and after program implementation. The NAPSACC instrument examines the following nutrition areas 1) fruit and vegetable consumption, 2) Fried foods and high fat meats; 3) Beverages; 4) Menus and variety; 5) Meals and Snacks at the Center; 6) Foods offered outside of regular meals and snacks; 7) modeling of healthy eating; 8) Nutrition Education for Kids, Parents, and Staff, and 9) Nutrition Policy. For Physical Activity the audit tools evaluates 1) Active play and inactive time; 2) TV use and TV viewing; 3) Play environment; 4) modeling of Physical activity; 5) Physical Activity Education for Staff, Kids, and Parents; and 6) Physical Activity Policy.

To control for several threats to internal validity and to improve the rigor of the evaluation plan, NAPSACC data from the EXCEL providers was directly compared to NAPSACC data obtained from a random sample of child care providers from the state of Kansas. An independent random sample of providers will also be drawn post intervention to evaluate change, if any, in the EXCEL providers.

For the baseline sample, 400 licensed or registered child care providers were randomly selected from the most recent KACCRRRA data base. The sample was stratified by R&R region and providers within each R&R were sampled with a probability proportional to the total number of providers in the R&R. The 400 randomly selected providers were mailed the NAPSACC survey along with a cover letter and a prepaid return envelope. 174 providers completed the NAPSACC surveys, yielding a response rate of 43.5%. A total of 76 EXCEL participants completed the NAPSACC. Written surveys were mailed to EXCEL participants to complete and return to KACCRRRA.

The responses to each item for the EXCEL providers and the providers completing the baseline survey are catalogued in appendix 1 and 2, respectively. A summary of the findings is provided below.

## NAPSACC Results

The majority of providers in the EXCEL program and baseline survey (> 80%) reported serving fruit and vegetables daily or two times or more daily. Providers participating completing the baseline survey (51%) were more likely than EXCEL program participants (35.5%) to report serving 100% fruit juice on daily basis. However, this difference just failed to reach statistical significance at the 0.05 level (p=.06).

Only a small percentage of providers from both groups (2.6% EXCEL, 12% baseline survey) reported preparing vegetables with added meat fat, margarine, or butter. A very small percentage of providers (< 10%) reported serving fried or pre-fried meats, fried or pre-fried potatoes, or high fat meats on a regular basis. Most providers in both groups (96% EXCEL, 89% baseline survey) reported serving lean meats 1 to 4 times per week, with only a small percentage of providers (4% - 8%) serving lean meats on a daily basis.

Providers from both groups reported drinking water to be freely available, with the vast majority of providers (84-89%) providing sugary drinks less than once a week. A large percentage of providers (90.7% EXCEL, 87.4% baseline survey) reported serving whole or 2% milk, with only a small percentage of providers in both groups (7% - 8%) regularly serving skim or non-fat milk.

Menu rotation was similar in both groups of providers, with the majority reporting the use of a 1-week or 3-week cycle with seasonal change. Just over half of the providers from both groups (50-54%) reported including high fiber whole grain foods on the menu on a daily basis. Providers in both groups reported including a combination of new and familiar foods and foods from a variety of cultures “some” or “most of the time”, with only small percentage ( $\leq 10\%$ ) of providers reporting doing so “all of the time”.

The majority of providers in both groups ( $\geq 90\%$ ) reported assessing hunger before providing second servings “most” or “all of the time”. Most providers ( $\geq 80\%$ ) in both groups reported encouraging picky eaters to try new or desirable foods “most” or “all of the time”. Virtually no providers reported routinely serving sweets, high fat, and/or high salt foods as snacks, using food to reward desired behavior, or withholding food as punishment.

The majority of providers ( $> 80\%$ ) in both groups reported that guidelines for celebration foods were only loosely enforced or not available. Between 35% and 40% of providers reported celebrating with healthy foods or non-foods treats only “some of the time”. EXCEL providers (22.4%) were significantly more likely than providers completing the baseline survey (12.6%) to report celebrating holidays with healthy foods on non-food treats “rarely or never”.

The majority of providers in both samples (65% EXCEL, 70% baseline survey) reported eating meals with children “most” or “all of the time”. Most providers in both groups (75% EXCEL, 72% baseline survey) also reported consuming the same foods and drinks as the children “most” or “all of the time”. A minority of providers in both groups ( $< 35\%$ ) reported serving meals family style “most” or “all of the time”. The majority of providers in both groups (83% EXCEL, 92% baseline survey) reported talking with children about trying and enjoying healthy foods “most” or “all of the time”.

Providers completing the baseline sample (12%) were more likely than EXCEL providers (8%) to report receiving training or attending workshops of nutrition “rarely or never”. However, 75% to 80% of providers in both groups reported receiving training or attending workshops on nutrition 1 to 2 times per year. Most providers in both groups (84% EXCEL, 76% baseline survey) reported receiving nutrition training from qualified professionals “most” or “all of the time”.

Just over one-fifth of providers in both groups (21.3% - 22.4%) reported providing nutrition education with books and games to children “rarely or never”. 38% of EXCEL providers and 45% of providers completing the baseline survey providing nutrition education to children 1 to 3 times per month. Approximately 43% of providers in both samples reported offering nutrition education to parents “rarely or never,” with only 30% reporting doing so 2 or more times per year. Providers completing the baseline sample (62%) were significantly more likely than EXCEL providers (43.4%) to have a comprehensive written policy on nutritional practices.

The majority of providers in both groups (82% EXCEL, 76% baseline survey) reported providing 60 minutes or more of active play on a daily basis. More than 90% of providers in both groups reported providing structured physical activity opportunities for all children, with over 50% reporting doing so on a daily basis. Approximately 90% of providers in both groups reported providing outdoor play at least once daily.

Approximately two-thirds of the providers in both groups reporting restricting active play for children who misbehave “often” or “sometimes”. Less than 10% of providers in both groups reported using more activity time as a reward for good behavior.

Extended periods of sitting (more than 30 minutes at a time) on a daily basis was reported by a relatively small percentage of providers (15% EXCEL, 20% baseline survey), with most providers in both groups (~ 60%) reporting extended periods of sitting occurring “never” or “less than once per week.”

22% of EXCEL providers and 26% of providers completing the baseline survey reported having the television turned on “most” or “part of the day”. Just over 40% of EXCEL providers and 35.6% of providers completing the baseline sample reported using the television “rarely or never”. More than half of the providers in both groups reported allowing the children to watch television, videos, or play video games once a day or throughout the day. Approximately half of providers in both groups reported allowing computer use for games or education purposes only one time a week or less.

Just over 63% of EXCEL providers and 77.6% of providers completing the baseline survey reported having different or a wide variety of fixed play equipment. Just under half of the providers (~ 48%) in both groups reported performing safety checks on this equipment once a week. Providers in the EXCEL program (22.3%) were significantly more likely than providers completing the baseline survey (13.8%) to report an absence of fixed equipment. Providers completing the baseline survey (78.9%) were more likely than EXCEL providers (55.3%) to report the presence of a wide variety of portable play equipment to stimulate gross motor skills. Just over 20% of EXCEL providers compared to approximately 5% of providers completing the baseline survey reported little variety in portable play equipment. A relatively small percentage of providers in both groups (13.2% EXCEL, 19.5% baseline survey) reported having indoor space that could accommodate all activities including running. The majority of providers in both groups (75% EXCEL, 83% baseline survey) reported having indoor play areas that could accommodate either very limited activity or some active play.

Just over 70% of EXCEL providers compared to 60% of providers completing the baseline sample reported playing alongside children “always” or “often” during active play time. Less than 3% of providers in both groups reported joining children during active play “never or rarely”.

A relatively small percentage of providers in both groups reported widespread use of posters and picture books to support physical activity, with providers completing the baseline sample (24.7%) more likely than EXCEL providers (10.5%) to report doing so so.

More than 50% of providers in both groups reported receiving training in physical activity “never or rarely” or “less than 1 time per year”. More than half of the providers in both groups (51% EXCEL, 56% baseline survey) reported that training was provided by qualified professionals. 21% of EXCEL providers and 13.2% of providers completing the baseline survey reported providing physical activity education with books and games “rarely or never”, with most providers reporting doing so either once a week or 2 to 3 times per month. The majority of providers in both groups (65% EXCEL, 59% baseline survey) reported offering education about physical activity to parents “rarely or never” or “less than 1 time per year”.

More than two-thirds (70% EXCEL, 66% baseline survey) of providers reported an absence of a comprehensive written policy related to physical activity.

### **Intensive Behavioral Assessments**

The evaluation of Healthy Kansas Kids Program included a more intensive assessment of physical activity levels in children attending family child care homes. Assessments were performed during August and September 2006 in 7 family child care homes located in north-east Kansas – Solomon, Abilene, Washington, Palmer, Clifton and Clay Center. Children attending these child care homes were asked to wear an Actigraph GT1M accelerometer for 4 consecutive days for the duration of their attendance, with the exception of nap time. Providers recorders the accelerometer serial number and times the accelerometer was put on and taken

off during the 4-day monitoring period. Accelerometers were returned to Kansas State University and the data were downloaded and analyzed using customized computer software. The accelerometer data were reduced to estimate time spent in sedentary, light, moderate, vigorous, and combined moderate-to-vigorous physical activity (MVPA), not including time spent napping or resting.

A total of 27 children between the ages of 2 and 5 years completed at least one complete day on monitoring. Collectively, these 27 children provided 86 complete monitoring days. The median duration of daily monitoring time (excluding nap time) was 330 minutes or 5.5 hours. The median duration of nap-time was 2.5 hours.

On average, children accumulated just over 16 minutes of MVPA daily while attending family child care homes. The average duration of light, moderate, and vigorous physical activity was 36.5 minutes, 12.6 minutes, and 1.8 minutes, respectively. Not including nap-time, children on average, accumulated 264 minutes of sedentary time.

Expressed per hour of attendance, children, on average, exhibited just over 4 minutes of MVPA per hour, 7 minutes of light activity per hour, and 49 minutes per hour of sedentary time. Put another way, while attending family home child care, only 11 minutes of every hour is spent in movement of some kind, most of which is light intensity.

As a comparison, children attending center-based early childhood education exhibited, on average, just over 7 minutes of MVPA, 10 minutes of light activity, and approximately 43 minutes of sedentary activity per hour of attendance.

## Appendix 1

Nutrition and Physical Activity Self-Assessment for Child Care

Frequency Distributions for NAPSACC – EXCEL Providers

# Nutrition and Physical Activity Self-Assessment for Child Care



Your Name: \_\_\_\_\_ Date: \_\_\_\_\_

Child Care Center/Family Child Care: \_\_\_\_\_

Please read each question carefully and check the response that best fits your child care center or family child care.

## SECTION I: NUTRITION

### (N1) Fruits and Vegetables

<b>A.</b> Fruit (not juice) is served:	<input type="checkbox"/> 2 times per week or less	<input type="checkbox"/> 3-4 times per week	<input type="checkbox"/> 1 time per day	<input type="checkbox"/> 2 or more times per day
<b>B.</b> Fruit is served fresh, frozen, or canned in own juice:	<input type="checkbox"/> Rarely or never	<input type="checkbox"/> Some of the time	<input type="checkbox"/> Most of the time	<input type="checkbox"/> All of the time
<b>C.</b> 100% fruit juice is served:	<input type="checkbox"/> 2 or more times per day	<input type="checkbox"/> 1 time per day	<input type="checkbox"/> 2-4 times per week	<input type="checkbox"/> 1 time per week or less
<b>D.</b> Vegetables (not including french fries or fried potatoes) are served:	<input type="checkbox"/> 2 times per week or less	<input type="checkbox"/> 3-4 times per week	<input type="checkbox"/> 1 time per day	<input type="checkbox"/> 2 or more times per day
<b>E.</b> Vegetables served are dark green, red, orange, or yellow in color:	<input type="checkbox"/> Less than 1 time per week	<input type="checkbox"/> 1-2 times per week	<input type="checkbox"/> 3-4 times per week	<input type="checkbox"/> 1 or more times per day
<b>F.</b> Cooked vegetables are prepared with added meat fat, margarine or butter:	<input type="checkbox"/> 1 or more times per day	<input type="checkbox"/> 3-4 times per week	<input type="checkbox"/> 1-2 times per week	<input type="checkbox"/> Less than 1 time per week

### (N2) Fried Foods and High Fat Meats

<b>A.</b> Fried or pre-fried meats (chicken nuggets) or fish (fish sticks) are served:	<input type="checkbox"/> 1 or more times each day	<input type="checkbox"/> 3-4 times per week	<input type="checkbox"/> 1-2 times per week	<input type="checkbox"/> Less than once a week or never
<b>B.</b> Fried or pre-fried potatoes (french fries, tater tots, hash browns) are served:	<input type="checkbox"/> 1 or more times each day	<input type="checkbox"/> 3-4 times per week	<input type="checkbox"/> 1-2 times per week	<input type="checkbox"/> Less than once a week or never
<b>C.</b> High fat meats (sausage, bacon, hot dogs, bologna, ground beef) are served:	<input type="checkbox"/> 1 or more times each day	<input type="checkbox"/> 3-4 times per week	<input type="checkbox"/> 1-2 times per week	<input type="checkbox"/> Less than once a week or never
<b>D.</b> Lean meats (baked or broiled chicken, turkey, or fish) are served:	<input type="checkbox"/> Less than once a week	<input type="checkbox"/> 1-2 times per week	<input type="checkbox"/> 3-4 times per week	<input type="checkbox"/> 1 or more times per day

**(N3) Beverages**

<b>A.</b> Drinking water is available outside:	<input type="checkbox"/> Not freely available	<input type="checkbox"/> Available during designated water breaks	<input type="checkbox"/> Easily visible and available on request	<input type="checkbox"/> Easily visible and available for self-serve
<b>B.</b> Drinking water is available inside:	<input type="checkbox"/> Not freely available	<input type="checkbox"/> Available during designated water breaks	<input type="checkbox"/> Easily visible and available on request	<input type="checkbox"/> Easily visible and available for self-serve
<b>C.</b> Sugary drinks (Kool-aid™, sports drinks, sweet tea, punches, soda) other than 100% juice are served:	<input type="checkbox"/> 1 or more times each day	<input type="checkbox"/> 3-4 times per week	<input type="checkbox"/> 1-2 times per week	<input type="checkbox"/> Less than one time per week
<b>D.</b> Milk served to children ages 2 and older is usually:	<input type="checkbox"/> Whole or regular	<input type="checkbox"/> 2% reduced fat	<input type="checkbox"/> 1% low-fat	<input type="checkbox"/> Skim or non-fat

**(N4) Menus and Variety**

<b>A.</b> Menus used are:	<input type="checkbox"/> 1-week cycle	<input type="checkbox"/> 2-week cycle	<input type="checkbox"/> 3-week or more without seasonal change	<input type="checkbox"/> 3-week or more with seasonal change
<b>B.</b> Menus include whole grain foods that are high in fiber (whole wheat bread, oatmeal, brown rice, Cheerios™):	<input type="checkbox"/> 1 time per week or less	<input type="checkbox"/> 2-4 times per week	<input type="checkbox"/> 1 time per day	<input type="checkbox"/> 2 or more times per day
<b>C.</b> Weekly menus include a combination of both new and familiar foods:	<input type="checkbox"/> Rarely or never	<input type="checkbox"/> Some of the time	<input type="checkbox"/> Most of the time	<input type="checkbox"/> All of the time
<b>D.</b> Weekly menus include foods from a variety of cultures:	<input type="checkbox"/> Rarely or never	<input type="checkbox"/> Some of the time	<input type="checkbox"/> Most of the time	<input type="checkbox"/> All of the time

**(N5) Meals and Snacks (For children aged 1½ - 5 years)**

<b>A.</b> Children are required to finish everything on their plate before leaving the meal table:	<input type="checkbox"/> Rarely or never	<input type="checkbox"/> Some of the time	<input type="checkbox"/> Most of the time	<input type="checkbox"/> All of the time
<b>B.</b> When children request seconds, additional servings are provided:	<input type="checkbox"/> Rarely or never	<input type="checkbox"/> Some of the time	<input type="checkbox"/> Most of the time	<input type="checkbox"/> All of the time

<b>C.</b> Children are encouraged to try new foods:	<input type="checkbox"/> Rarely or never	<input type="checkbox"/> Some of the time	<input type="checkbox"/> Most of the time	<input type="checkbox"/> All of the time
<b>D.</b> Sweets or high fat, high salt foods (cookies, cakes, candy, chips, cheese doodles) are served for snacks:	<input type="checkbox"/> 1 or more times each day	<input type="checkbox"/> 3-4 times per week	<input type="checkbox"/> 1-2 times per week	<input type="checkbox"/> Less than one time per week
<b>E.</b> Food is used to reward desired behavior:	<input type="checkbox"/> All of the time	<input type="checkbox"/> Most of the time	<input type="checkbox"/> Some of the time	<input type="checkbox"/> Rarely or never
<b>F.</b> Food is used to control behavior or withheld as punishment:	<input type="checkbox"/> All of the time	<input type="checkbox"/> Most of the time	<input type="checkbox"/> Some of the time	<input type="checkbox"/> Rarely or never

**(N6) Foods Offered Outside of Regular Meals and Snacks**

<b>A.</b> Guidelines provided to parents for food brought in for holidays or birthday celebrations are:	<input type="checkbox"/> Not available	<input type="checkbox"/> Loose guidelines with healthier options encouraged	<input type="checkbox"/> Written guidelines for healthier options that are not always enforced	<input type="checkbox"/> Written guidelines for healthier options that are usually enforced
<b>B.</b> Holidays are celebrated with mostly healthy foods or with non-food treats like stickers:	<input type="checkbox"/> Rarely or never	<input type="checkbox"/> Some of the time	<input type="checkbox"/> Most of the time	<input type="checkbox"/> All of the time

**(N7) Supporting Healthy Eating**

<b>A.</b> Children and staff sit down together for meals:	<input type="checkbox"/> Rarely or never	<input type="checkbox"/> Some of the time	<input type="checkbox"/> Most of the time	<input type="checkbox"/> All of the time
<b>B.</b> Meals are served family style (children serve themselves with limited help):	<input type="checkbox"/> Rarely or never	<input type="checkbox"/> Some of the time	<input type="checkbox"/> Most of the time	<input type="checkbox"/> All of the time
<b>C.</b> Staff consume the same food and drinks as the children:	<input type="checkbox"/> Rarely or never	<input type="checkbox"/> Some of the time	<input type="checkbox"/> Most of the time	<input type="checkbox"/> All of the time
<b>D.</b> Staff eat or drink less healthy foods (especially sweets, salty snacks, and sugary drinks) in front of the children:	<input type="checkbox"/> All of the time	<input type="checkbox"/> Most of the time	<input type="checkbox"/> Some of the time	<input type="checkbox"/> Rarely or never
<b>E.</b> Staff talk with children about trying and enjoying healthy foods:	<input type="checkbox"/> Rarely or never	<input type="checkbox"/> Some of the time	<input type="checkbox"/> Most of the time	<input type="checkbox"/> All of the time

**(N8) Nutrition Education**

<b>A.</b> Staff receive training or attend workshops on nutrition:	Rarely or never	1 time per year	2 times per year	3 times per year or more
<b>B.</b> Nutrition training is provided by qualified professional (e.g., registered dietitian, or extension agent):	Rarely or never	Some of the time	Most of the time	All of the time
<b>C.</b> Staff provide nutrition education for children by reading books and playing games with nutrition themes:	Rarely or never	1 time per month	2-3 times per month	1 time per week or more
<b>D.</b> Nutrition education opportunities are offered to parents through flyers, handouts, brochures, newsletters, workshops:	Rarely or never	Less than 1 time per year	1 time per year	2 times per year or more

**(N9) Nutrition Policy**

<b>A.</b> A written policy on nutrition and food service that covers most of the questions in this survey is:	Not available	Available but not followed by most staff	Available but followed only by some staff	Available and routinely followed by all staff
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**SECTION II: PHYSICAL ACTIVITY****(PA1) Active Play and Inactive Time (For children aged 1½ - 5 years)**

<b>A.</b> Active (free) play time is provided for all children:	<input type="checkbox"/> 15-30 minutes each day	<input type="checkbox"/> 31-45 minutes each day	<input type="checkbox"/> 46-60 minutes each day	<input type="checkbox"/> More than 60 minutes each day
<b>B.</b> Structured physical activity (adult-led) is provided for all children:	<input type="checkbox"/> Less than 1 time per month <input type="checkbox"/>	<input type="checkbox"/> 2-4 times per month <input type="checkbox"/>	<input type="checkbox"/> 2-4 times per week <input type="checkbox"/>	<input type="checkbox"/> Daily <input type="checkbox"/>
<b>C.</b> Outdoor active play is provided for all children:	<input type="checkbox"/> 1 time per week or less <input type="checkbox"/>	<input type="checkbox"/> 2-4 times per week <input type="checkbox"/>	<input type="checkbox"/> 1 time per day <input type="checkbox"/>	<input type="checkbox"/> 2 or more times per day <input type="checkbox"/>
<b>D.</b> Staff restrict active play time for children who misbehave (e.g., time out, sitting out):	<input type="checkbox"/> Often	<input type="checkbox"/> Sometimes	<input type="checkbox"/> Never	<input type="checkbox"/> Never and provide more active play time to reward
<b>E.</b> Children are seated (excluding nap time) more than 30 minutes at a time:	<input type="checkbox"/> 1 or more times each day <input type="checkbox"/>	<input type="checkbox"/> 3-4 times per week <input type="checkbox"/>	<input type="checkbox"/> 1-2 times per week <input type="checkbox"/>	<input type="checkbox"/> Less than one time per week or never <input type="checkbox"/>

**(PA2) TV Use and TV Viewing (For children aged 1½ - 5 years)**

<b>A.</b> Television use consists of the:	<input type="checkbox"/> TV turned on most of the day, including meal time, everyday	<input type="checkbox"/> TV turned on for part of the time, most days	<input type="checkbox"/> TV turned on everyday for part of the time, some days	<input type="checkbox"/> TV used rarely and only for viewing educational programs
<b>B.</b> Children are allowed to watch TV, videos or play video games:	<input type="checkbox"/> Throughout the day	<input type="checkbox"/> Once a day	<input type="checkbox"/> 2-4 times per week	<input type="checkbox"/> 1 time per week or less.
<b>C.</b> Children are allowed to use a computer for educational purposes or games:	<input type="checkbox"/> Throughout the day	<input type="checkbox"/> Once a day	<input type="checkbox"/> 2-4 times per week	<input type="checkbox"/> 1 time per week or less.

**(PA3) Play Environment**

<b>A.</b> Fixed play equipment (swings, slides, climbing equipment, overhead ladders) is:	<input type="checkbox"/> Unavailable at our site	<input type="checkbox"/> Swing sets (or one type of equipment) only available	<input type="checkbox"/> Different equipment available that suits most children	<input type="checkbox"/> Wide variety of equipment available and accommodates needs of all children
<b>B.</b> Staff perform safety checks on equipment:	<input type="checkbox"/> Only when equipment is installed	<input type="checkbox"/> 1 time per year	<input type="checkbox"/> 1 time per month	<input type="checkbox"/> 1 time per week
<b>C.</b> Portable play equipment that stimulates a variety of gross motor skills (wheel toys, balls, tumbling mats) consists of:	<input type="checkbox"/> Little variety and children must take turns	<input type="checkbox"/> Some variety but children must take turns	<input type="checkbox"/> Good variety but children must take turns	<input type="checkbox"/> Lots of variety for all children to use at the same time
<b>D.</b> When weather is not suitable to go outdoors, indoor play space is available:	<input type="checkbox"/> For quiet play	<input type="checkbox"/> For very limited movement (jumping and rolling)	<input type="checkbox"/> For some active play (jumping, rolling and skipping)	<input type="checkbox"/> For all activities, including running

**(PA4) Supporting Physical Activity**

<b>A.</b> During active (free) play time staff:	<input type="checkbox"/> Rarely or never join children in active play (mostly sit or stand)	<input type="checkbox"/> Sometimes join children in active play	<input type="checkbox"/> Often or always join children in active play	<input type="checkbox"/> Often or always join children in active play and make positive statements about the activity
<b>B.</b> Staff show visible support for physical activity by:	<input type="checkbox"/> No posters, pictures, or books about physical activity displayed	<input type="checkbox"/> A few posters, pictures, or books about physical activity displayed in a few rooms	<input type="checkbox"/> Posters, pictures, or books about physical activity are displayed in most rooms	<input type="checkbox"/> Posters, pictures, or books about physical activity are displayed in every room

<b>(PA5) Physical Activity Education</b>				
<b>A.</b> Training opportunities are provided for staff in physical activity:	<input type="checkbox"/> Rarely or never	<input type="checkbox"/> Less than 1 time per year	<input type="checkbox"/> 1 time per year	<input type="checkbox"/> 2 times per year
<b>B.</b> Physical activity training is provided by qualified professional (physical educator, exercise scientist, physical therapist, extension agent):	<input type="checkbox"/> Rarely or never	<input type="checkbox"/> Less than 1 time per year	<input type="checkbox"/> 1 time per year	<input type="checkbox"/> 2 times per year
<b>C.</b> Staff provide physical activity education for children by reading books and playing games with physical activity or exercise themes:	<input type="checkbox"/> Rarely or never	<input type="checkbox"/> 1 time per month	<input type="checkbox"/> 2-3 times per month	<input type="checkbox"/> 1 time per week
<b>D.</b> Education about physical activity is offered to parents through flyers, handouts, brochures, newsletters, workshops:	<input type="checkbox"/> Rarely or never	<input type="checkbox"/> Less than 1 time per year	<input type="checkbox"/> 1 time per year	<input type="checkbox"/> 2 times per year
<b>(PA6) Physical Activity Policy</b>				
<b>A.</b> A written policy on physical activity that covers most of the questions in this survey is:	<input type="checkbox"/> Not available	<input type="checkbox"/> Available but not followed by most staff	<input type="checkbox"/> Available but followed only by some staff	<input type="checkbox"/> Available and routinely followed by all staff

Source: Ammerman, AS, Benjamin, SE, Sommers, JK, Ward DS. 2004. The Nutritional and Physical Activity Self-Assessment for Child Care (NAP SACC) environmental self-assessment instrument. Division of Public Health, NC DHHS, Raleigh, NC, and the Center for Health Promotion and Disease Prevention, UNC-Chapel Hill, Chapel Hill, NC.

The FREQ Procedure

Fruit (not juice) is served

N1A	Frequency	Percent	Cumulative Frequency	Cumulative Percent
2 times per week or less	2	2.63	2	2.63
3-4 times per week	13	17.11	15	19.74
1 time per day	25	32.89	40	52.63
2 or more times per day	36	47.37	76	100.00

Fruit is served fresh, frozen, or canned in own juice

N1B	Frequency	Percent	Cumulative Frequency	Cumulative Percent
rarely or never	2	2.63	2	2.63
some of the time	4	5.26	6	7.89
most of the time	21	27.63	27	35.53
all of the time	49	64.47	76	100.00

100% fruit juice is served

N1C	Frequency	Percent	Cumulative Frequency	Cumulative Percent
2 or more times per day	7	9.21	7	9.21
1 time per day	20	26.32	27	35.53
2-4 times per week	38	50.00	65	85.53
1 time per week or less	11	14.47	76	100.00

Vegetables (not including french fries or fried potatoes) are served:

N1D	Frequency	Percent	Cumulative Frequency	Cumulative Percent
2 times per week or less	3	3.95	3	3.95
3-4 times per week	13	17.11	16	21.05
1 time per day	46	60.53	62	81.58
2 or more times per day	14	18.42	76	100.00

The FREQ Procedure

Vegetables served are dark green, red, orange, or yellow in color

N1E	Frequency	Percent	Cumulative Frequency	Cumulative Percent
1-2 times per week	14	18.42	14	18.42
3-4 times per week	26	34.21	40	52.63
1 or more times per day	36	47.37	76	100.00

Cooked vegetables are prepared with added meat fat, margarine, or butter

N1F	Frequency	Percent	Cumulative Frequency	Cumulative Percent
1 or more times per day	2	2.63	2	2.63
3-4 times per week	4	5.26	6	7.89
1-2 times per week	23	30.26	29	38.16
less than 1 time per week	47	61.84	76	100.00

Fried or pre-fried meats (chicken nuggets) or fish (fish sticks) are served

N2A	Frequency	Percent	Cumulative Frequency	Cumulative Percent
1 or more times each day	2	2.63	2	2.63
3-4 times per week	3	3.95	5	6.58
1-2 times per week	37	48.68	42	55.26
less than once a week or never	34	44.74	76	100.00

Fried or pre-fried potatoes (french fries, tater tots, hashbrowns) are served

N2B	Frequency	Percent	Cumulative Frequency	Cumulative Percent
1 or more times each day	1	1.32	1	1.32
1-2 times per week	43	56.58	44	57.89
less than once a week or never	32	42.11	76	100.00

The FREQ Procedure

High fat meats (sausage, bacon, hot dogs, bologna, ground beef) are served

	N2C	Frequency	Percent	Cumulative Frequency	Cumulative Percent
1 or more times each day		2	2.63	2	2.63
3-4 times per week		10	13.16	12	15.79
1-2 times per week		46	60.53	58	76.32
less than once a week or never		18	23.68	76	100.00

Lean meats (baked or broiled chicken, turkey or fish) are served

	N2D	Frequency	Percent	Cumulative Frequency	Cumulative Percent
less than once a week		13	17.11	13	17.11
1-2 times per week		37	48.68	50	65.79
3-4 times per week		23	30.26	73	96.05
1 or more times per day		3	3.95	76	100.00

Drinking water is available outside

	N3A	Frequency	Percent	Cumulative Frequency	Cumulative Percent
not freely available		10	13.16	10	13.16
available during designated water breaks		17	22.37	27	35.53
easily visible and available on request		22	28.95	49	64.47
easily visible and available for self-serve		27	35.53	76	100.00

Drinking water is available inside

	N3B	Frequency	Percent	Cumulative Frequency	Cumulative Percent
not freely available		2	2.63	2	2.63
available during designated water breaks		5	6.58	7	9.21
easily visible and available on request		42	55.26	49	64.47
easily visible and available for self-serve		27	35.53	76	100.00

The FREQ Procedure

Sugary drinks are served

N3C	Frequency	Percent	Cumulative Frequency	Cumulative Percent
1 or more times each day	6	7.89	6	7.89
1-2 times per week	6	7.89	12	15.79
less than once a week	64	84.21	76	100.00

Milk served to children ages 2 and older is usually:

N3D	Frequency	Percent	Cumulative Frequency	Cumulative Percent
whole or regular	30	40.00	30	40.00
2% reduced fat	38	50.67	68	90.67
1% low-fat	1	1.33	69	92.00
skim or non-fat	6	8.00	75	100.00

Frequency Missing = 1

Menus used are:

N4A	Frequency	Percent	Cumulative Frequency	Cumulative Percent
1-week cycle	32	42.11	32	42.11
2-week cycle	8	10.53	40	52.63
3-week cycle or more without seasonal change	4	5.26	44	57.89
3-week or more with seasonal change	32	42.11	76	100.00

Menus include whole grain foods that are high in fiber

N4B	Frequency	Percent	Cumulative Frequency	Cumulative Percent
1 time per week or less	8	10.53	8	10.53
2-4 times per week	27	35.53	35	46.05
1 time per day	18	23.68	53	69.74
2 or more times per day	23	30.26	76	100.00

The FREQ Procedure

Weekly menus include a combination of new and familiar foods

N4C	Frequency	Percent	Cumulative Frequency	Cumulative Percent
rarely or never	6	7.89	6	7.89
some of the time	36	47.37	42	55.26
most of the time	26	34.21	68	89.47
all of the time	8	10.53	76	100.00

Weekly menus include foods from a variety of cultures

N4D	Frequency	Percent	Cumulative Frequency	Cumulative Percent
rarely or never	12	15.79	12	15.79
some of the time	45	59.21	57	75.00
most of the time	15	19.74	72	94.74
all of the time	4	5.26	76	100.00

When children eat less than half staff determine if full before remove plate

N5A	Frequency	Percent	Cumulative Frequency	Cumulative Percent
rarely or never	64	84.21	64	84.21
some of the time	4	5.26	68	89.47
most of the time	6	7.89	74	97.37
all of the time	2	2.63	76	100.00

When children request seconds staff determine if still hungry

N5B	Frequency	Percent	Cumulative Frequency	Cumulative Percent
rarely or never	1	1.32	1	1.32
some of the time	7	9.21	8	10.53
most of the time	28	36.84	36	47.37
all of the time	40	52.63	76	100.00

The FREQ Procedure

Picky eaters are encouraged to try new or less desirable foods

N5C	Frequency	Percent	Cumulative Frequency	Cumulative Percent
rarely or never	1	1.32	1	1.32
some of the time	10	13.16	11	14.47
most of the time	27	35.53	38	50.00
all of the time	38	50.00	76	100.00

Sweets or high fat, high salt foods are served as snacks

N5D	Frequency	Percent	Cumulative Frequency	Cumulative Percent
1 or more times each day	1	1.32	1	1.32
3-4 times per week	1	1.32	2	2.63
1-2 times per week	28	36.84	30	39.47
less than one time per week	46	60.53	76	100.00

Food is used to reward desired behavior

N5E	Frequency	Percent	Cumulative Frequency	Cumulative Percent
all of the time	1	1.32	1	1.32
most of the time	2	2.63	3	3.95
some of the time	9	11.84	12	15.79
rarely or never	64	84.21	76	100.00

Food is used to control behavior or withheld as punishment

N5F	Frequency	Percent	Cumulative Frequency	Cumulative Percent
all of the time	1	1.32	1	1.32
rarely or never	75	98.68	76	100.00

The FREQ Procedure

Guidelines provided for parents for celebrations foods

	N6A	Frequency	Percent	Cumulative Frequency	Cumulative Percent
not available		35	46.05	35	46.05
loose guidelines with healthier options encouraged		32	42.11	67	88.16
written guidelines not always enforced		3	3.95	70	92.11
written guidelines usually enforced		6	7.89	76	100.00

Holidays are celebrated with mostly health foods or non food treats

	N6B	Frequency	Percent	Cumulative Frequency	Cumulative Percent
rarely or never		17	22.37	17	22.37
some of the time		27	35.53	44	57.89
most of the time		25	32.89	69	90.79
all of the time		7	9.21	76	100.00

Children and staff sit down together for meals

	N7A	Frequency	Percent	Cumulative Frequency	Cumulative Percent
rarely or never		9	11.84	9	11.84
some of the time		18	23.68	27	35.53
most of the time		22	28.95	49	64.47
all of the time		27	35.53	76	100.00

Meals are served family style

	N7B	Frequency	Percent	Cumulative Frequency	Cumulative Percent
rarely or never		35	46.05	35	46.05
some of the time		15	19.74	50	65.79
most of the time		11	14.47	61	80.26
all of the time		15	19.74	76	100.00

The FREQ Procedure

Staff consume the same food and drinks as the children

N7C	Frequency	Percent	Cumulative Frequency	Cumulative Percent
rarely or never	6	7.89	6	7.89
some of the time	13	17.11	19	25.00
most of the time	31	40.79	50	65.79
all of the time	26	34.21	76	100.00

Staff eat or drink less health foods in front of children

N7D	Frequency	Percent	Cumulative Frequency	Cumulative Percent
all of the time	2	2.63	2	2.63
most of the time	2	2.63	4	5.26
some of the time	19	25.00	23	30.26
rarely or never	53	69.74	76	100.00

Staff talk with children about trying and enjoying healthy foods

N7E	Frequency	Percent	Cumulative Frequency	Cumulative Percent
rarely or never	2	2.63	2	2.63
some of the time	11	14.47	13	17.11
most of the time	26	34.21	39	51.32
all of the time	37	48.68	76	100.00

Staff receive training or attend workshops on nutrition

N8A	Frequency	Percent	Cumulative Frequency	Cumulative Percent
rarely or never	6	7.89	6	7.89
1 time per year	26	34.21	32	42.11
2 times per year	35	46.05	67	88.16
3 times per year or more	9	11.84	76	100.00

The FREQ Procedure

Nutrition training is provided by qualified professionals

N8B	Frequency	Percent	Cumulative Frequency	Cumulative Percent
rarely or never	9	11.84	9	11.84
some of the time	3	3.95	12	15.79
most of the time	14	18.42	26	34.21
all of the time	50	65.79	76	100.00

Staff provide nutrition education with books and games

N8C	Frequency	Percent	Cumulative Frequency	Cumulative Percent
rarely or never	17	22.37	17	22.37
1 time per month	30	39.47	47	61.84
2-3 times per month	20	26.32	67	88.16
1 time per week or more	9	11.84	76	100.00

Nutrition education opportunities offered to parents

N8D	Frequency	Percent	Cumulative Frequency	Cumulative Percent
rarely or never	33	43.42	33	43.42
less than 1 time per year	13	17.11	46	60.53
1 time per year	7	9.21	53	69.74
2 times per year or more	23	30.26	76	100.00

Written policy on nutrition that covers survey items is:

N9A	Frequency	Percent	Cumulative Frequency	Cumulative Percent
not available	43	56.58	43	56.58
available routinely followed by staff	33	43.42	76	100.00

The FREQ Procedure

Active (free) play is provided to all children

PA1A	Frequency	Percent	Cumulative Frequency	Cumulative Percent
15-30 mins each day	1	1.32	1	1.32
31-45 mins each day	2	2.63	3	3.95
46-60 mins each day	11	14.47	14	18.42
more than 60 mins each day	62	81.58	76	100.00

Structured physical activity (adult led) is provided for all children

PA1B	Frequency	Percent	Cumulative Frequency	Cumulative Percent
less than 1 time per month	3	3.95	3	3.95
2-4 times per month	8	10.53	11	14.47
2-4 times per week	26	34.21	37	48.68
daily	39	51.32	76	100.00

Outdoor active play is provided for all children

PA1C	Frequency	Percent	Cumulative Frequency	Cumulative Percent
1 time per week or less	2	2.63	2	2.63
2-4 times per week	6	7.89	8	10.53
1 time per day	30	39.47	38	50.00
2 or more times per day	38	50.00	76	100.00

Staff restrict active play for children who misbehave

PA1D	Frequency	Percent	Cumulative Frequency	Cumulative Percent
often	8	10.53	8	10.53
sometimes	43	56.58	51	67.11
never	18	23.68	69	90.79
never provide active reward	7	9.21	76	100.00

The FREQ Procedure

Children are seated (exluding nap) more than 30 mins at a time

PA1E	Frequency	Percent	Cumul ative Frequency	Cumul ative Percent
1 or more times each day	12	15.79	12	15.79
3-4 times per week	6	7.89	18	23.68
1-2 times per week	13	17.11	31	40.79
less than one time per week or never	45	59.21	76	100.00

Television use consists of:

PA2A	Frequency	Percent	Cumul ative Frequency	Cumul ative Percent
tv turned on most of day	5	6.67	5	6.67
tv turned on part of day	12	16.00	17	22.67
tv turned on part day sometimes	27	36.00	44	58.67
tv used rarely	31	41.33	75	100.00

Frequency Missi ng = 1

Children are allowed to watch TV, videos or play video games

PA2B	Frequency	Percent	Cumul ative Frequency	Cumul ative Percent
throughout the day	16	21.05	16	21.05
once a day	24	31.58	40	52.63
2-4 times per week	16	21.05	56	73.68
1 time per week or less	20	26.32	76	100.00

Children are allowed to use a compute for education purposes or games

PA2C	Frequency	Percent	Cumul ative Frequency	Cumul ative Percent
throughout the day	17	22.37	17	22.37
once a day	12	15.79	29	38.16
2-4 times per week	8	10.53	37	48.68
1 time per week or less	39	51.32	76	100.00

The FREQ Procedure

Fixed play equipment is:

PA3A	Frequency	Percent	Cumulative Frequency	Cumulative Percent
unavailable at site	17	22.37	17	22.37
swing set one type	11	14.47	28	36.84
different equipment	27	35.53	55	72.37
wide variety of equipment	21	27.63	76	100.00

Staff perform safety checks on equipment

PA3B	Frequency	Percent	Cumulative Frequency	Cumulative Percent
only when equipment is installed	10	13.16	10	13.16
1 time per year	5	6.58	15	19.74
1 time per month	24	31.58	39	51.32
1 time per week	37	48.68	76	100.00

Portable play equipment that stimulates motors skills consists of:

PA3C	Frequency	Percent	Cumulative Frequency	Cumulative Percent
little variety	16	21.05	16	21.05
some variety	18	23.68	34	44.74
good variety	22	28.95	56	73.68
lots of variety	20	26.32	76	100.00

When weather is not suitable for outdoors, indoor space is available:

PA3D	Frequency	Percent	Cumulative Frequency	Cumulative Percent
for quiet play	3	3.95	3	3.95
for very limited movement	22	28.95	25	32.89
for some active play	41	53.95	66	86.84
fall all activities	10	13.16	76	100.00

The FREQ Procedure

During active (free) play time staff:

	PA4A	Frequency	Percent	Cumul ative Frequency	Cumul ative Percent
rarely or never join		2	2.63	2	2.63
sometimes join		20	26.32	22	28.95
often or alway join		29	38.16	51	67.11
often or always join wi th +ve statments		25	32.89	76	100.00

Staff show visible support for physical activity by:

	PA4B	Frequency	Percent	Cumul ative Frequency	Cumul ative Percent
no posters pictures books etc		37	48.68	37	48.68
few poster pictures books etc		31	40.79	68	89.47
posters pictures books in most rooms		2	2.63	70	92.11
poster picures books in every room		6	7.89	76	100.00

Training oportunities are provided for staff in physical activity

	PA5A	Frequency	Percent	Cumul ative Frequency	Cumul ative Percent
rarely or never		30	39.47	30	39.47
less than 1 time per year		9	11.84	39	51.32
1 time per year		20	26.32	59	77.63
2 times per year		17	22.37	76	100.00

Physical activity training is provided by qualified professionals:

	PA5B	Frequency	Percent	Cumul ative Frequency	Cumul ative Percent
rarely or never		39	51.32	39	51.32
less than 1 time per year		8	10.53	47	61.84
1 time per year		18	23.68	65	85.53
2 times per year		11	14.47	76	100.00

The FREQ Procedure

Staff provide physical activity education with books and games

PA5C	Frequency	Percent	Cumulative Frequency	Cumulative Percent
rarely or never	16	21.05	16	21.05
1 time per month	11	14.47	27	35.53
2-3 times per month	18	23.68	45	59.21
1 time per week	31	40.79	76	100.00

Education about physical activity offered to parents

PA5D	Frequency	Percent	Cumulative Frequency	Cumulative Percent
rarely or never	49	65.33	49	65.33
less than 1 time per year	6	8.00	55	73.33
1 time per year	10	13.33	65	86.67
2 times per year	10	13.33	75	100.00

Frequency Missing = 1

Written policy on physical activity that covers survey items is:

PA6A	Frequency	Percent	Cumulative Frequency	Cumulative Percent
not available	53	69.74	53	69.74
available but not followed	1	1.32	54	71.05
available followed by some staff	3	3.95	57	75.00
available followed by all staff	19	25.00	76	100.00

## Appendix 2

### Frequency Distributions for NAPSACC – Random Baseline Survey

The FREQ Procedure

Fruit (not juice) is served

N1A	Frequency	Percent	Cumulative Frequency	Cumulative Percent
2 times per week or less	8	4.60	8	4.60
3-4 times per week	29	16.67	37	21.26
1 time per day	50	28.74	87	50.00
2 or more times per day	87	50.00	174	100.00

Fruit is served fresh, frozen, or canned in own juice

N1B	Frequency	Percent	Cumulative Frequency	Cumulative Percent
rarely or never	4	2.30	4	2.30
some of the time	14	8.05	18	10.34
most of the time	37	21.26	55	31.61
all of the time	119	68.39	174	100.00

100% fruit juice is served

N1C	Frequency	Percent	Cumulative Frequency	Cumulative Percent
2 or more times per day	22	12.64	22	12.64
1 time per day	72	41.38	94	54.02
2-4 times per week	63	36.21	157	90.23
1 time per week or less	17	9.77	174	100.00

Vegetables (not including french fries or fried potatoes) are served:

N1D	Frequency	Percent	Cumulative Frequency	Cumulative Percent
2 times per week or less	3	1.72	3	1.72
3-4 times per week	31	17.82	34	19.54
1 time per day	101	58.05	135	77.59
2 or more times per day	39	22.41	174	100.00

The FREQ Procedure

Vegetables served are dark green, red, orange, or yellow in color

N1E	Frequency	Percent	Cumulative Frequency	Cumulative Percent
less than 1 time per week	1	0.57	1	0.57
1-2 times per week	16	9.20	17	9.77
3-4 times per week	69	39.66	86	49.43
1 or more times per day	88	50.57	174	100.00

Cooked vegetables are prepared with added meat fat, margarine, or butter

N1F	Frequency	Percent	Cumulative Frequency	Cumulative Percent
1 or more times per day	21	12.07	21	12.07
3-4 times per week	10	5.75	31	17.82
1-2 times per week	38	21.84	69	39.66
less than 1 time per week	105	60.34	174	100.00

Fried or pre-fried meats (chicken nuggets) or fish (fish sticks) are served

N2A	Frequency	Percent	Cumulative Frequency	Cumulative Percent
1 or more times each day	3	1.72	3	1.72
3-4 times per week	5	2.87	8	4.60
1-2 times per week	94	54.02	102	58.62
less than once a week or never	72	41.38	174	100.00

Fried or pre-fried potatoes (french fries, tater tots, hashbrowns) are served

N2B	Frequency	Percent	Cumulative Frequency	Cumulative Percent
1 or more times each day	4	2.30	4	2.30
3-4 times per week	3	1.72	7	4.02
1-2 times per week	81	46.55	88	50.57
less than once a week or never	86	49.43	174	100.00

The FREQ Procedure

High fat meats (sausage, bacon, hot dogs, bologna, ground beef) are served

	N2C	Frequency	Percent	Cumulative Frequency	Cumulative Percent
1 or more times each day		2	1.15	2	1.15
3-4 times per week		11	6.32	13	7.47
1-2 times per week		105	60.34	118	67.82
less than once a week or never		56	32.18	174	100.00

Lean meats (baked or broiled chicken, turkey or fish) are served

	N2D	Frequency	Percent	Cumulative Frequency	Cumulative Percent
less than once a week		20	11.49	20	11.49
1-2 times per week		78	44.83	98	56.32
3-4 times per week		63	36.21	161	92.53
1 or more times per day		13	7.47	174	100.00

Drinking water is available outside

	N3A	Frequency	Percent	Cumulative Frequency	Cumulative Percent
not freely available		26	15.03	26	15.03
available during designated water breaks		31	17.92	57	32.95
easily visible and available on request		65	37.57	122	70.52
easily visible and available for self-serve		51	29.48	173	100.00

Frequency Missing = 1

Drinking water is available inside

	N3B	Frequency	Percent	Cumulative Frequency	Cumulative Percent
not freely available		1	0.57	1	0.57
available during designated water breaks		5	2.87	6	3.45
easily visible and available on request		99	56.90	105	60.34
easily visible and available for self-serve		69	39.66	174	100.00

The FREQ Procedure

Sugary drinks are served

N3C	Frequency	Percent	Cumulative Frequency	Cumulative Percent
1 or more times each day	6	3.45	6	3.45
3-4 times per week	1	0.57	7	4.02
1-2 times per week	11	6.32	18	10.34
less than once a week	156	89.66	174	100.00

Milk served to children ages 2 and older is usually:

N3D	Frequency	Percent	Cumulative Frequency	Cumulative Percent
whole or regular	56	32.18	56	32.18
2% reduced fat	96	55.17	152	87.36
1% low-fat	10	5.75	162	93.10
skim or non-fat	12	6.90	174	100.00

Menus used are:

N4A	Frequency	Percent	Cumulative Frequency	Cumulative Percent
1-week cycle	56	32.37	56	32.37
2-week cycle	22	12.72	78	45.09
3-week cycle or more without seasonal change	18	10.40	96	55.49
3-week or more with seasonal change	77	44.51	173	100.00

Frequency Missing = 1

Menus include whole grain foods that are high in fiber

N4B	Frequency	Percent	Cumulative Frequency	Cumulative Percent
1 time per week or less	15	8.62	15	8.62
2-4 times per week	72	41.38	87	50.00
1 time per day	41	23.56	128	73.56
2 or more times per day	46	26.44	174	100.00

The FREQ Procedure

Weekly menus include a combination of new and familiar foods

N4C	Frequency	Percent	Cumulative Frequency	Cumulative Percent
rarely or never	5	2.87	5	2.87
some of the time	77	44.25	82	47.13
most of the time	67	38.51	149	85.63
all of the time	25	14.37	174	100.00

Weekly menus include foods from a variety of cultures

N4D	Frequency	Percent	Cumulative Frequency	Cumulative Percent
rarely or never	29	16.67	29	16.67
some of the time	107	61.49	136	78.16
most of the time	26	14.94	162	93.10
all of the time	12	6.90	174	100.00

When children eat less than half staff determine if full before remove plate

N5A	Frequency	Percent	Cumulative Frequency	Cumulative Percent
rarely or never	95	54.60	95	54.60
some of the time	37	21.26	132	75.86
most of the time	24	13.79	156	89.66
all of the time	18	10.34	174	100.00

When children request seconds staff determine if still hungry

N5B	Frequency	Percent	Cumulative Frequency	Cumulative Percent
rarely or never	9	5.17	9	5.17
some of the time	9	5.17	18	10.34
most of the time	61	35.06	79	45.40
all of the time	95	54.60	174	100.00

The FREQ Procedure

Picky eaters are encouraged to try new or less desirable foods

N5C	Frequency	Percent	Cumulative Frequency	Cumulative Percent
rarely or never	3	1.72	3	1.72
some of the time	31	17.82	34	19.54
most of the time	45	25.86	79	45.40
all of the time	95	54.60	174	100.00

Sweets or high fat, high salt foods are served as snacks

N5D	Frequency	Percent	Cumulative Frequency	Cumulative Percent
1 or more times each day	2	1.15	2	1.15
3-4 times per week	2	1.15	4	2.30
1-2 times per week	67	38.51	71	40.80
less than one time per week	103	59.20	174	100.00

Food is used to reward desired behavior

N5E	Frequency	Percent	Cumulative Frequency	Cumulative Percent
all of the time	2	1.15	2	1.15
some of the time	18	10.34	20	11.49
rarely or never	154	88.51	174	100.00

Food is used to control behavior or withheld as punishment

N5F	Frequency	Percent	Cumulative Frequency	Cumulative Percent
all of the time	1	0.57	1	0.57
some of the time	6	3.45	7	4.02
rarely or never	167	95.98	174	100.00

The FREQ Procedure

Guidelines provided for parents for celebrations foods

	N6A	Frequency	Percent	Cumulative Frequency	Cumulative Percent
not available		59	33.91	59	33.91
loose guidelines with healthier options encouraged		81	46.55	140	80.46
written guidelines not always enforced		15	8.62	155	89.08
written guidelines usually enforced		19	10.92	174	100.00

Holidays are celebrated with mostly health foods or non food treats

	N6B	Frequency	Percent	Cumulative Frequency	Cumulative Percent
rarely or never		22	12.64	22	12.64
some of the time		72	41.38	94	54.02
most of the time		63	36.21	157	90.23
all of the time		17	9.77	174	100.00

Children and staff sit down together for meals

	N7A	Frequency	Percent	Cumulative Frequency	Cumulative Percent
rarely or never		12	6.90	12	6.90
some of the time		41	23.56	53	30.46
most of the time		51	29.31	104	59.77
all of the time		70	40.23	174	100.00

Meals are served family style

	N7B	Frequency	Percent	Cumulative Frequency	Cumulative Percent
rarely or never		91	52.30	91	52.30
some of the time		43	24.71	134	77.01
most of the time		22	12.64	156	89.66
all of the time		18	10.34	174	100.00

The FREQ Procedure

Staff consume the same food and drinks as the children

N7C	Frequency	Percent	Cumulative Frequency	Cumulative Percent
rarely or never	16	9.20	16	9.20
some of the time	33	18.97	49	28.16
most of the time	67	38.51	116	66.67
all of the time	58	33.33	174	100.00

Staff eat or drink less health foods in front of children

N7D	Frequency	Percent	Cumulative Frequency	Cumulative Percent
all of the time	5	2.87	5	2.87
most of the time	1	0.57	6	3.45
some of the time	25	14.37	31	17.82
rarely or never	143	82.18	174	100.00

Staff talk with children about trying and enjoying healthy foods

N7E	Frequency	Percent	Cumulative Frequency	Cumulative Percent
rarely or never	2	1.15	2	1.15
some of the time	13	7.47	15	8.62
most of the time	69	39.66	84	48.28
all of the time	90	51.72	174	100.00

Staff receive training or attend workshops on nutrition

N8A	Frequency	Percent	Cumulative Frequency	Cumulative Percent
rarely or never	21	12.07	21	12.07
1 time per year	76	43.68	97	55.75
2 times per year	54	31.03	151	86.78
3 times per year or more	23	13.22	174	100.00

The FREQ Procedure

Nutrition training is provided by qualified professionals

N8B	Frequency	Percent	Cumulative Frequency	Cumulative Percent
rarely or never	26	14.94	26	14.94
some of the time	16	9.20	42	24.14
most of the time	24	13.79	66	37.93
all of the time	108	62.07	174	100.00

Staff provide nutrition education with books and games

N8C	Frequency	Percent	Cumulative Frequency	Cumulative Percent
rarely or never	37	21.26	37	21.26
1 time per month	58	33.33	95	54.60
2-3 times per month	62	35.63	157	90.23
1 time per week or more	17	9.77	174	100.00

Nutrition education opportunities offered to parents

N8D	Frequency	Percent	Cumulative Frequency	Cumulative Percent
rarely or never	74	42.53	74	42.53
less than 1 time per year	19	10.92	93	53.45
1 time per year	28	16.09	121	69.54
2 times per year or more	53	30.46	174	100.00

Written policy on nutrition that covers survey items is:

N9A	Frequency	Percent	Cumulative Frequency	Cumulative Percent
not available	66	37.93	66	37.93
available not followed by most staff	2	1.15	68	39.08
available followed by some staff	6	3.45	74	42.53
available routinely followed by staff	100	57.47	174	100.00

The FREQ Procedure

Active (free) play is provided to all children

PA1A	Frequency	Percent	Cumulative Frequency	Cumulative Percent
15-30 mins each day	7	4.02	7	4.02
31-45 mins each day	11	6.32	18	10.34
46-60 mins each day	24	13.79	42	24.14
more than 60 mins each day	132	75.86	174	100.00

Structured physical activity (adult led) is provided for all children

PA1B	Frequency	Percent	Cumulative Frequency	Cumulative Percent
less than 1 time per month	14	8.05	14	8.05
2-4 times per month	14	8.05	28	16.09
2-4 times per week	43	24.71	71	40.80
daily	103	59.20	174	100.00

Outdoor active play is provided for all children

PA1C	Frequency	Percent	Cumulative Frequency	Cumulative Percent
1 time per week or less	5	2.87	5	2.87
2-4 times per week	11	6.32	16	9.20
1 time per day	51	29.31	67	38.51
2 or more times per day	107	61.49	174	100.00

Staff restrict active play for children who misbehave

PA1D	Frequency	Percent	Cumulative Frequency	Cumulative Percent
often	24	13.79	24	13.79
sometimes	90	51.72	114	65.52
never	48	27.59	162	93.10
never provide active reward	12	6.90	174	100.00

The FREQ Procedure

Children are seated (exluding nap) more than 30 mins at a time

PA1E	Frequency	Percent	Cumul ative Frequency	Cumul ative Percent
1 or more times each day	34	19.54	34	19.54
3-4 times per week	13	7.47	47	27.01
1-2 times per week	23	13.22	70	40.23
less than one time per week or never	104	59.77	174	100.00

Television use consists of:

PA2A	Frequency	Percent	Cumul ative Frequency	Cumul ative Percent
tv turned on most of day	5	2.87	5	2.87
tv turned on part of day	41	23.56	46	26.44
tv turned on part day sometimes	66	37.93	112	64.37
tv used rarely	62	35.63	174	100.00

Children are allowed to watch TV, videos or play video games

PA2B	Frequency	Percent	Cumul ative Frequency	Cumul ative Percent
throughout the day	35	20.11	35	20.11
once a day	61	35.06	96	55.17
2-4 times per week	30	17.24	126	72.41
1 time per week or less	48	27.59	174	100.00

Children are allowed to use a compute for education purposes or games

PA2C	Frequency	Percent	Cumul ative Frequency	Cumul ative Percent
throughout the day	35	20.11	35	20.11
once a day	18	10.34	53	30.46
2-4 times per week	24	13.79	77	44.25
1 time per week or less	97	55.75	174	100.00

The FREQ Procedure

Fixed play equipment is:

PA3A	Frequency	Percent	Cumulative Frequency	Cumulative Percent
unavailable at site	24	13.79	24	13.79
swing set one type	15	8.62	39	22.41
different equipment	56	32.18	95	54.60
wide variety of equipment	79	45.40	174	100.00

Staff perform safety checks on equipment

PA3B	Frequency	Percent	Cumulative Frequency	Cumulative Percent
only when equipment is installed	18	10.34	18	10.34
1 time per year	24	13.79	42	24.14
1 time per month	48	27.59	90	51.72
1 time per week	84	48.28	174	100.00

Portable play equipment that stimulates motor skills consists of:

PA3C	Frequency	Percent	Cumulative Frequency	Cumulative Percent
little variety	9	5.17	9	5.17
some variety	26	14.94	35	20.11
good variety	69	39.66	104	59.77
lots of variety	70	40.23	174	100.00

When weather is not suitable for outdoors, indoor space is available:

PA3D	Frequency	Percent	Cumulative Frequency	Cumulative Percent
for quiet play	10	5.75	10	5.75
for very limited movement	41	23.56	51	29.31
for some active play	89	51.15	140	80.46
fall all activities	34	19.54	174	100.00

The FREQ Procedure

During active (free) play time staff:

	PA4A	Frequency	Percent	Cumul ative Frequency	Cumul ative Percent
rarely or never join		5	2.87	5	2.87
sometimes join		64	36.78	69	39.66
often or alway join		50	28.74	119	68.39
often or always join with +ve statments		55	31.61	174	100.00

Staff show visible support for physical activity by:

	PA4B	Frequency	Percent	Cumul ative Frequency	Cumul ative Percent
no posters pictures books etc		53	30.46	53	30.46
few poster pictures books etc		78	44.83	131	75.29
posters pictures books in most rooms		31	17.82	162	93.10
poster picures books in every room		12	6.90	174	100.00

Training oportunities are provided for staff in physical activity

	PA5A	Frequency	Percent	Cumul ative Frequency	Cumul ative Percent
rarely or never		73	42.20	73	42.20
less than 1 time per year		24	13.87	97	56.07
1 time per year		49	28.32	146	84.39
2 times per year		27	15.61	173	100.00

Frequency Missing = 1

Physical activity training is provided by qualified professionals:

	PA5B	Frequency	Percent	Cumul ative Frequency	Cumul ative Percent
rarely or never		98	56.32	98	56.32
less than 1 time per year		22	12.64	120	68.97
1 time per year		32	18.39	152	87.36
2 times per year		22	12.64	174	100.00

The FREQ Procedure

Staff provide physical activity education with books and games

PA5C	Frequency	Percent	Cumulative Frequency	Cumulative Percent
rarely or never	23	13.22	23	13.22
1 time per month	20	11.49	43	24.71
2-3 times per month	50	28.74	93	53.45
1 time per week	81	46.55	174	100.00

Education about physical activity offered to parents

PA5D	Frequency	Percent	Cumulative Frequency	Cumulative Percent
rarely or never	103	59.20	103	59.20
less than 1 time per year	14	8.05	117	67.24
1 time per year	27	15.52	144	82.76
2 times per year	30	17.24	174	100.00

Written policy on physical activity that covers survey items is:

PA6A	Frequency	Percent	Cumulative Frequency	Cumulative Percent
not available	115	66.09	115	66.09
available but not followed	4	2.30	119	68.39
available followed by some staff	9	5.17	128	73.56
available followed by all staff	46	26.44	174	100.00