

# Child Care Centers

## Child Care Nutrition and Physical Activity Survey

**EARLY CHILDHOOD WORKING GROUP AND WEIGHING IN, CHILDREN'S MERCY HOSPITALS AND CLINICS—KC COLLABORATIVE ON CHILDHOOD OBESITY**

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## Child Care Nutrition and Physical Activity Survey

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## Background

Approximately one-third of children are overweight or obese in the Greater Kansas City Area. The Early Childhood Working Group supported by Children's Mercy Hospitals and Clinics' program: Weighing In undertook a planning process which included a review of current evidence-based interventions shown to impact risks for obesity for children 5 and under. It was determined that the child care setting was the priority area of focus for the working group's efforts due to the evidence amassed for successful interventions in this setting and the potential reach these efforts could have in view of the approximate 55,000 children receiving care in 1,800 Kansas City area child care homes and centers. In addition, this setting provides an opportunity to impact children's physical activity levels and food habits and palates in the younger years. This is an important issue because it lays foundation for life-long healthy habits. A school-age child who is obese has difficulty changing food habits if he/she was not exposed to a healthy variety at an early age. Also preschool children who are obese are more likely to remain heavy at age 12 compared to normal weight preschoolers.

### **RATIONALE**

In order to better understand the needs, current practices, and constraints of child care centers and home providers and tailor strategies accordingly, the working group undertook a survey of childcare providers in the Greater Kansas City area. The information gathered will be used to develop appropriate resources and supports for child care providers.

## STUDY DESIGN

### **TARGET STUDY POPULATION SPECIFICS**

This is a survey of licensed child care providers in center facilities to determine their current status and needs. There are approximately 500 child care centers in our study area.

#### Inclusion Criteria

- Director of licensed child care center who chooses to complete on-line survey or paper copy received at training.
- Licensed facility in one of 6 counties: Johnson and Wyandotte-KS; Jackson, Clay, Platte, and Cass-MO

#### Exclusion Criteria

- Survey will only be done in English

## **DATA COLLECTION**

### **Data Collection Procedures**

Children's Mercy staff had discussions with the early childhood working group members and select early childhood agency staff to identify the best approaches for promotion and distribution of the survey. This input was received from staff working in the child care resource and referral agency, the licensing offices for the bi-state area, state administrators of the Child and Adult Care Food Program, and Head Start. A promotional flyer and short articles were disseminated to child care providers through multiple newsletters, e-mails, and website postings by early childhood agencies throughout the data collection period. This information gave the purpose of the survey and encouraged providers to complete the survey at trainings or on-line. E-mail addresses were not available from licensing offices so survey links could not be forwarded directly to all licensed providers. The link to the center version of the survey was provided in multiple electronic communications. Paper copies of the survey were distributed at trainings by resource and referral agency, and in Kansas, by county licensing staff at child care trainings. Those distributing the survey were provided talking points and short training and asked to explain the purpose, answer questions, distribute and collect survey forms, provide a take-home information sheet for those attending and return the completed surveys to Children's Mercy for data entry. The collection period covered three and half months in order to include a large training sponsored by the resource and referral agency scheduled at the end of that time. The Kansas licensing offices in Johnson and Wyandotte counties distributed a letter to all of the licensed facilities encouraging them to complete the survey.

## **STATISTICAL CONSIDERATIONS**

### **Measures**

The data to be collected from the survey included the type of facility, age range of children for which they provide care, frequency of select daily practices (e.g., adults join table at meal time, meals and snacks are scheduled regularly), types and frequency of foods served; physical activity practices; opinions on obesity among children, families and staff, community partners, and training issues.

### **General Design Issues**

The survey tool has been developed using previously field-tested surveys for child care providers. We focused on those issues that are most directly related to factors that influence nutrition and physical activity and risks for obesity. We wanted to make sure we

have input from child care providers on what their needs and priorities are prior to planning our collaborative actions.

### Sample size determination

There are approximately 500 child care centers in our study area. We aim to reach about 60% of those providers, for an approximate sample size of 296 centers. Power calculations were not completed for this descriptive study.

### Data Analyses

Descriptive statistics were calculated for all variables. Frequencies were reported for categorical variables. Statistical analyses were performed using Microsoft Excel and SPSS PC+ (Statistical Package for the Social Sciences) software (SPSS version 14, Chicago, IL).

## Results

### Child Care Facilities

One hundred sixty-four ( $n = 164$ ) individuals completed the survey. The type of child care facility represented by each of the survey respondents is indicated in Table 1. As shown, the majority of respondents comprised child care center facilities. The number of staff at the different child care facilities ranged from 3 to 132 individuals with an average of 20 staff members.

Table 1. Type of Child Care Facility

Facility	N	%	Average Number of Staff
Head Start	17	10.4%	31
Center	144	87.8%	19
Not Indicated	3	1.8%	---
Total	164	100.0%	20

Based on zip codes, the respondents' child care facilities were located primarily in Johnson and Wyandotte counties in Kansas and in Jackson county, Missouri. Table 2 provides a listing of completed surveys by county. As shown, 98 surveys were completed by representatives of child care centers in Kansas and 56 surveys were completed by representatives of child care centers in Missouri (10 completed surveys did not specify zip code or it was mistyped).

Table 2. Number of Child Care Facilities by County

County	Number Surveys	State
Johnson	56 (34.1%)	KS
Leavenworth	7 (4.3%)	KS
Miami	0	KS
Wyandotte	35 (21.3%)	KS
Cass	5 (3.0%)	MO
Clay	12 (7.3%)	MO
Jackson	35 (21.3%)	MO
Platte	4 (2.4%)	MO
Not indicated	10 (6.1%)	

About 73% of respondents (120/164) reported they have been in child care for 7 or more years. The number of years providing child care by type of facility is listed in Table 3. As displayed, only 7 child care facilities have been in operation for less than one year.

Table 3. Number of Years in Child Care

# Years in Child Care	Head Start	Center	Blank*	Totals
Less than 1 year	2 (11.8%)	5 (3.5%)	0	7 (4.3%)
1 to 3 years	0	13 (9.0%)	1 (33.3%)	14 (8.5%)
4 to 6 years	0	16 (11.1%)	0	16 (9.8%)
7 or more years	15 (88.2%)	105 (72.9%)	0	120 (73.2%)
Did not indicate	0	5 (3.55)	2 (66.7%)	7 (4.3%)
<b>Grand Total</b>	17 (10.4%)	144 (87.8%)	3 (1.8%)	164

\*Type of facility not indicated.

About 47% of respondents (77 out of 164) indicated they participate in the Child and Adult Care Food Program, while 11 respondents did not indicate whether or not their agency takes part in that program.

When asked to indicate the age groups for which they provided care by checking all that apply, the respondents indicated they care for a number of different age groups. As shown in Table 4, the majority of child care facilities provided care for infants, 1 to 2 year olds, and

3 to 5 year old children and approximately one-third of those centers also provided care for school-aged and offered after or before school hour care.

Table 4. Age Groups Provided

<u>Age Group</u>	<u>Number of Child Care Facilities</u>
Infants	93 (56.7%)
1 to 2 year olds	113 (68.9%)
3 to 5 year olds	132 (80.5%)
School-age	54 (32.9%)
After or before school hour care	54 (32.9%)
Other	8 (2.8%)
Did not indicate	2 (1.2%)

\*Percentages add up to more than 100% because participants were instructed to indicate all that implied.

### **Daily Practices**

Child care directors were asked about 15 different daily practices and how often each practice was undertaken (i.e., rarely or never, some of the time, most of the time, or all of the time). Table 5 provides the number of child care facilities that participate in a particular daily practice and how often the practice is implemented. Ninety-three centers reported caring for infants. Ninety-one (97.8%) of these centers reported caring for infants who were breastfed. Of these centers, a supportive breastfeeding environment was provided all of the time by 73.1%, most of the time by 10.8%, some of the time by 3.2% and rarely or never by 2.2%.

Table 5. Daily Practices of Child Care Facilities (n = 164)

Daily Practice	Rarely or never	Some of the time	Most of the time	All of the time	Did Not Indicate
1. Parents are informed about what their children are eating.	0	11 (6.7%)	26 (15.9%)	123 (75%)	4 (2.4%)
2. Staff join children at the table for meals.	5 (3%)	15 (9.1%)	45 (27.4%)	96 (58.5%)	3 (1.8%)
3. Staff eat and drink the same food and drinks as children.	15 (9.1%)	35 (21.3%)	45 (27.4%)	67 (40.9%)	2 (1.2%)
4. Meals and snacks are scheduled at regular times.	0	1 (0.6%)	9 (5.5%)	147 (89.6%)	7 (4.3%)
5. Children decide which foods they will eat from those offered.	15 (9.1%)	15 (9.1%)	29 (17.7%)	99 (60.4%)	6 (3.7%)
Daily Practice	Rarely or never	Some of the time	Most of the time	All of the time	Did Not Indicate
6. Children are required to eat all the food on their plates.	133 (81.1%)	10 (6.1%)	12 (7.35%)	4 (2.4%)	5 (3.0%)
7. Water is freely available both indoors and outdoors.	1 (0.6%)	11 (6.75%)	33 (20.1%)	117 (71.3%)	2 (1.2%)
8. Special occasions and holidays are celebrated with mostly healthy foods or non-food treats.	11 (6.7%)	71 (43.3%)	47 (28.7%)	28 (17.1%)	7 (4.3%)
9. Food is used to encourage positive behavior.	134 (81.7%)	9 (5.5%)	9 (5.5%)	4 (2.4%)	8 (4.9%)
10. Restriction of play time is used as a disciplinary tool.	119 (72.6%)	30 (18.3%)	9 (5.5%)	3 (1.8%)	3 (1.8%)
11. I participate in physical activities with the children.	4 (2.4%)	27 (16.5%)	75 (45.7%)	53 (32.3%)	5 (3.0%)
12. Infants and children up to age 2 watch TV or movies (DVD or videos).	135 (82.3%)	14 (8.5%)	2 (1.2%)	1 (0.6%)	12 (7.3%)
13. Children age 2 and older watch TV or movies (DVD or videos).	99 (60.4%)	51 (31.1%)	4 (2.4%)	3 (1.8%)	7 (4.3%)
14. A supportive breastfeeding environment is provided.	25 (15.2%)	4 (2.4%)	16 (9.8%)	99 (60.4%)	20 (12.2%)
15. If you provided care for infants in the last year, did you have any that were breastfed?	<b>Yes</b> 91 (55.5%)	<b>No</b> 9 (5.5%)	<b>Did not care for infants</b> 50 (30.5%)		<b>Blank</b> 14 (8.5%)

### **Foods Served**

Child care center directors were asked 10 questions relating to the type of foods and beverages served at their centers and how often these items are served (e.g., rarely or never, less than 4 times per week, one time per day or 2 or more times per day). Table 6

lists the particular food/beverage question and the number of child care facilities that offer a particular item at the stated frequency.

Table 6. Foods Served (n = 164)

Daily Practice	Rarely or never	Less than 4 times/wk	1 time/day	2 or more times/day	Did not indicate
16. Fruit, including fresh, frozen or canned is offered (not including juice).	2 (1.2%)	2 (1.2%)	48 (29.3%)	108 (65.9%)	4 (2.4%)
17. 100% fruit juice is offered.	38 (23.2%)	59 (36.0%)	38 (23.2%)	24 (14.2%)	5 (3.0%)
18. Vegetables, including fresh, frozen or canned are offered (not including French fries, tater tots, hash browns)	1 (0.6%)	3 (1.8%)	86 (52.4%)	70 (42.7%)	4 (2.4%)
	<b>Rarely or never</b>	<b>Some of the time</b>	<b>Most of the time</b>	<b>All of the time</b>	<b>Did not indicate</b>
19. Cooked vegetables are prepared with added fat, margarine/butter or fried.	114 (69.5%)	28 (17.1%)	8 (4.9%)	6 (3.7%)	8 (4.9%)
	<b>Rarely or never</b>	<b>Less than 4 times/wk</b>	<b>1 time/day</b>	<b>2 or more times/day</b>	<b>Did not indicate</b>
20. Whole grain bread, oatmeal, or cereal, whole wheat or corn tortillas, or other whole grains are offered.	6 (3.7%)	30 (18.3%)	51 (31.1%)	71 (43.3%)	6 (3.7%)
	<b>Rarely or never</b>	<b>Less than 4 times/wk</b>	<b>1 to 2 times/wk</b>	<b>3 to 4 times/wk</b>	<b>Did not indicate</b>
21. Chicken nuggets, fish sticks, hot dogs, corn dogs, bologna or lunch meat, sausage or bacon are offered.	44 (26.8%)	38 (23.2%)	57 (34.8%)	19 (11.6%)	6 (3.7%)
	<b>Rarely or never</b>	<b>Less than 4 times/wk</b>	<b>1 time/day</b>	<b>2 or more times/day</b>	<b>Did not indicate</b>
22. Sweet or salty foods (cookies, cakes, muffins, chips, etc.) are offered.	70 (42.7%)	58 (35.4%)	23 (14.0%)	3 (1.8%)	10 (6.1%)
23. Milk served to children ages 2 and older is usually	<b>Skim or non-fat</b>	<b>1% low-fat milk</b>	<b>2% reduced fat</b>	<b>Whole or regular</b>	<b>Did not indicate</b>
	32 (19.5%)	63 (38.4%)	40 (24.4%)	21 (12.8%)	8 (4.9%)
	<b>Rarely or never</b>	<b>Some of the time</b>	<b>Most of the time</b>	<b>All of the time</b>	<b>Did not indicate</b>
24. Flavored milk, like chocolate or strawberry, is offered.	131 (79.9%)	19 (11.6%)	7 (4.3%)	1 (0.6%)	6 (3.7%)
25. Sugary drinks (e.g., Kool-Aid, Sunny D, sweet tea, soda, Tampico) or sports drinks (e.g., Gatorade) are offered.	153 (93.3%)	5 (3.0%)	2 (1.2%)	0	4 (2.4%)

## **Physical Activity**

Child care center directors were asked three questions about the frequency of active play and planned movement activities at their centers. Table 7 provides the information about the number of child care facilities that engage in a particular activity at the stated frequency.

Table 7. Physical Activity (n = 164)

<b>Physical Activity</b>	<b>Rarely or never</b>	<b>Less than 1 hour/day</b>	<b>1 to 2 hours/day</b>	<b>More than 2 hours/day</b>	<b>Did not indicate</b>
26. Daily play and planned movement experiences both indoors and outdoors are provided to children.	2 (1.2%)	13 (7.9%)	84 (51.2%)	61 (37.2%)	4 (2.4%)
	<b>Rarely or never</b>	<b>Less than once/wk</b>	<b>1 time/day</b>	<b>2 or more times/day</b>	<b>Did not indicate</b>
27. Outdoor active play is provided for all children, weather permitting.	1 (0.6%)	0	19 (11.6%)	140 (85.4%)	4 (2.4%)
	<b>Limited and children take turns</b>	<b>Some variety but still take turns</b>	<b>Good variety—most can use</b>	<b>Much variety—most can use at same time</b>	<b>Did not indicate</b>
28. Play equipment and planned activities are available for all children to be active during play time.	1 (0.6%)	14 (8.5%)	56 (34.1%)	88 (53.7%)	5 (3.0%)

## **Opinions on Obesity**

For the next section of the survey, child care directors were asked about their opinions on obesity. Directors were asked to indicate how much of a problem obesity was for children and parents of children in their program, and themselves. Table 8 provides the responses to each of the questions. As shown, the majority of child care directors (~80%) indicated that obesity was not a problem at all or was a small problem for children in their program.

About 47% of directors indicated obesity was a moderate to large problem among parents of children in their program. Additionally, about 43% of child care directors indicated obesity was a moderate to large problem while less than 20% of directors indicated obesity was not a problem at all for them as individuals.

Table 8. Extent of Obesity Problem (n = 164)

In your opinion:	Not a problem at all	Small problem	Moderate problem	Large problem	Very large problem	Did not indicate
29. How much of a problem is obesity among the children in your program?	59 (36.0%)	71 (43.3%)	22 (13.4%)	3 (1.8%)	0	9 (5.5%)
30. How much of a problem is obesity among the parents of children in your program?	24 (14.6%)	50 (30.5%)	70 (42.7%)	9 (5.5%)	3 (1.8%)	8 (4.9%)
31. How much of a problem is obesity for you?	32 (19.5%)	50 (30.5%)	57 (34.8%)	14 (8.5%)	3 (1.8%)	8 (4.9%)

### **Community Partners**

To learn if child care center directors are collaborating with anyone in the community to encourage children’s healthy eating and physical activity, two questions concerning these issues were asked. Approximately one-third (53 out of 164 or 32.3%) of child care directors indicated they had joined with the community to encourage children’s healthy eating. About 30% of child care directors joined with the community to encourage children’s physical activity. Of those who worked with the community to encourage healthy eating and physical activity, Table 9 lists the organizations specified by the directors.

Table 9. Partner Organizations for Healthy Eating and Physical Activity

<b>Community Partner</b>	<b>Frequency</b>
<b>Healthy Eating</b>	
Collaboration with Universities, Department of Education, Extension offices, Nutranet, Health Depts., Food programs	18
Health Promotion (cooking classes, healthy eating education, rewards for healthy choices, health fairs)	11
Kid’s programs (Let’s Move, Get Fit)	8
Bistro Kids and Farm-to-School programs	5
Grants	3
Dietitian helped with menu	2

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**Community Partner**

<b>Physical Activity</b>	<b>Frequency</b>
Stretch-n-Grow	12
Internal programs, parental/volunteer involvement	10
Youth programs (e.g., Parks/Recreation activities, youth sports)	8
Let's Move	5
Happy Feet Program	4
I Am Moving, I Am Learning	3
School sponsored walks/runs	2
Joined with Platte County Health Department	1
PE4Life	1
Power Panther	1

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**Nutrition Education and Physical Activity Training**

For this section of the survey, child care center directors were asked six questions concerning nutrition education and physical activity training. Table 10 provides the results for how much training on child nutrition and physical activity has been completed in the last 12 months and whether or not the directors would like more information on obesity prevention practices and routines for parents of children in their program and themselves. As reported, less than one-third of providers rarely or never give information to parents that encourage physical activity and only 6.7% provide information at least weekly and 20.1% at least monthly. Approximately 38% of child care directors indicated parents are provided information that encourages physical activity several times a year. Approximately 33% of child care directors indicated parents are provided information on child nutrition and healthy eating several times a year while about one-fourth of parents receive information on nutrition and healthy eating at least monthly.

Table 10. Child Nutrition and Physical Activity (n = 164)

<b>Nutrition Education and Physical Activity Training</b>	<b>Rarely or never</b>	<b>Several times a year</b>	<b>At least monthly</b>	<b>At least weekly</b>	<b>Did not indicate</b>
34. Parents are provided information that encourages physical activity.	50 (30.5%)	62 (37.8%)	33 (20.1%)	11 (6.7%)	8 (4.9%)
35. Parents are provided information on child nutrition and healthy eating.	48 (29.3%)	54 (32.9%)	43 (26.2%)	11 (6.7%)	8 (4.9%)
	<b>Workshop /training</b>	<b>Read articles/ books</b>	<b>Online Training</b>	<b>DVD/ video</b>	<b>None</b>
36. Please mark the training or actions that you completed in the last 12 months to learn about practices and routines that apply to nutrition and feeding children. Mark all that apply.	92 (56.1%)	47 (28.7%)	10 (6.1%)	11 (6.7%)	24 (14.6%)
37. Please mark the training or actions that you completed in the last 12 months to learn about practices and routines that apply to physical activity. Mark all that apply.	88 (53.7%)	47 (28.7%)	9 (5.5%)	10 (6.1%)	20 (12.2%)
38. Would you like more information on practices and routines to prevent obesity and increase activity living/healthy eating among young children in your child care center?		Yes 94 (57.3%)	No 60 (36.6%)	Did not indicate 10 (6.1%)	
39. Would you like information that you can share with your parents on ways to increase physical activity and healthy eating to prevent obesity for the children in your care?		Yes 113 (68.9%)	No 42 (25.6%)	Did not indicate 9 (5.5%)	

Of those who wanted more information that could be shared with parents on ways to increase physical activity and healthy eating to prevent obesity for the children in their care, the following table provides a listing of the types of information requested.

Table 11. Information Requests for Physical Activity and Healthy Eating

Responses	Frequency
Information for parents in the form of newsletters, articles, handouts, in-services, pamphlets, emails, website links	27
Nutrition and physical activity tips for home	14
Any information available	10
Provide information in multiple languages	3

### **Additional Comments**

For the last section of the survey, respondents were invited to include additional comments. These comments were organized into common themes. Of the 24 individuals that responded to this question, 26.5% indicated they would like additional educational opportunities for the staff, parents and children at their center. Seventeen percent mentioned that physical activity is already a part of their curriculum and 14.7% indicated healthy eating is already a part of their curriculum. Two responses indicated they want and/or need funding to assist in paying for these programs. Some specific comments received from participants:

*“I feel very strongly regarding Nutrition and Brain Development in children. I am the Director of a Parent’s Day Out / Preschool program where parents provide snacks and their children’s lunch so educating my parents and staff is a priority to me. I am very interested in as much information you can provide. Thank you.”*

*“This sure made me think about how much more that I can do as a director to give much more information to staff, parents and children. Many times parents are too busy and need guidance in what to cook, local activities and such. Thank you!!!”*

*“Assistance with paying for this is ever so important. We cannot continue to increase tuition and taxes for the answer. We always complete surveys and then they appear to fall dead on someone’s desk. . . is there help or is this just another survey where someone is gathering information for their self gain?”*

*“We did host a Saturday family event this spring (March for Health) to share healthy recipes and fun activities with our families. We had a fair turnout, about ¼ of our families but, it was*

*mostly folks who already participate in healthy practices. We need to reach the 'swing through the drive-thru and plop them in front of toons' parents."*

*"Having a qualified nutritionist and physical activity coach come and speak to our classes and parents for the Family Enrichment Events would greatly help in the education of parents, children [and] our staff."*

## Appendix A

### **Child Care Nutrition and Physical Activity Survey Early Childhood Working Group- KC Collaborative on Childhood Obesity Child Care Centers**

Dear Child Care Center Director,

*Children’s eating and play habits are formed during these earliest years and child care experience s help shape these habits. Kansas City’s Childhood Obesity Collaborative– Weighing In wants to support you in this important job.*

*We are inviting providers to help us learn more about the current nutrition, feeding and physical activity practices among child care providers in the Greater Kansas City area. The information we gather will be tallied to reflect the area as a whole and will help us develop appropriate resources and supports.*

*Please take 10 minutes to complete this survey. Your answers will be kept private and your time is appreciated.*

**First, please tell us a little bit about you, but no names or identifying information.  
We want to keep your responses completely anonymous.**

Zip Code for your facility:	Type of Child Care Facility: <input type="checkbox"/> Head Start <input type="checkbox"/> Group Home <input type="checkbox"/> Center
	Number of staff in your child care center:
Number of children you typically care for in a day:	Age groups for which you provide care (check all that apply): <input type="checkbox"/> infants <input type="checkbox"/> 1-2 year olds <input type="checkbox"/> 3-5 year olds <input type="checkbox"/> school-age <input type="checkbox"/> after or before school hour care <input type="checkbox"/> other, please specify:
How many years have you been in child care?  <input type="checkbox"/> Less than 1 year <input type="checkbox"/> 1-3 years <input type="checkbox"/> 4-6years <input type="checkbox"/> 7 or more years	
Do you participate in the Child and Adult Care Food Program?  <input type="checkbox"/> Yes <input type="checkbox"/> No	Do you provide before and after school care? <input type="checkbox"/> Yes <input type="checkbox"/> No If yes, what proportion of the children enrolled at your facility are before or after school care? <input type="checkbox"/> less than 25% <input type="checkbox"/> 25-50% <input type="checkbox"/> more than 50% Do you care for children for part days? <input type="checkbox"/> Yes <input type="checkbox"/> No If yes, what proportion of the children enrolled at your facility are part day care? <input type="checkbox"/> less than 25% <input type="checkbox"/> 25-50% <input type="checkbox"/> more than 50%

## Child Care Providers Nutrition and Physical Activity Survey - CENTERS

☒ Please mark the box that describes your current practice.

Daily Practices	Rarely or never	Some of the time	Most of the time	All of the time
1. Parents are informed about what their children are eating:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. Staff join children at the table for meals:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. Staff eat and drink the same food and drinks as children:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. Meals and snacks are scheduled at regular times:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. Children decide which foods they will eat from those offered:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. Children are required to eat all the food on their plates:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. Water is freely available both indoors and outdoors:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. Special occasions and holidays are celebrated with mostly healthy foods or non-food treats:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9. Food is used to encourage positive behavior:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10. Restriction of play time is used as a disciplinary tool:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
11. Staff participate in physical activities with the children:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
12. Infants & children up to age 2 watch TV or movies (DVD-videos):	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
13. Children age 2 and older watch TV or movies (DVD-videos):	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
14. A supportive breastfeeding environment is provided:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
15. If you provided care for infants in the last year, did you have any that were breastfed?	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> Did not care for infants	
Foods Served				
16. Fruit , including fresh, frozen or canned is offered (NOT INCLUDING juice):	<input type="checkbox"/> Rarely or never	<input type="checkbox"/> less than 4times/week	<input type="checkbox"/> 1 time/day	<input type="checkbox"/> 2 or more times /day
17. 100% fruit juice is offered:	<input type="checkbox"/> Rarely or never	<input type="checkbox"/> less than 4times/week	<input type="checkbox"/> 1 time/day	<input type="checkbox"/> 2 or more times /day
18. Vegetables, including fresh, frozen or canned are offered (NOT INCLUDING French fries, tater tots, or hash browns):	<input type="checkbox"/> Rarely or never	<input type="checkbox"/> less than 4times/week	<input type="checkbox"/> 1 time/day	<input type="checkbox"/> 2 or more times /day
19. Cooked vegetables are prepared with added meat fat, margarine/butter, or fried:	<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
20. Whole grain bread, oatmeal, whole grain cereal, whole wheat or corn tortillas, or other whole grains are offered:	<input type="checkbox"/> Rarely or never	<input type="checkbox"/> less than 4times/week	<input type="checkbox"/> 1 time/day	<input type="checkbox"/> 2 or more times /day
21. Chicken nuggets, fish sticks, hot dogs, corn dogs, bologna or other lunch meat, sausage or bacon are offered:	<input type="checkbox"/> Rarely or never	<input type="checkbox"/> less than 4times/week	<input type="checkbox"/> 1-2 time/week	<input type="checkbox"/> 3-4 times /week
22. Sweet or salty foods (cookies, cakes, muffins, chips, etc) are offered:	<input type="checkbox"/> Rarely or never	<input type="checkbox"/> less than 4times/week	<input type="checkbox"/> 1 time/day	<input type="checkbox"/> 2 or more times /day
23. Milk served to children ages 2 years and older is usually:	<input type="checkbox"/> Skim or non-fat	<input type="checkbox"/> 1% low-fat	<input type="checkbox"/> 2% reduced fat	<input type="checkbox"/> Whole or regular
24. Flavored milk, like chocolate or strawberry, is offered:	<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
25. Sugary drinks (e.g., Kool-Aid™, SunnyD, sweet tea, soda Tampico®) or sports drinks (e.g. Gatorade) are offered:	<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

**Physical Activity**

26. Daily play and planned movement experiences for both indoors and outdoors are provided to children.	<input type="checkbox"/> Rarely or never	<input type="checkbox"/> Less than 1 hour /day	<input type="checkbox"/> 1-2 hours/day	<input type="checkbox"/> More than 2 hours/day
27. Outdoor active play is provided for all children, weather permitting.	<input type="checkbox"/> Rarely or never	<input type="checkbox"/> less than once a week	<input type="checkbox"/> 1 time/day	<input type="checkbox"/> 2 or more times /day
28. Play equipment and planned activities are available for all children to be active during play time.	<input type="checkbox"/> limited and children take turns	<input type="checkbox"/> some variety but still take turns	<input type="checkbox"/> good variety-most can use	<input type="checkbox"/> much variety – most can use at same time

**In your opinion:**

29. How much of a problem is obesity among the <b>children</b> in your program?	<input type="checkbox"/> Not a problem at all	<input type="checkbox"/> Small problem	<input type="checkbox"/> Moderate problem	<input type="checkbox"/> Large problem	<input type="checkbox"/> Very large problem
30. How much of a problem is obesity among the <b>parents of children</b> in your program?	<input type="checkbox"/> Not a problem at all	<input type="checkbox"/> Small problem	<input type="checkbox"/> Moderate problem	<input type="checkbox"/> Large problem	<input type="checkbox"/> Very large problem
31. How much of a problem is obesity for <b>you or staff at your center?</b>	<input type="checkbox"/> Not a problem at all	<input type="checkbox"/> Small problem	<input type="checkbox"/> Moderate problem	<input type="checkbox"/> Large problem	<input type="checkbox"/> Very large problem

**Community Partners**

32. During the past year, did your child care center join with anyone or another community agency to encourage children’s <b>healthy eating?</b>	<input type="checkbox"/> Yes	<input type="checkbox"/> No	If yes, please specify:		
33. During the past year, did your child care center join with anyone or another community agency to encourage children’s <b>physical activity?</b>	<input type="checkbox"/> Yes	<input type="checkbox"/> No	If yes, please specify:		

**Staff and Parent Nutrition Education and Physical Activity Training**

34. Parents are provided information that encourages physical activity.	<input type="checkbox"/> Rarely or never	<input type="checkbox"/> Several times a year	<input type="checkbox"/> At least monthly	<input type="checkbox"/> At least weekly	
35. Parents are provided information on child nutrition and healthy eating.	<input type="checkbox"/> Rarely or never	<input type="checkbox"/> Several times a year	<input type="checkbox"/> At least monthly	<input type="checkbox"/> At least weekly	
36. Please mark the training or actions that you or your staff completed in the last 12 months to learn about practices and routines that apply to <b>nutrition and feeding children</b> (e.g., cooking with children, dealing with picky eaters). Please mark all that apply. <i>If other, please specify:</i>	<input type="checkbox"/> Workshop/training	<input type="checkbox"/> Read articles/books	<input type="checkbox"/> On-line training	<input type="checkbox"/> DVD/video	<input type="checkbox"/> None <input type="checkbox"/> Other, please specify in left column
37. Please mark the training or actions that you or your staff completed in the last 12 months to learn about practices and routines that apply to <b>physical activity</b> (e.g., active play, designing safe play space, age-appropriate activities.) Please mark all that apply. <i>If other, please specify:</i>	<input type="checkbox"/> Workshop/training	<input type="checkbox"/> Read articles/books	<input type="checkbox"/> On-line training	<input type="checkbox"/> DVD/video	<input type="checkbox"/> None <input type="checkbox"/> Other, please specify in left column
38. Would you like more information on practices and routines to prevent obesity among young children in your child care center?	<input type="checkbox"/> Yes	<input type="checkbox"/> No	If yes, please specify		
39. Would you like information that you can share with your parents on ways to increase physical activity and healthy eating to prevent obesity for the children in your care?	<input type="checkbox"/> Yes	<input type="checkbox"/> No	If yes, please specify		

40. Any other comments?

**You have completed all of the questions.  
Thank you for taking the time to complete this survey.**