



Arizona Nutrition Network

Evaluation Toolkit

2009



Purpose

The purpose of this document is to provide one-stop shopping for all of a Network Partner's evaluation needs. This tool kit is an on-going project and is compiled from a wide selection of data collection instruments. Each tool is reviewed in detail by the Network Epidemiologist to ensure that the evaluation tool applies to the needs of the Network Partners. This document will be updated as new tools are reviewed and approved.

How to Use This Document

Links to administration protocols and the evaluation tools are provided within this document. Please read the entire description and instructions for use before selecting an evaluation tool.

If you need evaluation technical assistance, please contact the Network Epidemiologist, Shelley Kuklish at 602-364-1736 or Shelley.Kuklish@azdhs.gov.



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Behavioral Assessment Tools - Children

Tool Title:

Fruits and Veggies More Matters[®] Consumption Survey

Tool Source:

Adapted by the Arizona Nutrition Network from the School Physical Activity and Nutrition (SPAN) survey from the University of Texas

Target Behavior(s):

Fruit and vegetable consumption

Target Audience:

3rd grade students

How to Use the Tool:

This survey was developed to be used prior to, and at the completion of, a series of classes using the Fruits and Veggies More Matters[®] Curriculum.

Detailed administration instructions can be found here:

[Protocol](#)

What is Being Measured?

Consumption of milk, grains, vegetables, fruit, fruit juice, sweetened drinks
Eating behaviors

Where to Obtain This Tool:

[Pre-survey](#)

[Post-survey](#)

Things to Note Before Using This Survey:

Children at this age may have difficulty determining ‘serving’ and ‘portion’ sizes. Experts in the area of nutritional assessment were consulted to determine the best methodology for assessing fruit and vegetable consumption in this age group. The consensus was that using ‘times’ was a more effective and accurate way of measuring consumption than using portion sizes.

Languages Available:

English

Knowledge Assessment Tools - Children

Tool Title:

Building Better Bones Survey

Tool Source:

Developed by the Arizona Nutrition Network and Bureau of Chronic Disease Prevention Services

Target Behavior(s):

Milk consumption

Physical activity

Osteoporosis prevention

Target Audience:

5th grade students

How to Use the Tool:

This survey was developed to be used prior to, and at the completion of, a series of classes using the Building Better Bones Curriculum.

Detailed administration instructions can be found here:

[Protocol](#)

[Codebook](#)

What is Being Measured?

Impact of program on increasing consumption of milk-group products

Impact of program on increasing physical activity

Knowledge of activities and behaviors related to osteoporosis prevention

Where to Obtain This Tool:

[Pre-test](#)

[Post-test](#)

Languages Available:

English

Spanish

Behavioral Assessment Tools - Adults

Tool Title:

Food Behavior Checklist

Tool Source:

Research and development for questions one through 16 were a joint effort of the University of California Cooperative Extension, the California Nutrition Network, the University of California - Davis Design Program and the University of California - Davis Nutrition Department. Questions 17 through 32 were developed by the Arizona Nutrition Network.

Target Behavior(s):

Consumption of fruits and vegetables, milk, whole grains, and dietary quality
Physical activity level

Target Audience:

Adults

How to Use the Tool:

This survey was developed to be used prior to, and at the completion of a series of nutrition education classes administered to adults. The survey can also be used as a point-in-time survey to track changes in the population over time.

Detailed administration instructions can be found here:

[Protocol for Questions 1-16](#)

[Protocol for Questions 17-32](#)

[Protocol for Using Tool as a Pre/Post-survey](#)

What is Being Measured?

Consumption of fruits and vegetables, milk, whole grains, and dietary quality
Physical activity level
Screen-time for children age two and older
Self-reported height and weight
Network logo awareness
Food security
Nutrition labels
Family meals

Where to Obtain This Tool:

[English Survey](#)

[Spanish Survey](#)

Languages Available: English or Spanish