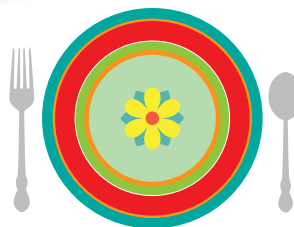


UNIVERSITY OF CALIFORNIA Agriculture and Natural Resources



Niños Sanos, Familia Sana

Part Two: Evaluation Tool



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The *Niños Sanos, Familia Sana* study evaluated the program with a 26-item child nutrition survey related to food and beverage consumption in the past month and four items related to child feeding practices. These items were tested in studies in Mexican and Mexican-American households (Kaiser et al. 2015; Vera-Becerra et al. 2016). In these studies, interviewers asked parents how often their children ages 3 to 8 years old consumed each of the foods or beverages; ate with an adult; had a regular schedule of meals and snacks; and skipped meals. After the *Niños Sanos, Familia Sana* program, participants reported that their children consumed fast food and convenience food items less often than children of nonparticipants (Aguilera et al. 2015). Parents also reported that their children drank sugar-sweetened beverages less often after the program.

Family ID: _____ Child's name: _____

Interviewer's name: _____ Child's DOB: _____

Child Nutrition Survey

During the past month, how often did your child age 3–8 years old consume these foods and beverages?



Fried beans

Never or almost never

1 time or more a week

2–3 times a week

1 time or less a day

More than 1 time a day



Corn tortillas

Never or almost never

1 time or more a week

2–3 times a week

1 time or less a day

More than 1 time a day



Rice

Never or almost never

1 time or more a week

2–3 times a week

1 time or less a day

More than 1 time a day



Low-fat milk

Never or almost never

1 time or more a week

2–3 times a week

1 time or less a day

More than 1 time a day



Soft drinks

Never or almost never

1 time or more a week

2–3 times a week

1 time or less a day

More than 1 time a day

Child Nutrition Survey

During the past month, how often did your child age 3–8 years old consume these foods and beverages?



Fresh juice (including *aguas frescas*)

- | | | | | |
|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Never or almost never | 1 time or more a week | 2–3 times a week | 1 time or less a day | More than 1 time a day |



Bottled juice (Tampico, Sunny Delight, or Caprisun)

- | | | | | |
|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Never or almost never | 1 time or more a week | 2–3 times a week | 1 time or less a day | More than 1 time a day |



Fried chicken

- | | | | | |
|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Never or almost never | 1 time or more a week | 2–3 times a week | 1 time or less a day | More than 1 time a day |



Pizza

- | | | | | |
|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Never or almost never | 1 time or more a week | 2–3 times a week | 1 time or less a day | More than 1 time a day |



Hot dogs

- | | | | | |
|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Never or almost never | 1 time or more a week | 2–3 times a week | 1 time or less a day | More than 1 time a day |



Hamburgers

- | | | | | |
|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Never or almost never | 1 time or more a week | 2–3 times a week | 1 time or less a day | More than 1 time a day |

Child Nutrition Survey

During the past month, how often did your child age 3–8 years old consume these foods and beverages?



Cereal (ready-to-eat)

- | | | | | |
|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Never or almost never | 1 time or more a week | 2–3 times a week | 1 time or less a day | More than 1 time a day |



Instant noodle soup

- | | | | | |
|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Never or almost never | 1 time or more a week | 2–3 times a week | 1 time or less a day | More than 1 time a day |



American cheese

- | | | | | |
|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Never or almost never | 1 time or more a week | 2–3 times a week | 1 time or less a day | More than 1 time a day |



Quesadillas

- | | | | | |
|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Never or almost never | 1 time or more a week | 2–3 times a week | 1 time or less a day | More than 1 time a day |



Fresh fruit

- | | | | | |
|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Never or almost never | 1 time or more a week | 2–3 times a week | 1 time or less a day | More than 1 time a day |



Canned fruit

- | | | | | |
|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Never or almost never | 1 time or more a week | 2–3 times a week | 1 time or less a day | More than 1 time a day |

Child Nutrition Survey

During the past month, how often did your child age 3–8 years old consume these foods and beverages?



Vegetable soup

- | | | | | |
|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Never or almost never | 1 time or more a week | 2–3 times a week | 1 time or less a day | More than 1 time a day |



Fried potatoes

- | | | | | |
|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Never or almost never | 1 time or more a week | 2–3 times a week | 1 time or less a day | More than 1 time a day |



Other cooked vegetables (not including potatoes)

- | | | | | |
|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Never or almost never | 1 time or more a week | 2–3 times a week | 1 time or less a day | More than 1 time a day |



Lettuce or cabbage

- | | | | | |
|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Never or almost never | 1 time or more a week | 2–3 times a week | 1 time or less a day | More than 1 time a day |



Other raw vegetables (cucumber, jicama)

- | | | | | |
|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Never or almost never | 1 time or more a week | 2–3 times a week | 1 time or less a day | More than 1 time a day |



Spaghetti with tomato sauce

- | | | | | |
|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Never or almost never | 1 time or more a week | 2–3 times a week | 1 time or less a day | More than 1 time a day |

Child Nutrition Survey

During the past month, how often did your child age 3–8 years old consume these foods and beverages?



Mexican salsa

- | | | | | |
|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Never or almost never | 1 time or more a week | 2–3 times a week | 1 time or less a day | More than 1 time a day |



Snack foods (hot cheese puffs, chips)

- | | | | | |
|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Never or almost never | 1 time or more a week | 2–3 times a week | 1 time or less a day | More than 1 time a day |



Cookies or crackers

- | | | | | |
|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Never or almost never | 1 time or more a week | 2–3 times a week | 1 time or less a day | More than 1 time a day |

Child Feeding Practices



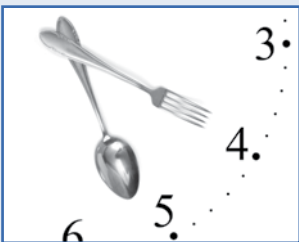
My child sits and eats with an adult.

- Never or almost never
 1 time or more a week
 2–3 times a week
 1 time or less a day
 More than 1 time a day



My child eats a snack at about the same time every day.

- Never or almost never
 1 time or more a week
 2–3 times a week
 1 time or less a day
 More than 1 time a day



My child eats dinner at about the same time every day.

- Never or almost never
 1 time or more a week
 2–3 times a week
 1 time or less a day
 More than 1 time a day



My child skips meals.

- Never or almost never
 1 time or more a week
 2–3 times a week
 1 time or less a day
 More than 1 time a day

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