Direct Observation Training

Nutrition Standards in Child Care Settings

Created by,
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Agenda

| Activity	Time
Introductions	10 minutes
Training purpose and desired outcomes	15 – 20 minutes

Direct observation
   • Overview
   • Review tools
	1 hour

Direct observation • Practical application	1 hours
Discussion and feedback	30-45 minutes

Introductions

◀ Evaluation Officer

◀ Evaluation Coordinator for local data collection

◀ Data collectors and experience with data collection

Training Purpose
and Desired Outcome

Nutrition:
Layout of preparation areas and food display
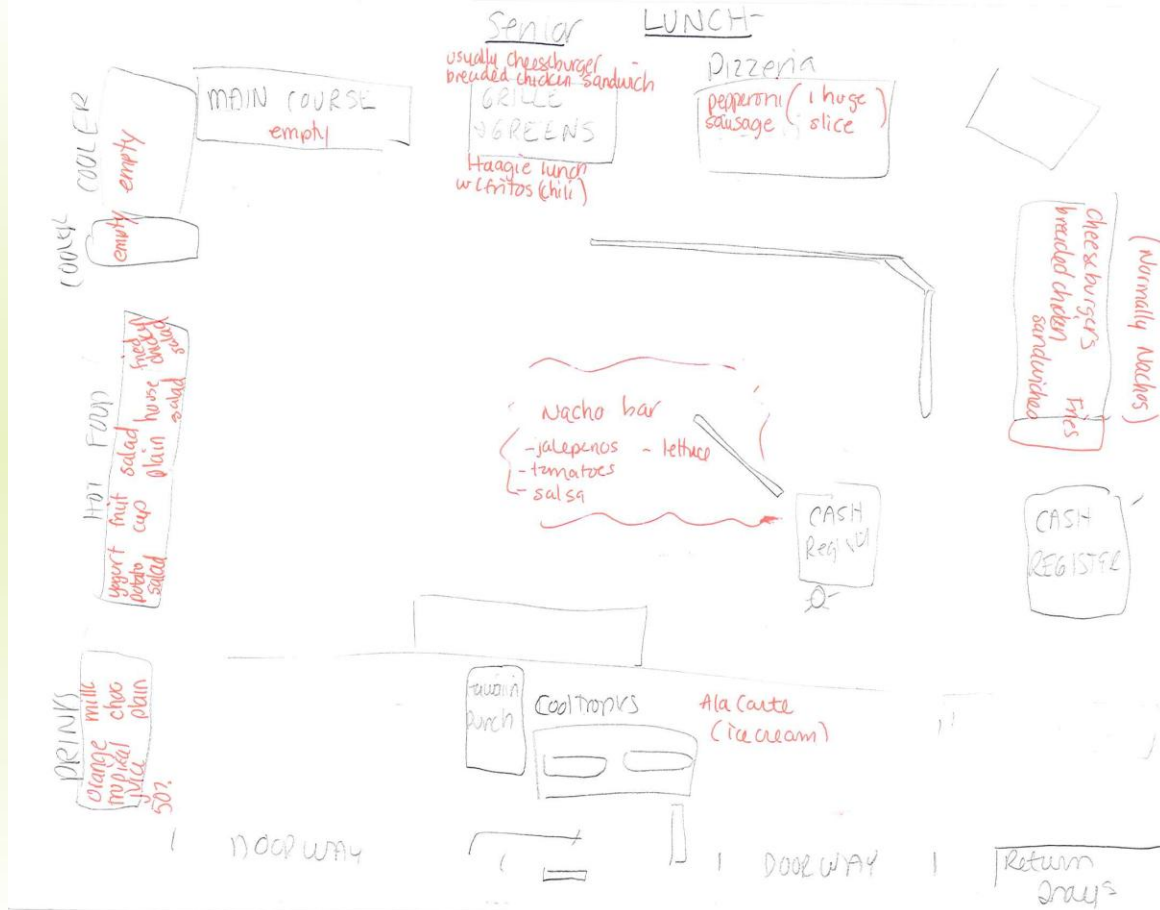
Direct Observation

- Observations are made before and after the implementation of a policy (e.g., family-style meals, no sugar-sweetened beverages) or environmental (e.g., removal of vending machines, development of a new playground) change.

- Researchers document the number of children, as well as their age, gender, race/ethnicity and activity level or healthy eating behaviors, at a particular location for a duration of one hour.

- Timing of the observations before/ after project completion (consider the following):
  - ✓ Weekday periods of greater/ lesser use – morning/ evening rush hour trips (adults), before/ after school (youth), lunch trips (adults), following afterschool programs (youth)
  - ✓ Weekend periods of greater/lesser use – faith-based services, sports games/ leagues
  - ✓ Special events – holidays (e.g., Halloween), concerts, parades
  - ✓ Seasonality – extreme heat/ cold, other unfavorable conditions (e.g., rain, ice)

- Resources needed to conduct the observations (consider the following):
  - ✓ Observers and training – number of people available to conduct observations (e.g., staff, students, volunteers), space and equipment to provide training
  - ✓ Security – monitoring observer safety when necessary (particularly at night)
  - ✓ Data collection – devices vs. pen/ paper, digital cameras

Benefits and Challenges

- ◄ ***Participants:*** Youth
- ◄ ***Strengths:*** Allows for pre/post comparison; Evaluates the impact of policy or environmental changes or improvements on behavior
- ◄ ***Limitations:*** Influenced by external circumstances (e.g., weather, special events); Limited generalizability due to infrequency of observations

Nutrition Direct Observation

Child Care & After-School Nutrition Standards Direct Observation Tool

Facility name:_____

Facility address:_____

Photographer 1:_____

Photographer 2:_____

Assistant 1:_____

Assistant 2:_____

Child care facility ID *(Transtria use only)*:_____

Size of facility (number of youth):_____

Community partnership:_____

Date:_____

Start Time: __ __ : __ __   O AM O PM

End Time: __ __ : __ __   O AM O PM

- ◄ Facility name: Print the name of the facility.
- ◄ Facility address: Print the street address, city, state, and zip code for the facility.
- ◄ Photographer(s): Print the first and last name(s) of the photographers.
- ◄ Assistant(s): Print the first and last name(s) of the assistants.
- ◄ Child care facility ID: Transtria will assign an ID for this farmers' market for the data analysis.
- ◄ Size of facility (number of youth): Print the approximate square footage of the facility, if known.
- ◄ Community partnership: Print the name of your community partnership for *Healthy Kids, Healthy Communities*.
- ◄ Date: Print the date of data collection.
- ◄ Start Time: Print the time that the data collection process starts.
- ◄ End Time: Print the time that the data collection process ends.

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A1. What is the type of facility?

School

Child care center

Community Center

Faith-based organization

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A2. What types of services does this facility provide?

Summer care
and education

Early child care and
education only

Afterschool care
and education only

A3. What are the hours of service?

Indicate start and end times

B1. What is the type of meal?

Family style

Non-family style hot meal

A la carte

Snack

B2. Which meal or snack is being observed?

Breakfast

Lunch

Morning snack

Afternoon snack

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B3. Describe the meal, snack, or beverage

4 ounce hamburger with white sandwich bun, fried tater tots, ketchup, chocolate chip cookie, and iced tea

"Ants on a log": Raw celery sticks topped with creamy peanut butter and raisins

Fruit punch, 100% juice

B4-6. Staff

4. Provide the number of staff present during meal or snack

5. Provide the number of staff joining youth for snack or meal

6. Provide the number of staff encouraging youth to try everything on their plate
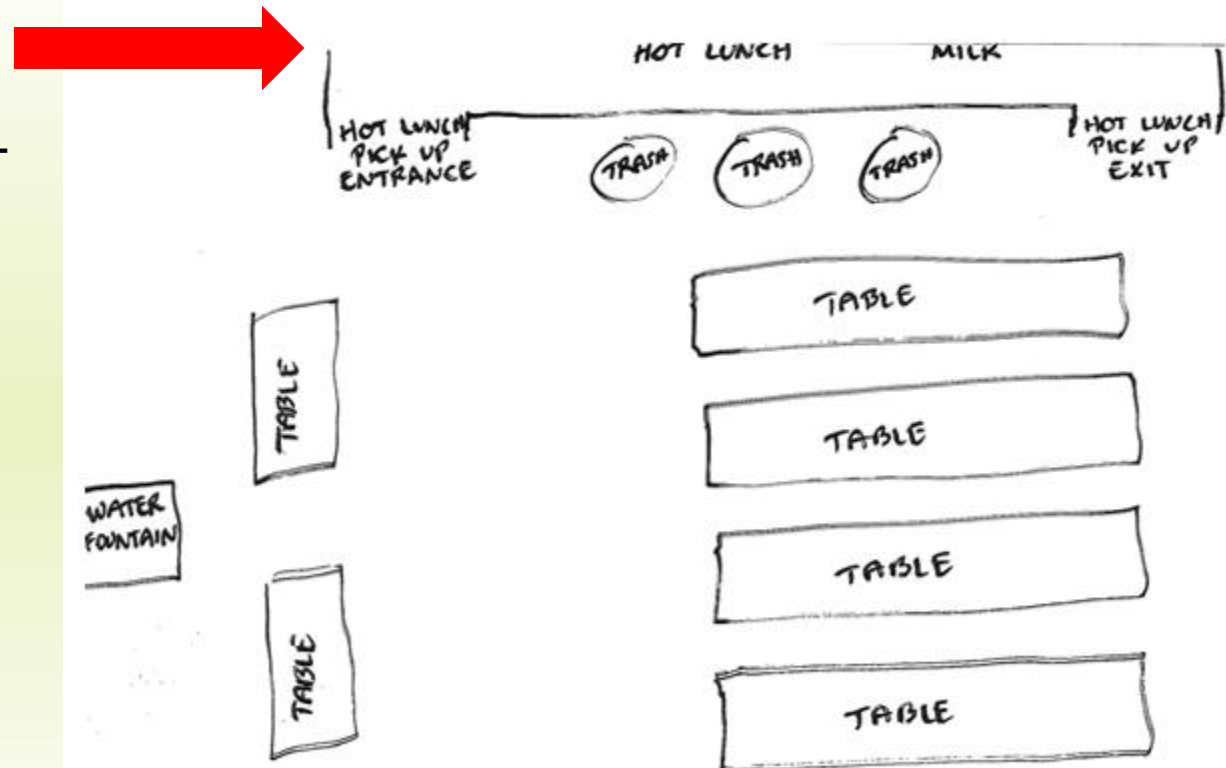
Nutrition Direct Observation

Before Consumption

Photos from Jennings School District in St. Louis, MO

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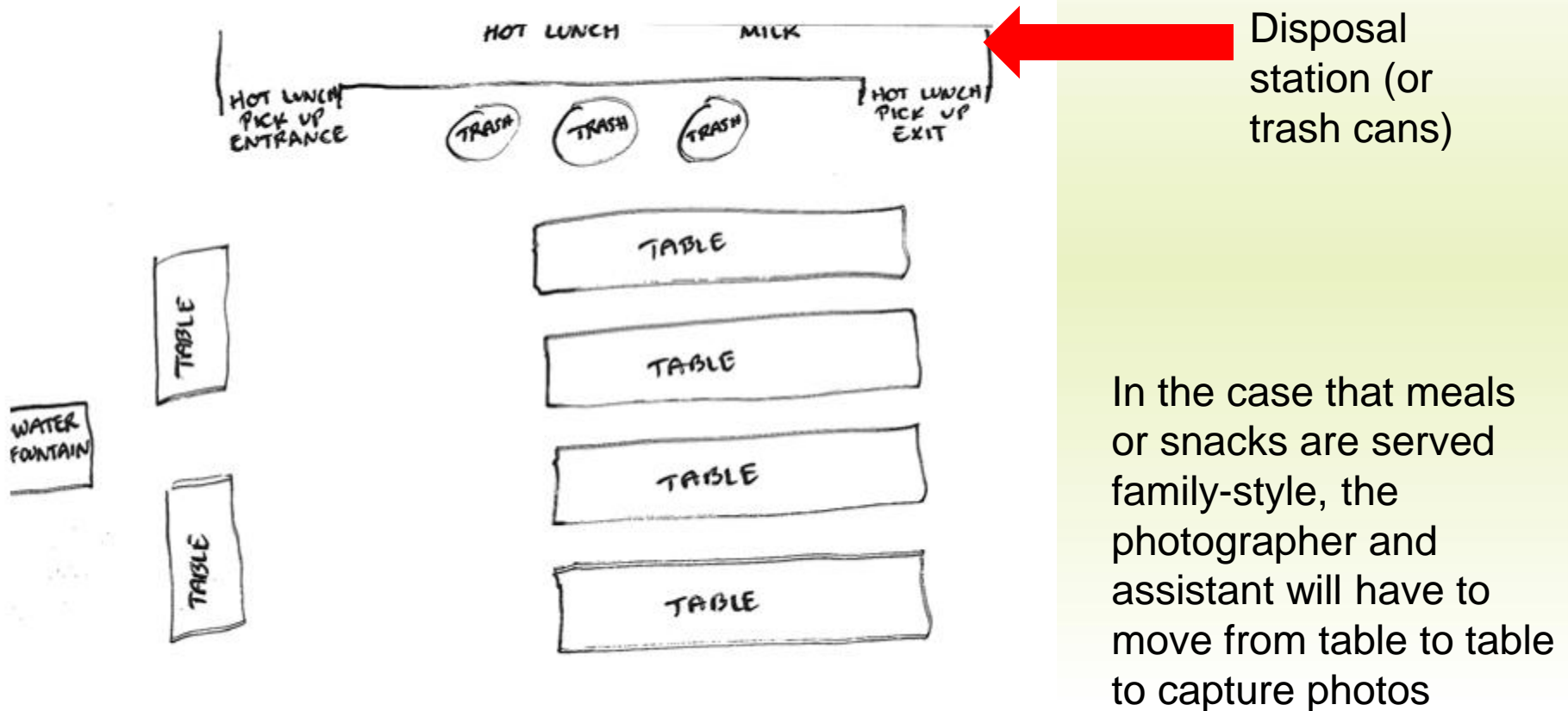
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Both observer teams will start at the purchase/pick-up station.

Observer team consists of 1 photographer & 1 assistant

Nutrition Direct Observation

As the number of youth at the purchase/pick-up station decreases, one observer team moves to the disposal station

Disposal station (or trash cans)

In the case that meals or snacks are served family-style, the photographer and assistant will have to move from table to table to capture photos

Nutrition Direct Observation

After Consumption

Practical Experience Discussion

◄ Review and discuss each item on the tool

◄ What was easy to code? Difficult to code?

◄ Were there items missing from the tool or protocol?

◄ What else was challenging about applying this tool or protocol?

◄ Did you need additional instructions during the training?

◄ What are strengths that you see from this method?

◄ Do you have any other feedback or reflections on the training?

◄ Do you have any other suggestions to improve the tool, protocol, or training?

Data Collection

Timeframe
- Date(s) of data collection?
- Date(s) of environmental change (if applicable)?
- Date that Evaluation Officer will receive the data?

Process for receiving the data
- Send data to Evaluation Officer by scanning and emailing
- Send data to Evaluation Officer by making copies and sending through mail

Data Analysis

Receiving the data

◄ Evaluation Officer will send an email stating they have received the data

◄ Evaluation Officer will contact the Evaluation Coordinator if there are questions about the data

Data entry and cleaning

◄ Evaluation Officer will work with Transtria staff to entry and check the data in spreadsheet

Data analysis and summary

◄ Evaluation Officer will analyze the data and prepare a summary

◄ CPs will receive raw data and a summary

Evaluation Plan

◄ How many child care facilities will you be collecting data for?

◄ What design are you using?
  – Before/after
  – Comparison
  – Cross-sectional (pre or post only)

◄ If comparison design, how do you plan to select your comparison child care facility?

◄ How do you plan to use this data?

◄ What audience to you intend to share this data with?

Questions?