THE FNPA TOOL IS DESIGNED TO ALLOW YOU TO EVALUATE YOUR HOME ENVIRONMENT AND PARENTING PRACTICES RELATED TO YOUR CHILD’S RISK FOR OVERWEIGHT AND OBESITY.

FOR EACH QUESTION, PLEASE SELECT THE ANSWER THAT BEST REPRESENTS YOUR CHILD/FAMILY

1. My child eats breakfast…

2. Our family eats meals together…..

3. Our family eats while watching TV …

4. Our family eats fast food…

5. Our family uses microwave or ready to eat foods …

6. My child eats fruits and vegetables at meals or snacks…

7. My child drinks soda pop or sugar drinks…

8. My child drinks low fat milk at meals or snacks…

9. Our family limits eating of chips, cookies, and candy…

10. Our family uses candy as a reward for good behavior…

11. My child spends less than 2 hours on TV/games/computer per day

12. Our family limits the amount of TV our child watches…

13. Our family allows our child to watch TV in their bedroom…

14. Our family provides opportunities for physical activity

15. Our family encourages our child to be active every day

16. Our family finds ways to be physically active together …

17. My child does physical activity during his/her free time…

18. My child is enrolled in sports or activities with a coach or leader…

19. Our family has a daily routine for our child’s bedtime…

20. My child gets 9 hours of sleep a night …

Scoring: Add up scores for each scale (items should be scored 1,2,3,4 from left to right except for items that are reverse coded (3,4,5,7,10, and 13), These should be scored 4,3,2,1 from left to right. See Back for Feedback.

The FNPA Tool was developed at Iowa State University by Michelle Ihmels (mihmels@iastate.edu) and Greg Welk (gewelk@iastate.edu) in partnership with the American Dietetics Association.
Family Meals (Recommended Practice)
It is important that children not skip breakfast as breakfast skipping has been linked to increased risk of overweight, particularly among older children and adolescents. Eating together as a family is also important for establishing positive family interactions related to eating.

Family Eating Practices (Recommended Practice)
Regular consumption of food away from home, particularly at fast food establishments, has been associated with increased risk for overweight, especially among adolescents. It is harder to make healthier choices when eating out so reducing meals out can promote healthier eating. It is also important to not watch television while eating meals as this may cause children to eat too much or to eat less healthy foods.

Food Choices (Recommended Practice)
Prepackaged foods generally contain more fat and salt than freshly prepared meals, and dietary fat intake is associated with higher overweight levels in youth. Eating more fruits and vegetables reduces a child’s risk for overweight. The effect may be direct or indirect (by reducing consumption of other foods).

Beverage Choices (Recommended Practice)
Intake of sugar-sweetened beverages is related to increased risk of overweight in children. Studies also suggest that a child with a low intake of calcium may be at increased risk for becoming overweight.

Restriction/Reward (Recommended Practice)
It is important that parents not restrict highly palatable foods (such as snack food and candy) as this promotes a child’s desire for such forbidden foods. It is important to monitor consumption of foods (but not to restrict it) since moderate consumption lets children learn to regulate their behavior. Foods should generally not be used as rewards because it causes children to value these foods over other healthier options.

Screen Time and Monitoring (Recommended Practice)
Excessive television viewing and video game use is associated with increased overweight in youth. Children should have 2 hours or less of screen time (television, video games, and computer time) per day. Parents should monitor and limit screen time.

Healthy Environment (Recommended Practice)
Creating a healthy environment is important for physical activity. Remove televisions from bedrooms is a good practice since it reduces likelihood of excess television viewing. Provide opportunities to be active.

Family Activity Behavior (Recommended Practice)
Parents are important role models for their children, so it is important to remind children about the importance of being physically active. By being active as a family you can help establish healthy lifestyle practices that promote and reinforce physical activity as a family value.

Child Activity Behavior (Recommended Practice)
A child’s participation in regular physical activity is associated with a reduced risk of overweight. Parents can plan activity into their day but kids may need reminders or specific opportunities to help them be active every day.

Family Schedule/Sleep Routine (Recommended Practice)
It is important that a child has a daily routine or schedule for bedtime. Research suggests that lack of sleep and irregular routines may increase a child’s risk for overweight.

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