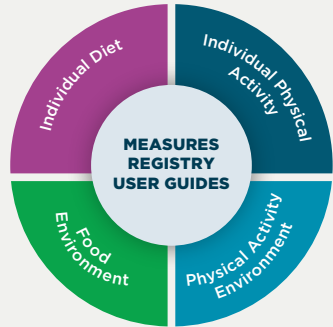


MEASURES REGISTRY AND MEASURES REGISTRY USER GUIDES Q&A FOR STUDENTS

NCCOR's Measures Registry is a free, searchable database of nearly 1,400 high quality, diet and physical activity measures relevant to childhood obesity research and projects. NCCOR created four Measures Registry User Guides that provide an overview of measurement, describe general principles of measurement selection, and walk users through the process of using the Measures Registry to select appropriate measures.



Q. WHY SHOULD STUDENTS USE THESE TOOLS?

A. They are easy to use and save time! The Measures Registry and User Guides simplify the process for finding measures for any research project.

Q. FOR WHAT TYPES OF GRADUATE PROGRAMS MIGHT THESE TOOLS BE RELEVANT?

A. Students in MPH programs and PhD programs in nutrition, exercise physiology, and epidemiology. Students in dietetic, nursing, and medical programs will also find these tools useful!

Q. HOW CAN THESE TOOLS HELP ME IN MY CLASSES OR ON PROJECTS?

A. These resources can help with a thesis or capstone project, systematic reviews, meta-analyses, surveys, presentations, research studies, or a class on evaluation.

Q. HOW DO I KNOW WHICH MEASURE TO CHOOSE?

A. The Measures Registry User Guides were designed to provide in-depth information about the four domains, such as key considerations for choosing types of measures, and considerations for collecting, analyzing, interpreting, and reporting data. Additionally, case studies walk through the decision process of selecting an appropriate measure and are conveniently grouped by project design (intervention, epidemiologic, or surveillance) for each of the four domains.

Q. HOW CAN FACULTY OR TEACHERS INCORPORATE THESE TOOLS INTO THEIR CURRICULUM?

A. There are four sets of teaching slides available for download on the NCCOR website.



CASE STUDY MPH CAPSTONE PROJECT: EVALUATING THE IMPACTS OF A PRODUCE PRESCRIPTION PROGRAM ON OVERWEIGHT AND OBESITY AMONG PEDIATRIC PATIENTS

Background

For your capstone project, you and a team of MPH students started working with a clinic that recently adopted a produce prescription program. Your team is tasked to evaluate the program. Before implementing the program, your team wants to develop an evaluation plan to demonstrate the effectiveness of the program on improving patients' diet. Which measures should your team select for this evaluation?

Considerations

One key consideration is the limited resource availability at this community clinic. The pediatricians are already limited to short patient visit times and the clinic staff does not have extra time or financial resources to support a lengthy evaluation. Another consideration is how to best measure changes in diet among pediatric patients. Some children will be too young to report on their food intake and parents will be responsible for accurately reporting their child's behaviors. Children who are able to report their own behaviors may be limited by reading comprehension level, attention span, or inaccurate recall and reporting.

Measure Selection

To narrow down potential choices, your team selects "Individual Dietary Behavior" from the Measures Registry filter options. Since the evaluation will take place at the clinic during patient visits, you enter "clinic" into the search box to further narrow the available tools. Considering the limited patient visit time, your team decides to select "Questionnaire" to find a short questionnaire that can be administered in-person. To accommodate the range in both patient ages and abilities to accurately complete a questionnaire, your team opts for a questionnaire that a family member or caregiver can complete for the patient. With these criteria, the "Key Eating Behavior Survey" and "HABITS Questionnaire" would both be useful for rapidly assessing dietary habits. Ultimately your team selects the "HABITS Questionnaire" (Wright et al. 2012) since this measure has validity and reliability estimates, is only 19 items, was developed specifically for use in a clinical setting to measure weight-related dietary habits, and is available directly in the Measures Registry.