# NCCOR'S MEASURES REGISTRY & USER GUIDES: Tools for Researchers and Public Health Practitioners to Measure Diet and Physical Activity

Amanda Samuels, MS, MPH; Hatidza Zaganjor, MPH

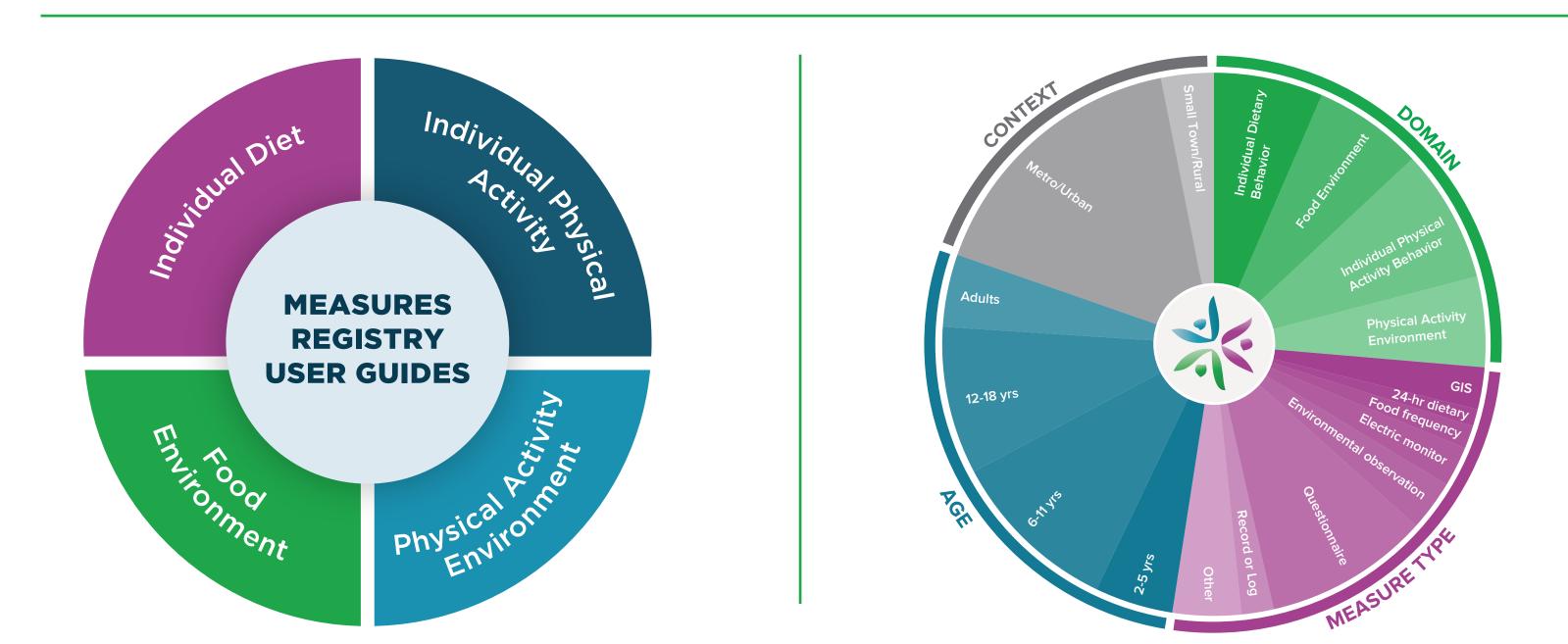
# **WORKING TOGETHER TO REVERSE CHILDHOOD OBESITY**

## MEASURES REGISTRY

The Measures Registry is a web-based portfolio of nearly 1,400 studies on more than 100 discrete measures related to diet and physical activity. The Registry promotes the consistent use of common measures and research methods across childhood obesity research and prevention programs. Each study in the Registry contains information on study design, how to use the measure, and validity and reliability information. Examples of measures include questionnaires, instruments, diaries, logs, electronic devices, direct observation of people or environments, protocols, and analytic techniques.

Measures are categorized into four domains:

The Registry allows users to search and filter by:



#### What are the benefits of using the Measures Registry?

- Simplify the process of finding reliable and valid measures to use for a physical activity- or nutrition-related assessment.
- Support consistent use of common measures across childhood obesity research and prevention programs.
- Bolster your curriculum with research measures and tools from trusted experts.

#### Measures Registry Tips & Tricks

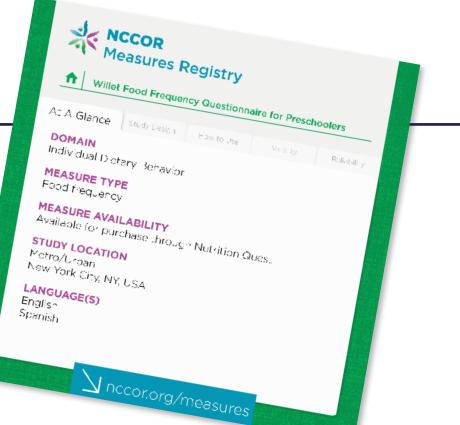
Did You

Know?

- Short on time? Filter measures that are developed for the specific domain and age group you are working with.
- Check whether the author has made the measure publicly available.
- Compare two or more measures side by side to determine which is best for your project.



The National Collaborative on Childhood Obesity Research (NCCOR) is a partnership of the four leading funders of childhood obesity research: the Centers for Disease Control and Prevention (CDC), the National Institutes of Health (NIH), the Robert Wood Johnson Foundation (RWJF), and the U.S. Department of Agriculture (USDA).



## **MEASURES REGISTRY USER GUIDES**

The four User Guides are designed to complement the Measures Registry. They provide an overview of measurement; describe general principles of measure selection; present case studies that walk users through the process of using the Measures Registry; and direct users—including researchers, students, and practitioners—to additional resources. The Guides are designed to improve the user experience through step-by-step directions that help users determine what measures they need for their research and evaluation efforts.

#### What are the benefits of using the Measures **Registry User Guides?**

- Understand key considerations for measurement of diet and physical activity.
- Learn about data collection processes applicable to your research or evaluation project.
- Review and learn from case studies that may be similar to your project.

#### **User Guides Tips & Tricks**

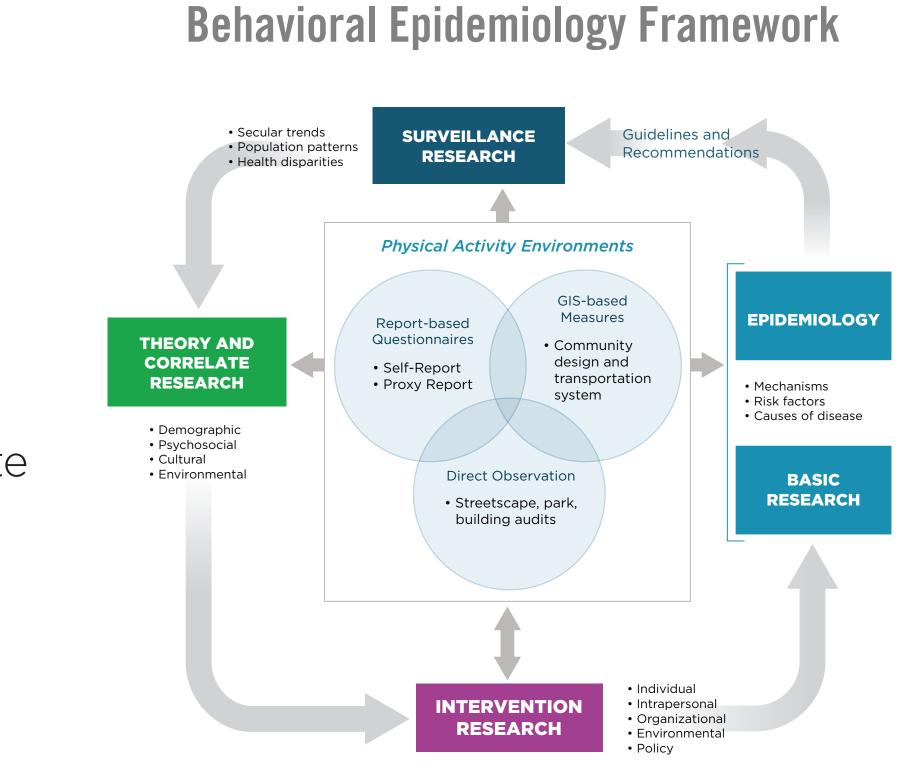
- Students, need to ace your measurement coursework? The User Guides serve as an introduction to measurement to enhance your studying.
- Teachers, this one is for you! NCCOR created slide decks for the User Guides that you can incorporate into your classroom lessons.
- Still not sure where to start? Check out NCCOR's webinars for an overview of each guide.

Did You Know?

The User Guides have been accessed by users from outside of the U.S.



**Measures Registry User Guides** 



### MEASURES REGISTRY LEARNING MODULES

The Measures Registry Learning Modules are designed to complement the Measures Registry and User Guides. Each interactive module walks users through key topics related to diet and physical activity measurement in 10 minutes or less and can be accessed from a smartphone or tablet, making them practical for busy professionals. Users can check their understanding of the topic with a few simple quiz questions at the end of each module. The modules are developed for students and practitioners who are new to physical activity and diet measurement but can also benefit users who may need a refresher on these topics.

#### What are the benefits of using the Measures Registry Learning Modules?

- and nutrition measurement.
- activity environment.

#### Learning Module Tips & Tricks

- Start with the introductory module to learn more about NCCOR and its resources.
- Short on time? You can go through or skip around; access only the
- Put your knowledge to the test—don't skip the quiz questions!



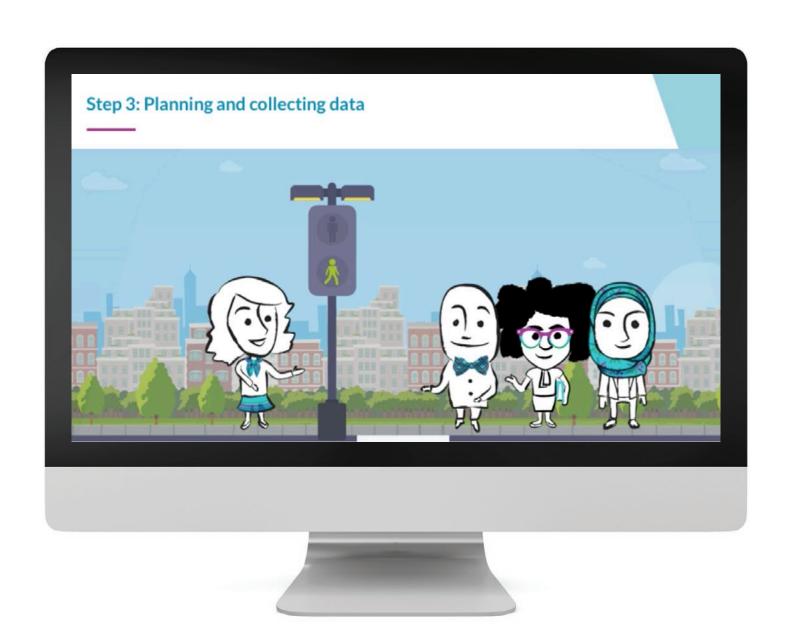
For more information about NCCOR, visit WWW.NCCOr.org

• Understand key considerations for measurement in in any of the four domains at your own pace and when you are ready.

Test your knowledge about key concepts related to physical activity

Teach your students or peers about measuring individual diet, the food environment, individual physical activity, or the physical

the modules in each domain in order information you need, when you need it.



**Snapshot of Module 4** 



