

Measuring Policy & Practice Environment in Afterschool settings

Responsiveness to Change of the Healthy Afterschool Activity and Nutrition Documentation (HAAND)
Instrument

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Policy to Practice in Youth Programs

Afterschool healthy eating and physical activity (HEPA) policies

Physical Activity Allocated and Accumulated
Quality of snack served

Endorse:

F & V

Whole grains

Milk/dairy product

Limit food high:

Sugar

Fat

Energy (calories)

Staff Training
Ongoing Evaluation
Child Feedback

Healthy Eating in Out-of-School Time (HOST) Coalition

National Institute on Out-of-School Time
U.S. Department of Education
U.S. Department of Health and Human Services
U.S. Department of Justice
U.S. Department of Labor

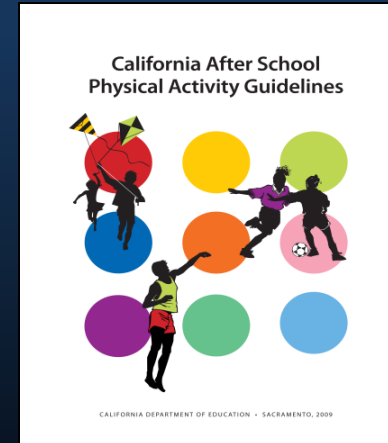
Healthy Eating

In April, 2011 The National AfterSchool Association adopted these standards for Healthy Eating in Out-of-School Time Programs. Accordingly, new language addresses snack content and quality, staff training, curriculum, social support (including staff role modeling, parent engagement and children's social development), program support, and environmental support.

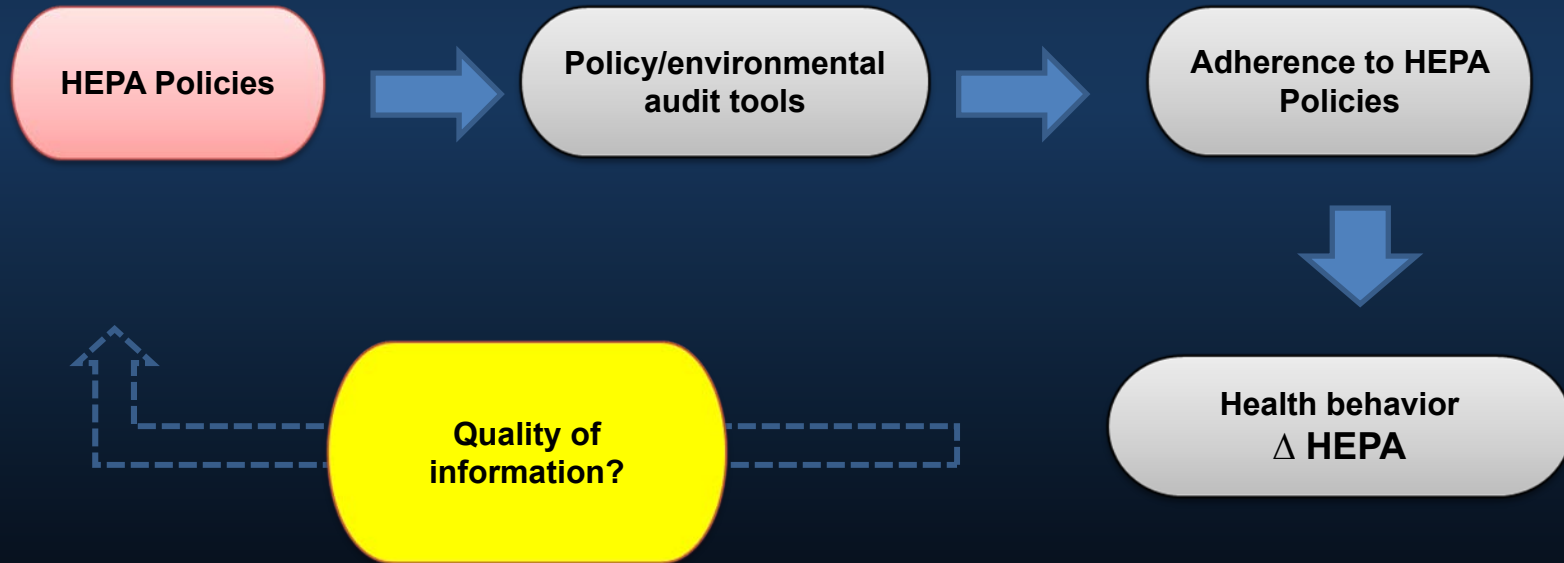
Content and Quality:
Standard: Programs serve foods and beverages in amounts and types that promote lifelong health and help prevent chronic disease. These include minimally processed foods made with whole grains and heart-healthy fats or oils and without added sugar or trans fats; fruits and vegetables; and beverages made without added sugars.

Best Practices

1. On a daily basis, the Program
 - a. Serves a fruit or vegetable (fresh, frozen, canned or dried without added sugar).
 - b. Offers water at the table during snack, and has water accessible at all times.
 - c. Only serves foods made without trans-fat.
 - d. Serves beverages that are not made with caloric sweeteners. Beverages made with caloric sweeteners include but are not limited to sodas, juices, juice drinks/ades, sports drinks or iced teas.
 - e. Serves no candy or other foods that are primarily sugar based.
 - f. Through portion size and variety of items offered each day, provides each student with enough calories to avoid both hunger and over eating.



Measuring policy and practice Environment



Policy and practice audit tools

Majority are self assessment

Practitioner use

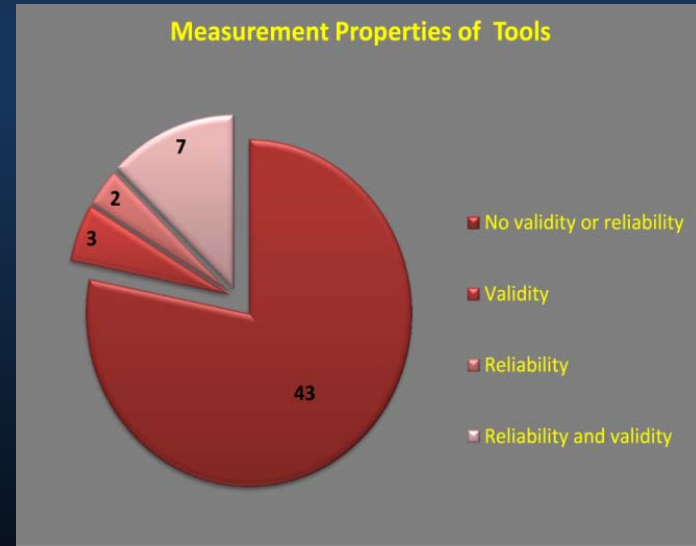
Majority don't report psychometric information

If

Psychometric properties is tested

Often uses

Cross-sectional design



Policy and practice audit tools

Intended purpose

Need assessment

Advocacy

Research/ Intervention Evaluation



Audit tools are widely used as **outcome measures** to evaluate policy and practice interventions

Yet

Rarely assessed for **responsiveness** to change

Responsiveness to change

If Audit tools are to be used as
outcome measures

Tools ability to **detect change** when
real change has **occurred** is

ESSENTIAL

Linked policy and practice changes
to Δ HEPA behaviors



Purpose

Examine the **responsiveness** of the HAAND instrument to changes in the **policy & practice environment** following the implementation of Strategies To Enhance Practice to Healthy Eating and Physical Activity (**STEPs-HEPA**) intervention

The Healthy Afterschool Activity and Nutrition Documentation (HAAND)

1st section - collect basic program information

- # of staff / kids
- Program location
- program duration
- Snack cost /month

General information: Healthy Afterschool Activity and Nutrition Documentation - HAAND										
Program Name: _____					Date of Observation: <input type="text"/> / <input type="text"/> / <input type="text"/>					
					# Children in Attendance: <input type="text"/>			# Staff: <input type="text"/>		
Location:		School <input type="checkbox"/>	Fitness Center <input type="checkbox"/>	Faith-based <input type="checkbox"/>	Other <input type="checkbox"/>	Program Starts: <input type="text"/>		Program End: <input type="text"/>		
Today's Weather:		Sunny <input type="checkbox"/>	Partly cloudy <input type="checkbox"/>	Cloudy <input type="checkbox"/>	Rainy <input type="checkbox"/>					
How much does your program spend on snacks per month?										
What was served for snack today?					Describe					
Do you get reimbursed for snack?					YES	NO	if YES, by whom?			<input type="text"/>
Did children bring outside food?					YES	NO	if YES, describe...			<input type="text"/>
Did children bring outside drinks?					YES	NO	if YES, describe...			<input type="text"/>
Did staff eat/drink foods other than snack in front of children?					YES	NO	if YES, describe...			<input type="text"/>
Are children allowed to bring electronic media devices?					YES	NO	if YES, describe...			<input type="text"/>
Total time allocated for Physical Activity (PA)					# Minutes Scheduled for PA					

The Healthy Afterschool Activity and Nutrition Documentation (HAAND)

2nd section - Healthy Afterschool Program Index scale for Physical Activity (HAPI-PA)

- 11 items
- Score range 0 to 25

Physical Activity Scale										
Domain	Item	Source	Level					Score		
			0	1	2	3	4			
Policy	Written Policies	Document review	No written policies	Written policies, non-specific language	Written policies, explicit language (i.e., measurable)					
Child Involvement	Feedback	Document review or self-report	None	Informal collection	Formal collection					
Screen Time	Screen Time	Document review or self-report	≥ 1 hr/day	< 1 hr/day	None allowed					
Schedule of PA	Time Allocated	Document review	No scheduled time	Less than 25% of schedule	25-49% schedule	50% or more of schedule				
	Types of Activities	Document review or observation	Free play	Limited # of activities 1 to 2 structured activities	Diverse range of activities ≥ 3 structured					
	Equity	Document review or observation	Activities favor single gender	Activities appeal to both genders						
Training for PA	Staff Training - Quantity	Document review or self-report	No training for physical activity promotion	Less than 1hr/yr devoted to physical activity promotion	1-4hrs/yr devoted to physical activity promotion	4hrs/yr devoted to physical activity promotion				
	Staff Training - Quality	Document review or self-report	No training for physical activity promotion	Training delivered by non-certified person	Training delivered by certified person (e.g., physical educator, health promotion specialist, graduate degree in health education/fitness)					
	Parent Workshop	Document review or self-report	None	1 time/yr	4+ times/yr					
Curricula	Curricula	Document review	None	Non-evidence-based curriculum	Evidence-based curriculum					
Evaluation	Evaluation	Document review or self-report	None	Limited evaluation (e.g., single time per year)	Ongoing evaluation (e.g., 2 or more times per year)	Limited evaluation (e.g., single time per year)	Ongoing evaluation (e.g., 2 or more times per year)			
				Using self-report methods (e.g., staff reports, child self-reports)	Using self-report methods (e.g., staff reports, child self-reports)	Using objective valid methods (e.g., pedometers, accelerometers, trained observation)	Using objective valid methods (e.g., pedometers, accelerometers, trained observation)			
									Total Score	25

Star Rating: 1 to 5 = ★, 6 to 9 = ★★, 10-14 = ★★★, 15-21 = ★★★★, and 22-25 = ★★★★★

The Healthy Afterschool Activity and Nutrition Documentation (HAAND)

3rd section - Healthy Afterschool Program Index scale for Nutrition (HAPI-N)

- 12 items
- Score range 0 to 34

Healthy Eating Scale								
Domain	Item	Source	Level					Score
			0	1	2	3	4	
Policy	Written Policies	Document review	No written policies	Written policies, non-specific language	Written policies, explicit language (measurable)			
Child Involvement	Feedback	Document review or self-report	None	Informal collection	Formal collection			
Quality of Snacks	Fruit	Document review or self-report	None served	1 time/wk	2 times/wk	3 times/wk	4 or more times/wk	
	Vegetable	Document review or self-report	None served	1 time/wk	2 times/wk	3 times/wk	4 or more times/wk	
	Sugar Sweetened Beverages	Document review or self-report	4 or more times/wk	3 times/wk	2 times/wk	1 time/wk	None served	
	Whole Grains	Document review or self-report	None served	1 time/wk	2 times/wk	3 times/wk	4 or more times/wk	
Access to Vending Machines	Access to Vending Machines	Document review or observation	Full access	No access				
Training	Staff Training - amount	Document review or self-report	No training for nutrition promotion	Less than 1hr/yr devoted for healthy eating promotion	1-4hr/yr devoted for healthy eating promotion	+4hrs/yr devoted for healthy eating promotion		
	Staff Training - quality	Document review or self-report	No training	Training delivered by non-certified person	Training delivered by certified person (e.g., health promotion specialist, graduate degree in health education - field)			
	Parent workshops	Document review or self-report	None	1/yr	+2/yr			
Curricula	Curricula	Document review	None	Non-evidence-based curriculum	Evidence-based curriculum			
Evaluation	Evaluation	Document review or self-report	None	Limited evaluation (e.g., single time per year)	Ongoing evaluation (e.g., 2 or more times per year)	Limited evaluation (e.g., single time per year)	Ongoing evaluation (e.g., 2 or more times per year)	
				Using self-report methods (e.g., staff reports, child self-reports)	Using self-report methods (e.g., staff reports, child self-reports)	Using objective methods (e.g. trained observation)	Using objective methods (e.g. trained observation)	
Total Score								/34
Star Rating: 1 to 6 = ★, 7 to 14 = ★★, 15-21 = ★★★, 22-27 = ★★★★, and 28-34 = ★★★★★								

Strategies To Enhance Practice (STEPS) for HEPA

Multi-step, adaptive

Incorporating the HEPA polices into daily routine practice

Delivering professional development training

Identification low cost outlet for snack

Beets, M.W., Weaver, R. G., Turner-McGrievy, G., Huberty, J., Ward, D. S., Pate, R. R., Freedman, D. A., Hutto, B., Moore, J. B., & Beighle, A. . 2014. Making Healthy Eating and Physical Activity Policy Practice: The Design and Overview of a Group Randomized Controlled Trial in Afterschool Programs. Contemporary Clinical Trials.

Strategies To Enhance Practice (STEPS) for HEPA

Healthy eating

- Daily/weekly snack menu
- Challenges associated with serving menu-specific snack
- Staff healthy eating related skills

Physical activity

- Daily programming/ Scheduling
- Allocated time
- Types of activity scheduled
- Staff physical activity related skills

Beets, M.W., Weaver, R.G., Turner-McGrievy, G., Huberty, J., L., Ward, D.S., Pate, R.R., Freedman, D., Hutto, B., Moore, J.B., Beighle, A., in review. Making physical activity policy practice: A group randomized controlled trial on changes in moderate-to-vigorous physical activity in afterschool programs. American journal of preventive medicine.

Beets, M.W., Weaver, R.G., Turner-McGrievy, G., Huberty, J.L., Ward, D.S., Freedman, D., Hutto, B., Moore, J.B., Beighle, A., in review Making healthy eating policy practice: A group randomized controlled trial on changes in snack quality, costs, and consumption in afterschool programs. American journal of preventive medicine.

Research Design and Methods

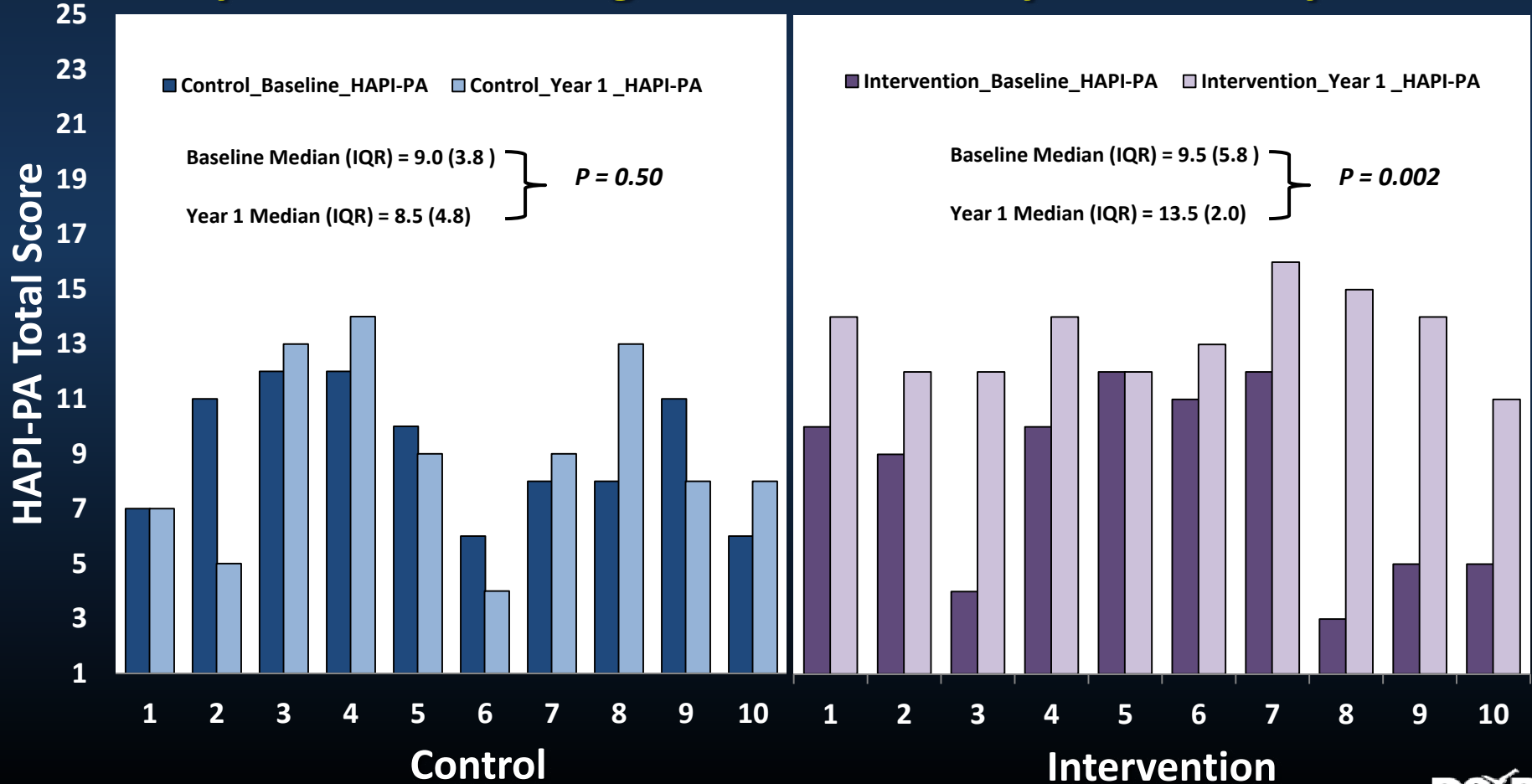
- **Group randomized controlled trial**
 - **20 ASP's across South Carolina**
 - **Diverse settings – school, community centers, faith-based**
 - **Randomized post-baseline data collection**
- **Baseline (spring 2013)**
- **Post (spring 2014)**

Research Design and Methods

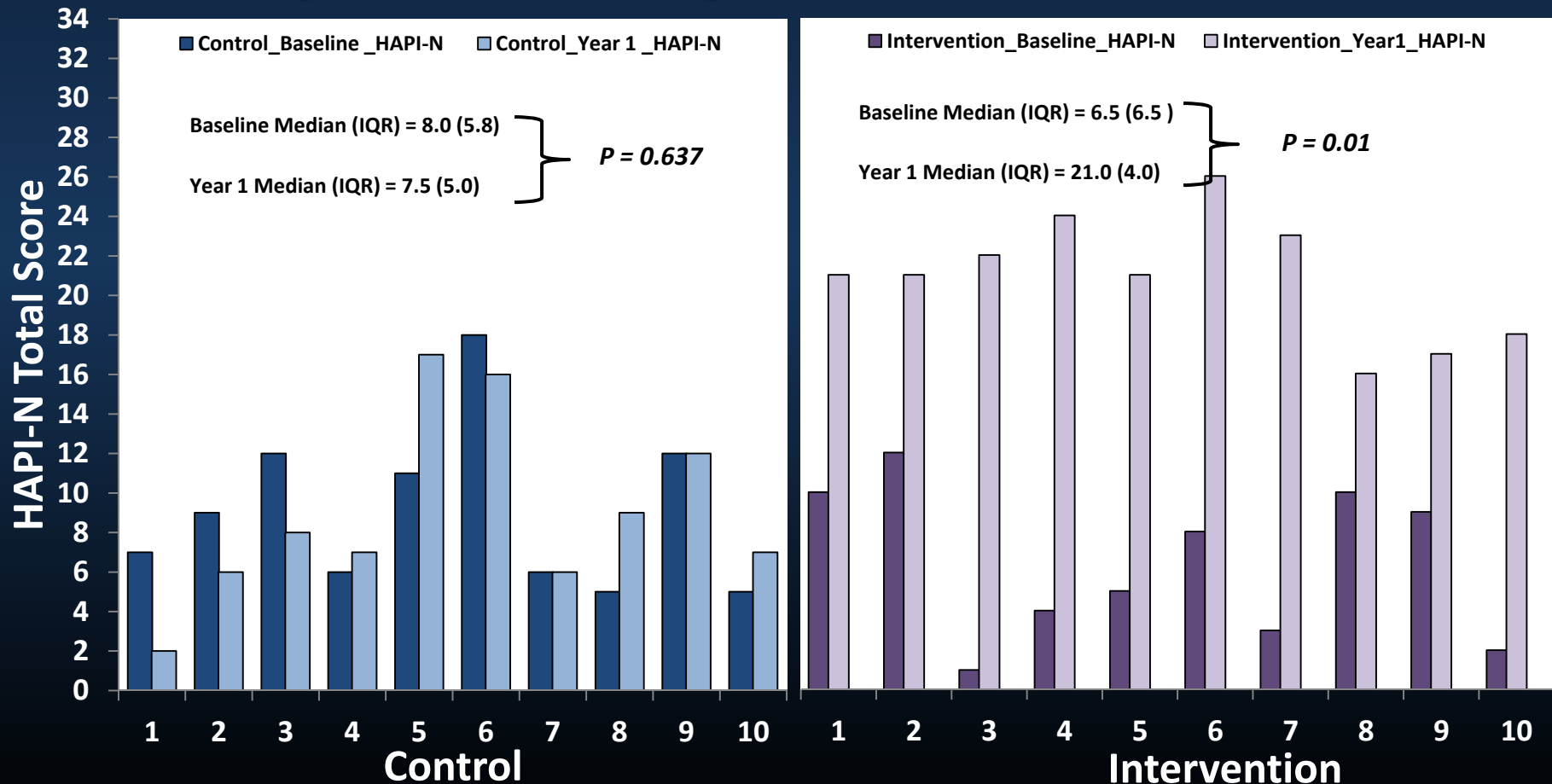
Policy and Practice Characteristics

- **Healthy Afterschool Activity and Nutrition Documentation (HAAND)**
- **Single day visit to ASP's**
- **Document review, observation , self-report**

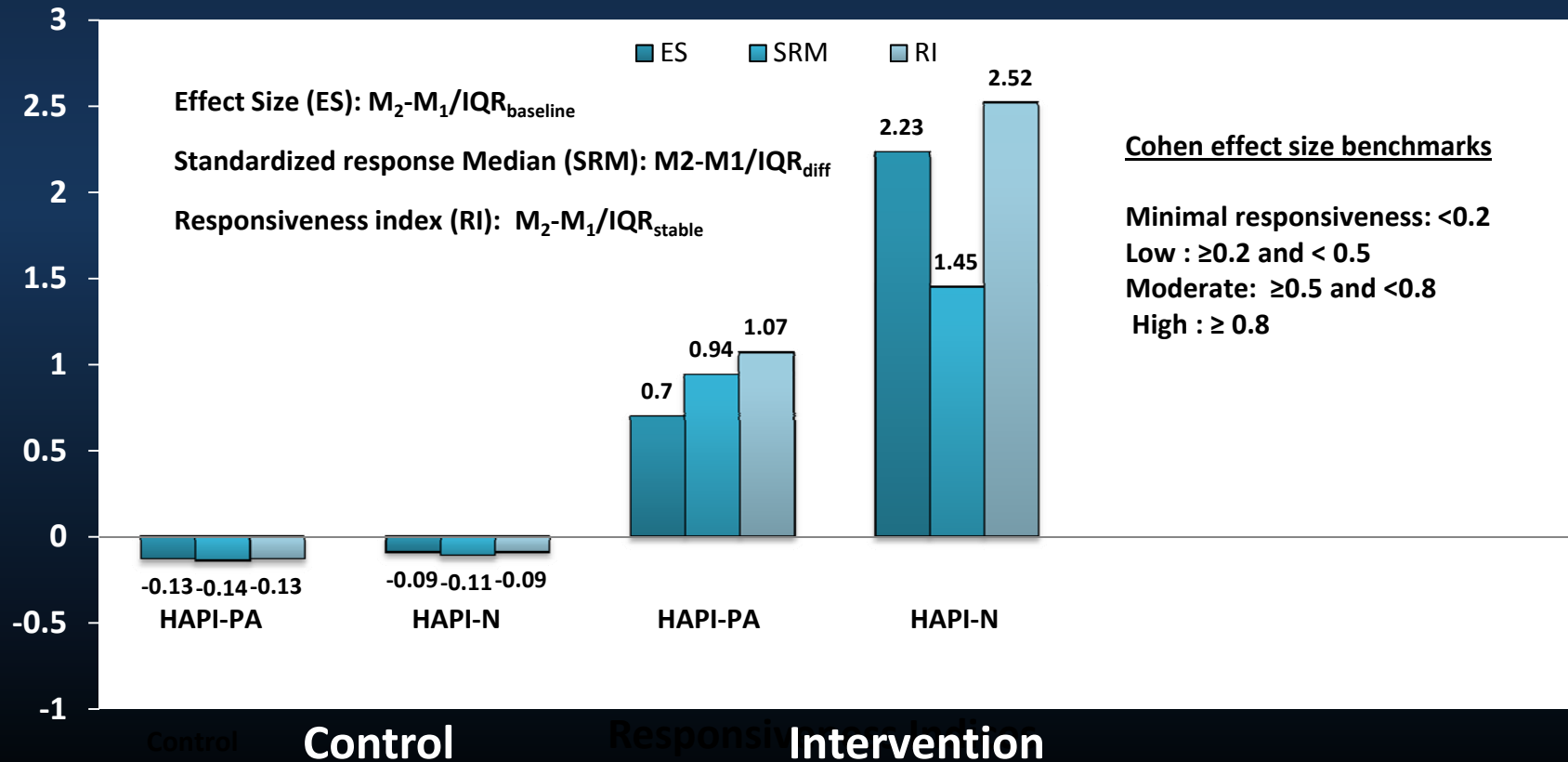
Healthy Afterschool Program Index for Physical activity HAPI-PA



Healthy Afterschool Program Index for Nutrition- HAPI-N



HAAND instrument Responsiveness



Take Away

Audit tools are **valuable** in assessing policy & Practice **intervention impact**

Establishing tool responsiveness is **vital** criterion for tools used as **outcome measures**

Both scales (HAPI-PA & HAPI-N) showed **moderate to high responsiveness**

HAAND Instrument appear to be **Capable** of detecting changes in ASP's HEPA policy & practice environment

Thank you

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P2YP.org