

Summary of User Feedback
Eat Smart, Great Start Materials

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Introduction:

The incidence of childhood obesity is growing at an alarming rate, and states are working with child care providers to increase awareness of this public health issue. Teaching healthy lifestyle habits, good nutrition, and increased physical activity at a young age provides a foundation for preventing obesity in children and increased health throughout the lifespan.

Through funding from the Healthy Child Care America (HCCA) Technical Assistance Grant, and funding from the HHS Child Care and Development Fund, Nebraska was able to develop and distribute a publication entitled "*Eat Smart, Great Start*". A total of 5000 copies of the "*Eat Smart, Great Start*" materials have been circulated since May 2006. These packets were distributed to all seven of the food program sponsors across the state and to the Nutrition Division in the Department of Education to distribute to centers and Child Care homes as a resource to combat childhood obesity.

An evaluation card was included in the packets for feedback of what sponsors and child care providers thought about the materials. A total of 200 cards were returned through June 30, 2007. This report is a summary of the evaluations received.

Findings:

- 99% of the respondents found the material to be helpful, 89% responded as very helpful.
- 98% of the respondents found the material to be easy to read.
- 99% of the respondents indicated they would use ideas from the materials within their programs, 87% indicated they would very likely do so.
- 91% of the respondents would like more information on this topic.

**Summary of the Evaluation Cards from the "Eat Smart, Great Start" Materials
5000 Books Printed & Distributed May 2006**

1. Was this material helpful to you?

Yes, very much		A little bit		Not at all	No answer	Total
1	2	3	4	5		
112	65	21		1	1	200

2. Was this material arranged so it was easy to read?

Yes, very much		A little bit		Not at all		Total
1	2	3	4	5		
158	37	3	2			200

3. Will you use the ideas from this notebook with your child care program?

Yes, very much		A little bit		Not at all		Total
1	2	3	4	5		
127	47	24	1		1	200

4. Would you like to receive more information on this topic?

Yes, very much		A little bit		Not at all		Total
1	2	3	4	5		
106	43	32	2	15	2	200

Evaluation of Obesity Book—Additional Comments/Suggestions

Games/Activities

- Nine people really enjoyed the activity and exercise section, saying it was very helpful and the children enjoyed them
- Would like ideas on indoor physical workouts for the winter
- Would like more activities scaled to a Home I or II; it felt like most were directed toward a center or a place with helpers/other staff
- Would like more information on 1 to 2 year old activities

Recipes/Nutrition/Food Pyramid

- Six people really enjoyed the nutrition and recipe ideas, saying they were a great help and easy to read/understand
- Three people would like to see nutritional value on each recipe
- Two people found the pictorial publications, such as food pyramid, were a great resource
- Four people would like to see more recipes for picky eaters
- Would like more breakfast and snack ideas
- Would like recipes for snacks without peanut butter, due to allergies
- Would like more recipes on easy meals for kids to age 13
- Need other topics like snack recipes kids can help prepare
- Would like to see more recipes, but do not have access to internet
- Having two different pyramids may be confusing to clients, wish CNPP would create all new materials
- Food chart for young children was too busy, servings were hard to find, and was too small to read

General

- Twenty-seven people were very appreciative and thought the materials were well put together and a very helpful resource for providers and parents
- Two people already use many of the ideas
- Two people found the websites were useful for new ideas
- Two people loved the colorful pages and said they would be great posters if available to order
- Two people thought the resources section was great, but only if you have access to internet
- Send more ideas!
- Makes job worthwhile
- Plan to teach daycare parents about this topic
- Served as a “pat on the back” for things already being implemented, others served as reminders, and still others were new information
- Laminated and displayed the move-feed me-balance your day w/food and play, as well as the two food pyramids
- Kudos to Sheryl for her wonderful job in presenting classes
- This is a must for new and young providers

Misc. Criticism/Suggestions/Questions

- Three people wanted to know if this counts towards learning/in-service hours
- Page 14 was very hard to read
- Material was already basic knowledge, would like tips on new products, new menu ideas
- Material too geared towards young kids, need more info for 6-18 year olds
- Ideas seemed to be geared more towards centers
- Need more space to write answers to the questions
- Suggest copying parts to give to parents at small intervals
- How about some free posters to hang up or pamphlets to give parents as reminders in their homes?