CREATING HEALTHY EATING AND ACTIVE ENVIRONMENT SURVEY

CREATING HEALTHY EATING & ACTIVE ENVIRONMENTS
CHEERS
FOR CHILD CARE

AN INTER-RATER, INTRA-RATER RELIABILITY AND VALIDITY STUDY

WHAT IS CHEERS FOR CHILD CARE

CHEERS is a self-administered survey that evaluates the nutrition and physical environments in early childhood education and care (ECEC) centre-based programs in Alberta, Canada. The CHEERS program provides ECEC directors and educators with feedback and evidence-based resources to improve the overall health environment within the centres.

OUR GOAL

The purpose of this study was to provide evidence that the CHEERS audit tool and proposed subscales produce reliable and valid results.

PHASE ONE PARTICIPANTS

102 DIRECTORS

85 EDUCATORS

PHASE TWO PARTICIPANTS

30 DIRECTORS

CHEERS AUDIT TOOL

Each participant periodically filled out the CHEERS survey using a 7 point scale that measured the quality of the nutrition and physical environment of the centre. The survey included 59 items broken down into four subcategories:

FOOD SERVED (23 items)
ex. Families who send food for their child at my child care centre follow Canada's Food Guide

HEALTHY EATING ENVIRONMENT (18 items)
ex. My child care centre provides regular meal or snack times every 2-3 hours

HEALTHY EATING PROGRAM PLANNING (6 items)
ex. My child care centre provides children with opportunities to experience preparing food.

PHYSICAL ACTIVITY ENVIRONMENT (12 items)
ex. My child care centre has indoor space available for physical activity.

DEFINITIONS

INTRA-RATER RELIABILITY
The measure of how consistent an individual is at measuring the nutrition and physical environment of the child care centre

INTER-RATER RELIABILITY
The measure of how consistent different individuals are at measuring nutrition and the physical environment of the childcare centres.

INSTRUMENT RELIABILITY
The measure of how consistent the CHEERS audit tool is at obtaining measurements.

CONCURRENT RELIABILITY
The measure of how correct the tool is in relation to the existing measures.

(7) ALWAYS
(6) USUALLY
(5) FREQUENTLY
(4) HALF THE TIME
(3) OCCASIONALLY
(2) RARELY
(1) NEVER
(0) DO NOT KNOW

ICC SCORE

0.59
CHEERS SCORE
Range: 0.40 - 0.58

0.81
CHEERS SCORE
Range: 0.72 - 0.79

0.91
CHEERS SCORE
Range: 0.73 - 0.79

PHASE ONE RESULTS: RELIABILITY

INTER-RATER RELIABILITY FOR THE CHEERS TOOL

The inter-rater reliability measures were moderate for two subscales (food served and healthy eating program planning) and low for two subscales (heathy eating environment and physical activity environment).
The findings are comparable with other healthy eating and physical activity ECEC setting instruments.

INTRA-RATER RELIABILITY FOR THE CHEERS TOOL

The results indicate that the intra-rater reliability of the CHEERS tool is good. Intra-rater reliability of a scale is a pre-requisite for good inter-rater reliability.

INTERNAL CONSISTENCY FOR THE CHEERS TOOL

The internal consistency score for the CHEERS tool and its sub-scales are appropriate for health measurement scaling. However, the overall CHEERS score (0.91) indicates there is potential overlap and repetition of items.

ICC SCORE

0.65
CHEERS SCORE
Range: 0.42 - 0.69

PHASE TWO RESULTS: VALIDITY

CONCURRENT VALIDITY FOR THE CHEERS TOOL

Concurrent validity was measured by comparing ECEC director CHEERS scores to direct observation CHEERS scores completed by an expert rater.

Results suggest that reporting by directors is reasonably consistent to expert observation. Concurrent validity findings reported are comparable with other healthy eating and physical activity ECEC setting instruments.

CONCLUSION

The CHEERS assessment tool effectively gathered reliable and valid information on the physical and nutritional programs in ECEC centre-based programs throughout Alberta, Canada. The study provided tools and information to ECEC directors and educators to Create Healthy Eating and Active EnviRonments through surveys.

@cheersforchildcare

CREATING HEALTHY EATING & ACTIVE ENVIRONMENTS
CHEERS
FOR CHILD CARE

MOUNT ROYAL UNIVERSITY
1910

CREATING HEALTHY EATING AND ACTIVE ENVIRONMENT SURVEY

CREATING HEALTHY EATING & ACTIVE ENVIRONMENTS
CHEERS
FOR CHILD CARE

AN INTER-RATER, INTRA-RATER RELIABILITY AND VALIDITY STUDY

WHAT IS CHEERS FOR CHILD CARE

CHEERS is a self-administered survey that evaluates the nutrition and physical environments in early childhood education and care (ECEC) centre-based programs in Alberta, Canada. The CHEERS program provides ECEC directors and educators with feedback and evidence-based resources to improve the overall health environment within the centres.

OUR GOAL

The purpose of this study was to provide evidence that the CHEERS audit tool and proposed subscales produce reliable and valid results.

PHASE ONE PARTICIPANTS

102 DIRECTORS

85 EDUCATORS

PHASE TWO PARTICIPANTS

30 DIRECTORS

CHEERS AUDIT TOOL

Each participant periodically filled out the CHEERS survey using a 7 point scale that measured the quality of the nutrition and physical environment of the centre. The survey included 59 items broken down into four subcategories:

FOOD SERVED (23 items)
ex. Families who send food for their child at my child care centre follow Canada's Food Guide

HEALTHY EATING ENVIRONMENT (18 items)
ex. My child care centre provides regular meal or snack times every 2-3 hours

HEALTHY EATING PROGRAM PLANNING (6 items)
ex. My child care centre provides children with opportunities to experience preparing food.

PHYSICAL ACTIVITY ENVIRONMENT (12 items)
ex. My child care centre has indoor space available for physical activity.

DEFINITIONS

INTRA-RATER RELIABILITY
The measure of how consistent an individual is at measuring the nutrition and physical environment of the child care centre

INTER-RATER RELIABILITY
The measure of how consistent different individuals are at measuring nutrition and the physical environment of the childcare centres.

INSTRUMENT RELIABILITY
The measure of how consistent the CHEERS audit tool is at obtaining measurements.

CONCURRENT RELIABILITY
The measure of how correct the tool is in relation to the existing measures.

(7) ALWAYS
(6) USUALLY
(5) FREQUENTLY
(4) HALF THE TIME
(3) OCCASIONALLY
(2) RARELY
(1) NEVER
(0) DO NOT KNOW

ICC SCORE

0.59
CHEERS SCORE
Range: 0.40 - 0.58

0.81
CHEERS SCORE
Range: 0.72 - 0.79

0.91
CHEERS SCORE
Range: 0.73 - 0.79

PHASE ONE RESULTS: RELIABILITY

INTER-RATER RELIABILITY FOR THE CHEERS TOOL

The inter-rater reliability measures were moderate for two subscales (food served and healthy eating program planning) and low for two subscales (heathy eating environment and physical activity environment).
The findings are comparable with other healthy eating and physical activity ECEC setting instruments.

INTRA-RATER RELIABILITY FOR THE CHEERS TOOL

The results indicate that the intra-rater reliability of the CHEERS tool is good. Intra-rater reliability of a scale is a pre-requisite for good inter-rater reliability.

INTERNAL CONSISTENCY FOR THE CHEERS TOOL

The internal consistency score for the CHEERS tool and its sub-scales are appropriate for health measurement scaling. However, the overall CHEERS score (0.91) indicates there is potential overlap and repetition of items.

ICC SCORE

0.65
CHEERS SCORE
Range: 0.42 - 0.69

PHASE TWO RESULTS: VALIDITY

CONCURRENT VALIDITY FOR THE CHEERS TOOL

Concurrent validity was measured by comparing ECEC director CHEERS scores to direct observation CHEERS scores completed by an expert rater.

Results suggest that reporting by directors is reasonably consistent to expert observation. Concurrent validity findings reported are comparable with other healthy eating and physical activity ECEC setting instruments.

CONCLUSION

The CHEERS assessment tool effectively gathered reliable and valid information on the physical and nutritional programs in ECEC centre-based programs throughout Alberta, Canada. The study provided tools and information to ECEC directors and educators to Create Healthy Eating and Active EnviRonments through surveys.

@cheersforchildcare

CREATING HEALTHY EATING & ACTIVE ENVIRONMENTS
CHEERS
FOR CHILD CARE

MOUNT ROYAL UNIVERSITY
1910