

Appendix D: Individual & Family Assessment Tools & Resources

NUTRITION SCREEN/ASSESSMENT TOOLS FOR CHILDREN		
RESOURCE	CHARACTERISTICS	CONSIDERATIONS
Parent-Child Interaction (PCI) Feeding & Teaching Scales (all ages)	<ul style="list-style-type: none"> ■ This tool provides a set of observable behaviors that describe caregiver/parent-child interaction in feeding or teaching situations (NCAST Programs, 2014) 	<ul style="list-style-type: none"> ■ May be used by: Public Health Nurses, Researchers, Social Workers, Psychologists, Early Intervention Workers, Occupational and Physical Therapists, Infant Mental Health Specialists ■ Scale has been reported to be valid and reliable (NCAST Programs, 2014) ■ Available on-line: information on training and how to access the scale http://www.ncast.org/index.cfm?fuseaction=category.display&category_ID=2 ■ Available on-line: access to NCAST Programs http://www.ncast.org/index.cfm?fuseaction=page.display&page_id=24
NutriSTEP® (18-35 months – toddlers) (3-5 years – preschoolers)	<ul style="list-style-type: none"> ■ Asks 17 questions about: food choices, eating habits, physical activity and growth patterns ■ Takes less than 10 minutes to complete ■ Provides immediate feedback to the user ■ Provides the user with resources to support improved eating and physical activity habits (Sudbury & District Health Unit, Janis Randall Simpson, Heather Keller, and the Nutrition Resource Centre, 2014; Dietitians of Canada, 2014) 	<ul style="list-style-type: none"> ■ For use in children 18-35 months and 3-5 years ■ May be used by health-care providers, parents/primary caregivers and other caregivers ■ Evidence of reliability and validity (Sudbury & District Health Unit, Janis Randall Simpson, Heather Keller, and the Nutrition Resource Centre, 2014; Dietitians of Canada, 2014) ■ Available on-line: NutriSTEP® Tool http://www.nutristep.ca/default.aspx ■ Available on-line: Nutri-eSTEP® (on-line version of the tool) http://www.nutritionscreen.ca/

NUTRITION SCREEN/ASSESSMENT TOOLS FOR CHILDREN		
RESOURCE	CHARACTERISTICS	CONSIDERATIONS
5-2-1-0 Framework (2-8 years)	<ul style="list-style-type: none"> ■ Asks 9 questions about: consumption of fruits and vegetables, screen time, physical activity, consumption of sugar-sweetened drinks and milk ■ Includes a section for BMI classification (Maine Center for Public Health, n.d.) 	<ul style="list-style-type: none"> ■ For use in children 2-8 years ■ May be filled out by health-care providers, parents/primary caregivers and other caregivers ■ Brief survey (Main Center for Public Health, n.d.) ■ Available on-line: http://www.hsph.harvard.edu/prc/files/2012/11/5210surveywphysstamp-2-8.pdf
5-2-1-0 Framework (9-18 years)	<ul style="list-style-type: none"> ■ Asks 9 questions about: consumption of fruits and vegetables, screen time, physical activity, consumption of sugar-sweetened drinks and milk ■ Includes a section for BMI classification (Maine Center for Public Health, n.d.) 	<ul style="list-style-type: none"> ■ For use in children and youth 9-18 years ■ May be filled out by health-care providers or the child ■ Brief survey (Maine Center for Public Health, n.d.) ■ Available on-line: http://www.hsph.harvard.edu/prc/files/2012/11/5210surveywphysstamp9-18.pdf

ASSESSMENT TOOL FOR PHYSICAL ACTIVITY IN CHILDREN		
RESOURCE	CHARACTERISTICS	CONSIDERATIONS
<p>Physical Activity Questionnaire for Children (8-14 years)</p>	<ul style="list-style-type: none"> ■ Asks 10 questions about: general levels of fitness, physical activity, physical well-being and motor skills development ■ Each item is scored on a 5-point scale ■ A summary physical activity score is calculated ■ Takes approximately 20 minutes to complete (Kowalski, Crocker, & Donen, n.d.) 	<ul style="list-style-type: none"> ■ For elementary school children (grades 4-8 i.e. 8-14 years old) ■ Self-administered survey (7-day recall) ■ Can be completed in a classroom setting (Kowalski, Crocker, & Donen, n.d.) ■ High validity, moderate reliability (Richardson, Cavill, Ells, Roberts, 2011) ■ Available on-line: http://www.performwell.org/index.php/find-surveyassessments/outcomes/health-a-safety/good-health-habits/physical-activity-questionnaire-for-children



ASSESSMENT OF GROWTH AND DEVELOPMENT

RESOURCE	CHARACTERISTICS	CONSIDERATIONS
Promoting Optimal Monitoring of Child Growth in Canada: Using the New WHO Growth Charts	<ul style="list-style-type: none"> This document is intended to accompany the use of the 2006 WHO Child Growth Standards for children (birth to five years) and the WHO Growth Reference 2007 (for children five to 19 years of age) (Dietitians of Canada and Canadian Paediatric Society, 2010) 	<ul style="list-style-type: none"> The guidance document is a joint statement by the Dietitians of Canada, Canadian Paediatric Society, The College of Family Physicians of Canada, Community Health Nurses of Canada Available on-line: guidance document http://www.cps.ca/tools/growth-charts-statement-FULL.pdf Available on-line: 2006 WHO Child Growth Standards for children (birth to five years) http://www.who.int/childgrowth/standards/technical_report/en/ Available on-line: WHO Growth Reference 2007 (for children five to 19 years of age) http://www.who.int/growthref/en/
Nipissing District Developmental Screen (NDDS)	<ul style="list-style-type: none"> The screening tool is used to assess the growth and development of children Areas of assessment include: emotional, fine motor, gross motor, social, self-help, communication, learning and thinking skills (NDDS, 2011) 	<ul style="list-style-type: none"> The tool applies to infants up to six years of age The assessment tool can be used by a parent or a health-care professional (NDDS, 2011) Available on-line: http://www.ndds.ca/language.php

FAMILY ENVIRONMENT ASSESSMENT TOOLS		
RESOURCE	CHARACTERISTICS	CONSIDERATIONS
<p>Parenting Stress Index™, 3rd Edition (PSI™-3)</p>	<ul style="list-style-type: none"> ■ Used for the early identification of parenting/primary caregiver and family characteristics that influence normal development and functioning in children, children with behavioral and emotional problems, and parents/primary caregivers who are at risk for dysfunctional parenting ■ Child characteristics assessed include: Distractibility/Hyperactivity, Adaptability, Reinforces Parent, Demandingness, Mood, and Acceptability ■ Parent/Situational characteristics assessed include: Competence, Isolation, Attachment, Health, Role Restriction, Depression, and Spouse ■ Consists of 120 items ■ Should take a parent/primary caregiver approximately 30 minutes to complete (Abidin, n.d.; PAR Inc, 2012) 	<ul style="list-style-type: none"> ■ For parents/primary caregivers of children 1 month to 12 years ■ Empirically validated in diverse populations (Abidin, n.d.; PAR Inc, 2012) ■ Available on-line: for purchase http://www4.parinc.com/Products/Product.aspx?ProductID=PSI ■ Available on-line: for purchase http://www4.parinc.com/Products/Product.aspx?ProductID=PSI-SF (short-form)
<p>Personal Environment Assessments (PEAs)</p>	<ul style="list-style-type: none"> ■ These tools are used to systematically assess the family’s home environment ■ Assessment tools include: Difficult Life Circumstances, Community Life Skills Scale and the Network Survey ■ These tools provide direction with regard to family challenges, the components of their supportive network and their use of community resources (NCAST Programs, 2014) 	<ul style="list-style-type: none"> ■ These tools may be used in a variety of settings (i.e. home, clinic, hospital) ■ These tools are appropriate for all age groups ■ Reported validity and reliability (NCAST Programs, 2014) ■ Available on-line: Information on training and how to access the scale http://www.ncast.org/index.cfm?fuseaction=category.display&category_ID=2

FAMILY ENVIRONMENT ASSESSMENT TOOLS

RESOURCE	CHARACTERISTICS	CONSIDERATIONS
Family Assessment Instrument (FAI)	<ul style="list-style-type: none"> ■ The Family Assessment Instrument is intended to assess a child’s degree of risk for healthy growth and development from birth until the child transitions to school (Child and Youth Development Branch Strategic Policy and Planning Division Ministry of Children and Youth Services, 2012) 	<ul style="list-style-type: none"> ■ Available on-line: starting on p. 93 of <i>Healthy Families Healthy Families Guidance Document</i> (2012) by Child and Youth Development Branch Strategic Policy and Planning Division Ministry of Children and Youth Services http://chd.region.waterloo.on.ca/en/partnersProfessionals/resources/HBHC_GuidanceDocument.pdf ■ Available on-line: Validation study for the Family Assessment Instrument (TNS Canadian Facts, 2014) http://www.tnscanada.ca/recherche_sociale/hbhc.html#instrument
Health Providers Against Poverty	<ul style="list-style-type: none"> ■ This organization recognizes the threat of poverty to the health of individuals ■ Their objectives are to: advocate for universal income and social security; raise awareness of the association between poverty and its health implications; and involve health care providers and individuals who have experienced poverty, in social and political change (HPAP, n.d.) 	<ul style="list-style-type: none"> ■ Available on-line: Poverty – A Clinical Toolkit for Primary Care (HPAP, n.d.) http://www.healthprovidersagainstpoverity.ca/Primary%20Care%20Toolkits ■ Available on-line: Child Poverty – Practice Tool for Primary Care (HPAP, n.d.) http://www.healthprovidersagainstpoverity.ca/node/300