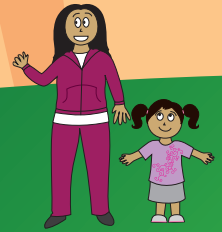


# Healthy Kids

These questions are about the 3-5 year old child in your care.



Name

Date

Think about what you and your child usually do. Do not include school time.

I sit and eat a meal with my child.

- ☐ rarely    ☐ some days    ☐ most days    ☐ almost every day    ☐ every day

My child eats fruit.

- ☐ rarely    ☐ some days    ☐ most days    ☐ almost every day    ☐ every day

My child goes to bed around  P.M.

My child eats \_\_\_\_ vegetables at her main meal.

- ☐ 0    ☐ 1    ☐ 2    ☐ 3 or more

I keep fruit ready for my child to eat.

☐  
rarely

☐  
some  
days

☐  
most  
days

☐  
almost  
every  
day

☐  
every  
day

My child drinks milk  times a day.

My child likes playing instead of  
watching TV.

☐  
rarely

☐  
sometimes

☐  
often

☐  
very  
often

☐  
always

I buy vegetables.

☐  
rarely

☐  
sometimes

☐  
often

☐  
very  
often

☐  
always

My child plays video or computer  
games \_\_\_\_\_ hours a day.

☐  
0

☐  
1

☐  
2

☐  
3

☐  
4

☐  
5  
or more

My child watches TV \_\_\_\_ hours a day.

- ☐ 0    ☐ 1    ☐ 2    ☐ 3    ☐ 4    ☐ 5    ☐ 6  
or more

My child eats snack foods like apples,  
bananas or carrots.

- ☐ rarely    ☐ some  
days    ☐ most  
days    ☐ almost  
every  
day    ☐ every  
day

My child drinks soda or sugared drinks.

- ☐ rarely    ☐ some  
days    ☐ most  
days    ☐ almost  
every  
day    ☐ every  
day

I buy fruit.

- ☐ rarely    ☐ sometimes    ☐ often    ☐ very  
often    ☐ always

My child eats candy, cake or cookies  
\_\_\_\_ times a day.

- ☐ 0    ☐ 1    ☐ 2    ☐ 3    ☐ 4    ☐ 5  
or more

My child drinks sport drinks or  
sugared drinks \_\_\_\_\_ times a day.

☐ 0    ☐ 1    ☐ 2    ☐ 3    ☐ 4    ☐ 5  
or more

My child eats chips \_\_\_\_\_ times a day.

☐ rarely    ☐ some days    ☐ most days    ☐ almost every day    ☐ every day

My child eats more than one kind of  
vegetable a day.

☐ rarely    ☐ some days    ☐ most days    ☐ almost every day    ☐ every day

I trim fat before eating meat.

☐ rarely    ☐ sometimes    ☐ often    ☐ very often    ☐ always

My child drinks milk.

☐ no



☐ whole



☐ 2%  
reduced  
fat



☐ 1%  
lowfat



☐ skim/  
nonfat



☐ soy

The content of this tool is based on:

- Townsend MS, Shills MK, Sylva K, Davidson C, Leavens, Strick S, Ontai L. Obesity Risk for Young Children: Development and initial validation of an assessment tool for participants of USDA programs. Forum For Family and Consumer Issues. 2014. Vol. 19, No.3. • Townsend MS, Young T, Ontai L, Ritchie L, Williams ST. Guiding family-based obesity prevention efforts in low-income children in the United States: Part 2 -What behaviors do we measure? Int J Child Adolesc Health. 2009; Vol 12 (1): 31-48. • Townsend MS, Shills M, Sylva D, Allen L, Drake C, Ontai L. Healthy Kids Obesity Risk Assessment Demonstrates Predictive Validity in Sample of Low-income Children. FASEB [Experimental Biology]. Boston, MA. FASEB J. 2015; 29 Suppl 1:731.3. • Townsend MS, Shills MK, Sylva DM, Drake C, Lanoue L, Woodhouse L, Allen LH. Vegetable behavioral tool demonstrates validity with MyPlate vegetable cups and carotenoid and inflammatory biomarkers. Appetite. 2016;107:628-638. This project was supported by Agriculture and Food Research Initiative #2010-8521520658 and 2015-48001-23280 from the USDA National Institute of Food and Agriculture, Human Nutrition and Obesity 93330.

The University of California has no financial interest in any of the products contained within this survey. Nor does the University encourage, discourage, or endorse the purchase or use of any of the products shown in this survey. The University of California prohibits discrimination or harassment of any person in any of its programs or activities. (Complete nondiscrimination policy statement can be found at <http://ucanr.org/sites/amstaff/files/107734.doc>) Inquiries regarding the University's equal employment opportunity policies may be directed to Linda Marie Manton, Affirmative Action Contact, University of California, Davis, Agriculture and Natural Resources, 2801 2nd Street, Davis, CA 95618, [530] 750-1318.

The qualitative and quantitative research for this obesity prevention assessment tool was conducted at SETA Head Start, Sacramento CA, and DHHS WIC, Sacramento CA by University of California at Davis [Nutrition and Human Ecology], University of California Davis Medical Center [Pediatrics], and USDA Western Human Nutrition Research Center.

The University of California has no financial interest in any of the products contained within this survey. Nor does the University encourage, discourage, or endorse the purchase or use of any of the products shown in this survey. The University of California prohibits discrimination or harassment of any person in any of its programs or activities. (Complete nondiscrimination policy statement can be found at <http://ucanr.org/sites/amstaff/files/107734.doc>) Inquiries regarding the University's equal employment opportunity policies may be directed to Linda Marie Manton, Affirmative Action Contact, University of California, Davis, Agriculture and Natural Resources, 2801 2nd Street, Davis, CA 95618, [530] 750-1318.