Evaluating Barriers and Facilitators to Change in Child Care

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IOM Workshop on CACFP Future Research Needs
## Model of Diffusion of Innovations in Organizations

<table>
<thead>
<tr>
<th>Component</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Communication</td>
<td>How is change communicated?</td>
</tr>
<tr>
<td>Outer context</td>
<td>Other things going on?</td>
</tr>
<tr>
<td>Linkages</td>
<td>Resources available to help with change?</td>
</tr>
<tr>
<td>Characteristics of change</td>
<td>Perceived value of change?</td>
</tr>
<tr>
<td>Antecedents</td>
<td>Existing factors that influence reaction to change?</td>
</tr>
<tr>
<td>Readiness</td>
<td>Factors that influence willingness to change?</td>
</tr>
<tr>
<td>Adoption</td>
<td>How does transition occur?</td>
</tr>
<tr>
<td>Implementation</td>
<td>Steps for putting change into practice?</td>
</tr>
<tr>
<td>Assimilation</td>
<td>How is change made permanent?</td>
</tr>
</tbody>
</table>

Types of Barriers & Facilitators

Costs
Access
Staffing
Facilities
Policy
Experience

Time
Training
Support
Priorities
Health concerns

Preferences
Knowledge

Preferences
Support
Knowledge

Centers
Providers
Children
Parents
What Do We Know About Measuring Barriers in Child Care?
Nutrition and Physical Activity Self-Assessment for Child Care Questionnaire

- **Administration:** Self-completed by Center Directors
- **Population:** Centers with 3-5 yr olds
- **Topics:**
  - Foods & beverages served
  - Menus & variety
  - Child feeding practices
  - Staff eating practices
  - Nutrition education
  - Nutrition policy

Environment & Policy Assessment
Observation Questionnaire

- **Administration:** By phone to Center Directors
- **Population:** Centers with 3-5 yr olds
- **Relevant Topics:**
  - Food prep & storage: facilities, staff in charge, training
  - Food acquisition
  - Menu planning
  - Policy on food from home
  - Self-efficacy in making changes

Source: Dianne Ward et al. 2012 (personal communication)
Child Care Nutrition & Physical Activity Assessment Survey

○ **Administration:** Self-completed by **Center** Directors

○ **Population:** CACFP Centers with 3-5 yr olds

○ **Question on Barriers to Promoting Healthy Environment:**
  - Lack of support (administration, teachers, food service staff, parents)
  - Sale of unhealthy foods as fundraisers
  - Serving unhealthy foods at social events
  - Insufficient funds
  - Inadequate food prep or storage facilities
  - Limitations of food service provider/vendor
  - Lack of policies
  - Lack of training for food service staff

Survey of Healthy Activity and Eating Practices in Environments in Head Start (SHAPES)

- **Administration:** Self-completed by Center Directors
- **Population:** Head Start Centers with 3-5 yr olds
- **Question on Challenges if Provided Healthier Foods:**
  - Funds
  - Control over food service provider
  - Knowledge
  - Time
  - Child preferences
  - Parent support

Statewide Assessment of California

- **Administration**: Self-completed by Directors or Providers

- **Population**: Centers & Homes, on and not on CACFP, with 2-5 yr olds
  - 429 sites
  - ~32,000 children

Major Challenges to Providing Healthy Foods

- No CACFP reimbursement: 4%
- Parents not wanting: 7%
- Not enough information: 8%
- Not enough room for food: 15%
- Lack of control over food provider: 18%
- Children not liking: 48%
- High food costs: 57%
Quantifying Food Costs

Method:

- 5-day menus matched to providers’ shopping receipts
- Mean daily expenditure per child calculated

Population: CACFP family day care homes

What Do We Know About Assessing Facilitators in Child Care?
Where is Food Prepared?

Who does Menu Planning?

<table>
<thead>
<tr>
<th>Role</th>
<th>Percent</th>
</tr>
</thead>
<tbody>
<tr>
<td>Caregiver</td>
<td>4</td>
</tr>
<tr>
<td>Director/Supervisor</td>
<td>41</td>
</tr>
<tr>
<td>Cook/Chef</td>
<td>28</td>
</tr>
<tr>
<td>Dietitian</td>
<td>19</td>
</tr>
</tbody>
</table>
Is a Dietitian Available?

<table>
<thead>
<tr>
<th>Service</th>
<th>Percent</th>
</tr>
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<tbody>
<tr>
<td>Head Start</td>
<td>62</td>
</tr>
<tr>
<td>State Preschool</td>
<td>19</td>
</tr>
<tr>
<td>Center - CACFP</td>
<td>7</td>
</tr>
<tr>
<td>Home - CACFP</td>
<td>0</td>
</tr>
</tbody>
</table>
Nutrition Most Important Factor in Food Decisions

- Cost: 20%
- Convenience: 9%
- Availability: 13%
- Nutritional Content: 81%
- Kid Preferences: 14%
Policy to Promote Healthy Foods?

- Head Start: 73%
- State Preschool: 49%
- Center - CACFP: 41%
- Home - CACFP: 31%
Focus Group Findings From Centers & Homes on Delaware’s Enhanced Nutrition Standards

Positive Perceptions
- Promote health
- Children try more new foods
- Reinforce healthy eating at home

Negative Perceptions
- Concerns about whole milk
- Kids going hungry
- Inconsistent with school meal standards

# Meal Planning & Food Prep

<table>
<thead>
<tr>
<th>Challenges</th>
<th>Facilitators</th>
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</thead>
<tbody>
<tr>
<td>• Making appealing &amp; providing variety</td>
<td>• Advanced menu planning</td>
</tr>
<tr>
<td>• Cooking from scratch</td>
<td>• Advanced meal preparation</td>
</tr>
<tr>
<td>• Modifying recipes</td>
<td>• Kid-friendly foods</td>
</tr>
<tr>
<td></td>
<td>• Transition gradually</td>
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<tr>
<td></td>
<td>• Share menus &amp; recipes</td>
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</tbody>
</table>
What are Best Methods for Assessment?
Rudd Center Validity Study

- What can be measured through self-report survey
- What needs more labor-intensive method
  - Interview
  - Observation
- Balancing:
  - Cost/feasibility
  - Data quality

Thanks to Marlene Schwartz & Kathy Henderson for these last slides!
Best Method Depends on What You Want to Know

**Interview**
- Complicated
- Staff training
- Sensitive
- Barriers
- Unhealthy practices

**Observation**
- Child feeding practices
  - If not policy
  - If not occasional practices

**Survey**
- Most things
  - Practices
  - Policies
Conclusions

- Field of measurement is expanding
- Use existing, tested measures if possible
- Encourage researcher collaboration
- More studies needed:
  - Sites with younger children
  - Family child care homes
  - License-exempt care