School Year 2019-20

KAN-Q PROCTOR TRAINING

For KAN-Q Proctors and Managers

NAME THAT SHOW!
WHY AM I HERE AGAIN?

• Get results from SY17-18 (we’re still working on SY18-19 data)

• Refresh some key points… or train new proctors

• Become a certified proctor for SY19-20
SY 17-18 RESULTS

Reported in the AZ Health Zone FY18 Annual Evaluation Report
MULTI-LEVEL INTERVENTIONS

Most of the school health work LIAs do is here
WHY SURVEY?

By assessing multi-level interventions over a full school year, LIAs can answer:

- **Are we meeting our goals?**
- **Should we adjust our PSEs or DE?**
- **Do we need additional training?**
SURVEY SAYS...

Students learned!

Change in the % of students who answered correctly

- How much of your plate at meals should be fruits and vegetables?
  -4%** This increase was associated with the level of DE provided by LIAs.

- How much of the grains that most kids eat should be made with whole grains?
  -2%* This increase was associated with school health PSE and DE support.

- What type of milk should most kids drink most of the time?
  9%***

- How many minutes of physical activity or exercise should most kids get each day?
  12%***

*p≤0.05, **p≤0.01, ***p≤0.001

PSE support interacted with DE to increase knowledge. This suggests that multi-level interventions may have influenced outcome indicator more than a stand-alone PSE or DE intervention.
STUDENTS ATE MORE FRUITS AND DAIRY, BUT NOT MORE VEGGIES OR LEAN PROTEINS

- Fruit: 2.88
- Vegetables: 2.41
- Refined Grains: 1.25
- Whole Grains: 1.62
- Healthy Protein: 1.7
- Dairy: 2.53

The ratio of whole to total grains eaten increased at post (p<0.05). Unlike fruit and dairy intake, grain consumption changed without an increase in knowledge.

At post, more students drank 1% or fat-free (p<0.001) and healthy milk alternatives like soy (p<0.05).
AT POST, STUDENTS WERE MORE ACTIVE DURING RECESS, AFTER SCHOOL, AND ON THE WEEKEND.

Girls vs Boys
At pre, girls reported fewer overall days active than boys. At post, the number of days girls spent active increased significantly and reached the same number as boys, whose activity days remained stable.
WHEN DO I USE THE KAN-Q?

PRE (FALL-ISH)
- 4th – 8th grade
- Planned PSE and/or DE

POST (SPRING)
- Same students
- Reached with PSEs/DE

<table>
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<tr>
<th>School Gardens</th>
<th>Farm-to-School</th>
<th>Safe Routes to School</th>
<th>LWPs</th>
<th>Smarter Lunchrooms/Train Teachers on Curricula</th>
<th>CSPAP</th>
<th>Direct Education</th>
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WHEN & WHERE TO SURVEY MANAGERS & PROCTORS

- 4th through 8th grade, only – NO 3rd grade, including mixed classes

Schedule full-year classrooms, only (it's okay if teachers change)

MANAGERS

The SET will email you in July with your target number of classrooms

Schedule where you will provide any combination of PSEs and/or DE

But, schedule where you have the richest PSE + DE plans for SY19-20
SURVEY WINDOW

PRE
2nd day of school – Oct 31, 2019

POST
April 1 - June 1, 2020
TARGET NUMBER OF CLASSROOMS

2-3

4-6

7-12
HOW TO SURVEY: 10 STEPS

1. Complete the proctor training.
2. Order the KAN-Q through the AZ Health Zone website: [www.azhealthzone.org](http://www.azhealthzone.org).
4. Before distributing KAN-Qs, introduce yourself and the questionnaire to the class.
5. Pass out KAN-Qs.
6. Guide students through the KAN-Q.
7. Check for students’ full names when collecting KAN-Qs.
8. Complete and print the Cover Sheet in SEEDS.
9. Return the KAN-Qs and Cover Sheets to the SET.
10. Update your tracking system.
Step 1: Complete the Proctor Training

MANAGERS & PROCTORS: Only trained, certified LIA staff can proctor the KAN-Q

Training materials on the SET website
This Presentation • Proctor Guide

You NEED a Proctor Guide!
Download NOW
Step 4: Before distributing KAN-Qs, introduce yourself and the KAN-Q to the class.

**Kids' Activity and Nutrition Questionnaire**

The Arizona Nutrition Network wants to learn about what kids your age eat, and how they are active. This survey asks questions about your food choices and exercise. Your answers will help make the program the best it can be. We will ask you to take the survey at two different times. Each time, it will take you about 20 minutes.

- Taking part in this survey is up to you. Your choice will not affect your grades in school. Your choice will not affect whether you can do any school or summer activities.
- If you do not want to answer a question, you can skip it.
- You can stop taking the survey at any time.
- No one at school or at home will see your answers.
- We do not know of any risks or benefits to doing this survey.

Please use a pencil to bubble in your answers.

Write your first and last name. Put one letter in each box:

<table>
<thead>
<tr>
<th>First Name</th>
<th>Last Name</th>
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**PROCTORS: Always review the Disclaimer**

**PROCTORS: Always ask for verbal assent after reading**

**MANAGERS & PROCTORS: We cannot accept KAN-Qs with no names**
More on Human Subjects:
HB 2088

What is House Bill 2088 (HB 2088)?
The Arizona legislature recently passed HB 2088, also known as the “Informed Consent Act.” It was designed to protect parental authority from government overreach by requiring that some surveys provided in school settings receive prior approval from parents before they are given to students.

What is the Kids’ Activity and Nutrition Questionnaire (KAN-Q)?
The KAN-Q is a short survey that asks students about their nutrition and physical activity behaviors and knowledge. It has under 25 questions and takes less than 20 minutes to administer in the classroom.

The KAN-Q is used by the Arizona Nutrition Network of the Arizona Department of Health Services to help them determine whether kids in 4th through 8th grades are learning about and making healthier choices after receiving nutrition education programs. These programs are provided free of charge to schools that are deemed eligible for the Supplemental Nutrition Assistance Program – Education.

Does HB 2088 apply to the KAN-Q?
No, the KAN-Q can be given to students in schools without parental consent.

The Arizona Department of Health Services has reviewed the bill alongside the KAN-Q and determined that the KAN-Q does not meet the requirement for parental consent because:

1. The survey questions are benign. Below is a list of questions from the KAN-Q.
2. The survey is optional. Program staff are required to let students know that filling out the KAN-Q is optional and they can choose not to take it.
3. The Arizona Nutrition Network’s evaluation protocol to de-identify the data is strong. The survey asks for student names to be able to pair surveys taken before and after nutrition education program. However, after the surveys are paired, the names are deleted from data records.

This message was approved by the Arizona Department of Health Services’ Arizona Nutrition Network on August 1, 2016.
“Yesterday, did you eat any white macaroni, noodles, bread, tortillas, or rice?”

Elena had a slice of whole grain toast for breakfast, mac and cheese for lunch, and a chicken quesadilla wrapped in a flour tortilla for dinner.

For breakfast, 0*

For lunch, 1

For dinner, 1

“Yes. I ate one of these foods two times yesterday.”

* Whole grain toast is a 1 for the next question, #5
I had a smoothie for lunch. Does that count? If it was made with milk or yogurt, yes. If it was made with only fruit and ice, no.

I drink soy milk. Does that count? Yes, substitutes for dairy milk can be counted here.

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We elves try to stick to the four main food groups: candy, candy canes, candy corn and syrup.
Step 9: Return the KAN-Qs and Cover Sheets to the SET.

COMPLETED COVER SHEET FROM SEEDS + PACKET OF KAN-Qs

TO

AZ Health Zone Evaluation Team
1718 E. Speedway Blvd., #311
Tucson, Arizona 85719-4514
Step 10: Update your tracking system.

MANAGERS! Keep a record of certified proctors

MANAGERS & PROCTORS! Keep a record of your KAN-Q proctor schedule

- A list of classrooms you intend to survey
- Dates & other information for classrooms surveyed
- Use this to plan pre and post KAN-Qs.
DISCUSS

Don’t forget me.

Track me.

Check me.

Any Questions?

Understand me.