



INDIVIDUAL EVALUATION METHODS

The information outlines evaluation methods used in CATCH and similar University of Texas-Houston Health Science Center research studies.

INSTRUMENT	REFERENCE	WHAT IT MEASURES	HOW TO GET IT
SBNM/SPAN (School Based Nutrition Monitoring/School Physical Activity and Nutrition Surveys) Elementary & Secondary Level Questionnaires	Hoelscher et al., 2003	Nutrition and physical activity knowledge, attitudes & behaviors	Download SPAN Questionnaires & Protocol
BMI (Body Mass Index)	Hoelscher et al. Not yet published	Height and Weight	SPAN Protocol (PDF)
HBQ* (Health Behavior Questionnaire)	Edmundson et al., 1996	Nutritional and physical activity behaviors	Contact the CATCH Office 866-346-6163
24-Hour Recall*	Lytle et al., 1993	Nutrient intake of students	Contact the CATCH Office 866-346-6163
SAPAC* (Self-Administered Physical Activity Checklist)	Sallis et al., 1996	Physical activity of students	Contact the CATCH Office 866-346-6163

* Used in CATCH main trial or institutionalization study



References

The authors of these evaluation methods ask that if you publish any articles using data from these questionnaires, please inform them and cite the appropriate reference:

- Edmundson, E., Parcel, G.S., Feldman, H.A., Elder, J., Perry, C.L., Johnson, C.C., Williston, B.J., Stone, E., Yang, M., Lytle, L., & Webber, L. (1996). The effects of the Child and Adolescent Trial for Cardiovascular Health upon psychosocial determinants of diet and physical activity behavior. *Preventive Medicine*, 25(4), 442-454.
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- Lytle, L.A., Nichaman, M.Z., Obarzanek, E., Glovsky, E., Montgomery, D., Nicklas, T., Zive, M., & Feldman, H. for the CATCH Collaborative Group. (1993). Validation of 24-hour recalls assisted by food records in third-grade children. *Journal of the American Dietetic Association*, 93(12), 1431-1436.
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- Sallis, J.F., Strikmiller, P.K., Harsha, D.W., Feldman, H.A., Ehlinger, S., Stone, E.J., Williston, J., & Woods, S. (1996). Validation of interviewer- and self-administered physical activity checklists for fifth grade students. *Medicine and Science in Sports and Exercise*, 28(7), 840-851.