



SCHOOL-LEVEL 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
SOFIT* (System of Observing Fitness Instruction Time)	McKenzie et al., 1991	Moderate to Vigorous physical activity during PE class	Contact the CATCH office 866-346-6163
Menu & Recipe Analysis*	Osganian et al., 1996	Nutrient content of school meals and recipes	Contact the CATCH office 866-346-6163
PE Teacher Surveys	Not published	CATCH PE Implementation	CATCH PE Survey
Classroom Teacher Surveys	Not published	CATCH Classroom Implementation	CATCH Classroom Survey
Food Service Manager Surveys	Not published	CATCH Cafeteria Implementation	CATCH Cafeteria Survey
School Health Index	Published by CDC	Nutrition and physical activity climate of schools	Download SHI

* 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.
- Hoelscher DM, Day RS, Kelder SH, Ward JL. Reproducibility and validity of the secondary level School-Based Nutrition Monitoring student questionnaire. *Journal of the American Dietetic Association*. 2003;103:186-194.
- 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.
- McKenzie, T.L., Sallis, J.F., & Nader, P.R. (1991). SOFIT: System for observing fitness instruction time. *Journal of Teaching in Physical Education*, 11, 195-205.
- Osganian, S.K., Ebzery, M.K., Montgomery, D.H., Nicklas, T.A., Evans, M.A., Mitchell, P.D., Lytle, L.A., Snyder, M.P., Stone, E.J., Zive, M.M., Bachman, K.J., Rice, R., & Parcel, G.S. (1996). Changes in the nutrient content of school lunches: Results from the CATCH Eat Smart food service intervention. *Preventive Medicine*, 25(4), 400-412.
- 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.