Introduction

Dear Early Child Care Provider,

The state of KY has received a grant to help early child care centers increase physical activity, reduce screen time (TV, DVD and computers) and improve nutrition. We are surveying child care providers to learn the current status of these activities in their centers. It would be a big help to us if you would take a few minutes to answer the following questions.

Thank you for your time

1. On average, how much UNSTRUCTURED play time do children over the age of 1 have each day at your center (childled play time using equipment, toys, or open space)?

☐ None

☐ 30 minutes

☐ 60 minutes

☐ 90 minutes

☐ More than 90 minutes

☐ Not sure

2. On average, how much STRUCTURED physical activity do children over the age of 2 receive each day at your center (teacherplanned physical activity such as active games, dancing, skipping, hopping, etc.)?

☐ None

☐ 30 minutes

☐ 60 minutes

☐ 90 minutes

☐ More than 90 minutes

☐ Not sure

3. On average, how much outdoor time do children over the age of 2 get each day at your center?

☐ None

☐ 30 minutes

☐ 60 minutes

☐ 2 hours

☐ More than 2 hours

☐ Not sure

4. Does your center have a policy on how much physical activity children get per day?

☐ No policy

☐ 30 minutes

☐ 60 minutes

☐ 90 minutes

☐ More than 90 minutes

☐ Not sure

5. On average, how much screen time (TV, DVDs, computers) do children over the age of 2 engage in each day at your center?

☐ None

☐ 30 minutes

☐ 1 hour

☐ 2 hours

☐ 3 hours

☐ Not sure

6. Are any age groups prohibited from watching TV or DVDs or using computers in your center?
Choose all that apply.

☐ Birth - 12 months

☐ 13-24 months

☐ 3-5 year olds

☐ No group is prohibited

☐ Not sure

7. Does your center have a policy that restricts the amount of screen time (TV, DVDs, Computers) a child can engage in each day? If so, what is the time limit?

☐ No poilcy

☐ 30 minutes

☐ 1 hour

☐ 2 hours

☐ 3 hours

☐ Not sure

8. Has your staff been trained in how to lead children in moderate to vigorous physical activity?

☐ None have been trained

☐ Some have been trained

☐ All have been trained

☐ Not sure

9. What best describes your interest level in increasing physical activity and reducing screen time in your center?

☐ Uninterested

☐ Somewhat interested

☐ Interested

☐ Very interested

10. What would be helpful to you to increase physical activity and reduce screen time for children in your center? Choose all that apply.

☐ Training

☐ DVDs/CDs

☐ Help with policy development

☐ Other (please specify) _____

11. On average, how many times a week does your center serve fresh fruits and vegetables to children?

☐ Never

☐ 1-2 times a week

☐ 3-4 times a week

☐ Daily

12. On average, how many times a week does your center serve whole grains such as whole wheat bread, oatmeal , whole grain pasta and brown rice to children?

☐ Never

☐ 1-2 times a week

☐ 3-4 times a week

☐ Daily

13. Please choose the drinks that are regularly offered to children at meal and snack time.

☐ Kool-Aid type drinks

☐ Pouch drinks (Capri Sun)

☐ Soda

☐ 100% Juice

14. Does your center offer water to children at meals and snack time?

☐ Never

☐ Sometimes

☐ Always

15. Does your center serve milk? If yes, please choose the type of milk served.

☐ No

☐ Yes, Whole milk

☐ Yes, Chocolate or other flavored milk

☐ Yes, 2% fat

☐ Yes, 1% fat

☐ Yes, Skim

16. On average, how many times a week does your center serve frozen, prefried items such as French fries, tater tots or chicken patties?

☐ Never

☐ 1-2 times a week

☐ 3-4 times a week

☐ Daily

17. On average, how many times a week does your center serve processed meat such as bologna, hot dogs or sausage?

☐ Never

☐ 1-2 times a week

☐ 3-4 times a week

☐ Daily

18. On average, how many times a week does your center serve dessert foods such as cookies, cakes, pies, candy, pastries?

☐ Never

☐ 1-2 times a week

☐ 3-4 times a week

☐ Daily

19. Does you center have any polices about what foods can and can't be offered to children? If so, what are they? Are they written of informal policies?

_____

_____

Thank you very much for completing this survey.