

The Family Nutrition & Physical Activity Screening Tool!

Instructions: For each question, select the answer category that best fits your child or your family. It is important to indicate the most common or typical pattern for your family, and not what you would like to happen.

Family Meals	Never/ Almost Never	Sometimes	Often	Very Often/ Always
1. How often does your child eat breakfast, either at home or at school?	1	2	3	4
2. How often does your child eat at least one meal a day with at least one other family member?	1	2	3	4
Family Eating Practices	Never/ Almost Never	Sometimes	Often	Very Often/ Always
3. How often does your child eat while watching TV? [Includes meals or snacks]	1	2	3	4
4. How often does your family eat “fast food?”	1	2	3	4
Food Choices	Never/ Almost Never	Sometimes	Often	Very Often/ Always
5. How often does your family use packaged “ready--to--eat” foods? [Includes purchased frozen or on--the--shelf entrees, often designed to be microwaved]	1	2	3	4
6. How often does your child eat fruits and vegetables at meals or snacks? [Not including juice]	1	2	3	4
Beverage Choices	Never/ Almost Never	Sometimes	Often	Very Often/ Always
7. How often does your child drink soda pop or sweetened beverages? [Includes regular or diet soda pop, Kool--Aid, Sunny--D, Capri Sun, fruit or vegetable juice, caffeinated energy drinks (Monster/Red Bull), Powerade/Gatorade, etc.]	1	2	3	4
8. How often does your child drink low--fat milk for meals or snacks? [Includes 1% or skim dairy, flavored, soy, almond, etc.]	1	2	3	4
Restriction/Reward	Never/ Almost Never	Sometimes	Often	Very Often/ Always
9. How often does your family monitor the amount of candy, chips, and cookies your child eats?	1	2	3	4
10. How often does your family use candy, ice cream or other foods as a reward for good behavior?	1	2	3	4

Screen Time	Never/ Almost Never	Sometimes	Often	Very Often/ Always
11. How often does your child have less than 2 hours of “screen time” in a day? [Includes TV, computer, game system, or any mobile device with visual screens]	1	2	3	4
12. How often does your family monitor the amount of “screen time” your child has?	1	2	3	4
Healthy Environment	Never/ Almost Never	Sometimes	Often	Very Often/ Always
13. How often does your child engage in screen time in his/her bedroom?	1	2	3	4
14. How often does your family provide opportunities for physical activity?	1	2	3	4
Family Activity	Never/ Almost Never	Sometimes	Often	Very Often/ Always
15. How often does your family encourage your child to be physically active?	1	2	3	4
16. How often does your child do physical activities with at least one other family member?	1	2	3	4
Child Activity	Never/ Almost Never	Sometimes	Often	Very Often/ Always
17. How often does your child do something physically active when he/she has free time?	1	2	3	4
18. How often does your child participate in organized sports or physical activities with a coach or leader?	1	2	3	4
Family Schedule/Sleep Routine	Never/ Almost Never	Sometimes	Often	Very Often/ Always
19. How often does your child follow a regular routine for your child’s bedtime?	1	2	3	4
20. How often does your child get enough sleep at night?	1	2	3	4

The FNPA tool was developed at Iowa State University by Michelle Ihmels and Greg Welk (gwelk@iastate.edu) in partnership with the American Dietetics Association

Scoring the FNPA

A number of the items on the FNPA are reverse scored with “Very Often/Always” being the less desirable options, so care should be taken when calculating a total score.

Items to be Reverse Scored (Construct):

- 3 Family Eating Practices
- 4 Family Eating Practices
- 5 Food Choices
- 7 Beverage Choices
- 10 Restriction/Reward
- 13 Healthy Environment

No cut points or threshold have been established for determining Healthy vs Unhealthy home environments. Researchers and practitioners should use their own discretion when interpreting scores on the FNPA.

Additional resources can be found at myfnpa.org and eatright.org.