Connect for Health Pediatric Weight Management Program

Clinical Training Tools

- Family's Experience with Care Survey

- Clinician Acceptability Survey

- Sustainability Survey for Clinicians and Leadership

Connect for Health Family's Experiences with Care Survey

Survey Instructions:
You have been invited to complete this survey to help us learn how to improve care for children with too much weight for their health. These questions ask about your child's last check-up and any materials you may have received from the Connect for Health program.

<u>Connect for Health Program Components</u>
For the following questions, please think about your child's last routine check-up on [date] with [provider] at [name of clinic].

1. Over the past few months, have you received text messages with tips on healthy habits from the Connect for Health program (these messages start with "C4H")? These are the texts that you were signed up for at your child's doctor visit.

[Script for survey administrator if parent has difficulty recalling: "Your doctor or care team member asked you if were interested and signed you up for the texts at your child's recent doctor's visit"]

☐ Yes

☐ Yes, but I asked to stop receiving the messages

☐ No

> *If "yes", ask questions 1b-1c and 1e*
>
> *If "yes, but I I asked to stop receiving the messages" ask questions 1d and 1e*
>
> *If "no", continue to question 2*

1b. We would like to know how helpful the text messages have been to you and your child. For the following statements, please answer "always", "some of the time", or "none of the time".

Would you say the text messages…

   1bi. Have taught you new information
   ☐ Always
   ☐ Some of the time
   ☐ None of the time

   1bii. Are good reminders about how to keep your family healthy
   ☐ Always
   ☐ Some of the time
   ☐ None of the time

   1biii. Are easy to understand
   ☐ Always
   ☐ Some of the time
   ☐ None of the time

1c. Would you recommend the Connect for Health text message program to family or friends?
- ☐ Yes, definitely
- ☐ Yes, maybe
- ☐ No, I would not

1d. Why did you stop receiving the messages?
- ☐ The text messages were too frequent
- ☐ My plan did not cover unlimited text messages
- ☐ Messages were not helpful
- ☐ Messages were difficult to understand
- ☐ I did not feel motivated to try the tips on healthy habits
- ☐ My phone number changed so I stopped receiving the messages
- ☐ Other [free-text]

2. At your child's last check up, were you given handouts on topics like sleep, screen time, physical activity, healthy eating and drinks, or stress and bullying?
[Script for survey administrator if parent has difficulty recalling: "Your doctor or care team member gave you the handouts in person or sent it through [delivery method]. You may have also seen the handouts on the Connect for Health website."]
- ☐ Yes
- ☐ No

If "no" continue to question 3
If "yes" ask questions 2a:

2a. How helpful were the handouts to you and your child?
- ☐ Very helpful
- ☐ Somewhat helpful
- ☐ Not at all helpful

3. At your child's last check up, were you sent a video on topics like sleep, screen time, physical activity, healthy eating and drinks, and stress <u>or</u> a video on follow-up visits?

[Script for survey administrator if parent has difficulty recalling: "Your doctor or care team member may have given you a link. You may have also seen the videos on the Connect for Health website."]
- ☐ Yes
- ☐ No

If "no" continue to question 4
If "yes" ask questions 3a:

3a. How helpful to you and your child was the video about healthy behaviors?
(*Script for survey administrator if parent has difficulty recalling:* Healthy behavior video introduces families to Connect for Health and offers information and support to make behavior changes for good health.)
- ☐ Very helpful
- ☐ Somewhat helpful

☐ Not at all helpful
☐ I didn't watch it

3b. Did you feel more prepared for your child's visit after watching the video about follow-up visits for healthy behaviors? (*Script for survey administrator if parent has difficulty recalling:* In this video, you can learn about what to expect at a follow-up visit to talk about healthy growth)
☐ Yes
☐ No
☐ I didn't watch it

4. At your child's last check up, were you given a list of community resources, such as places where you can go for activities or support?
[Script for survey administrator if parent has difficulty recalling: "Your doctor or care team member gave you this list in person or sent it through [delivery method]. You may have also seen the list on the Connect for Health website."]
☐ Yes
☐ No

If "no" continue to question 5
If "yes" ask questions 4a-4b:

4a. How helpful was the list of community resources to you and your child?
☐ Very helpful
☐ Somewhat helpful
☐ Not at all helpful

4b. We would like to know what community resources were helpful to learn about. How helpful is it knowing about…
[Script for survey administrator if parent has not received resources and is interested: "You can find the list of community resources on the website www.c4hprogram.com"]

4bi. Places or ways to get food
☐ Very helpful
☐ Somewhat helpful
☐ Not at all helpful

4bii. Places or programs that can help with housing
☐ Very helpful
☐ Somewhat helpful
☐ Not at all helpful

4biii. Places or ways to be physically active
☐ Very helpful
☐ Somewhat helpful
☐ Not at all helpful

4biv. Places that offer after-school programs
- ☐ Very helpful
- ☐ Somewhat helpful
- ☐ Not at all helpful

5. Have you ever visited the *Connect for Health* website, c4hprogram.com?
- ☐ Yes
- ☐ No

5b. How helpful is the website?
- ☐ Very helpful
- ☐ Somewhat helpful
- ☐ Not at all helpful

Now we have questions about all parts of the program: the text messages, handouts, community resources, and website.

6. Was there anything in the program materials that made you uncomfortable?
- ☐ Yes
- ☐ No

6a. Which of the below made you feel uncomfortable?
- ☐ Program handouts, please explain
- ☐ Text messages, please explain
- ☐ Community resources, please explain
- ☐ Website content and language, please explain
- ☐ Something else [free text response], please explain

7. Do you think the program has made it more difficult for you and your family to make any lifestyle changes?
- ☐ Always
- ☐ Some of the time
- ☐ None of the time

These questions are about your child's last check-up at the doctor's office. Again, nothing you say in this survey will be shared with your or your child's care team and it will not affect your or your child's health care in any way.

During your child's last check-up at the doctor's……

8. Did your child's doctor discuss ways to help your child keep a healthy weight?
- ☐ Yes
- ☐ No

☐ Don't remember

9. Did your child's doctor's office help you make the the first contact with community services (for example, food resources, recreation, after-school programs, family support services)?
☐ Yes
☐ No
☐ Do not remember

10. Did your child's doctor refer your child to a specialist to help your child keep a healthy weight or any related issues?
[Script for survey administrator if parent is not sure: "Your doctor or care team member may have suggested your child see, for example, a nutritionist, counselor, or attend a weight management clinic."]
☐ Yes
☐ No
☐ Don't remember

11. Did your child's doctor schedule a follow-up visit to see how things were going with your child keeping a healthy weight or any related issues?
☐ Yes
☐ No
☐ Don't remember

Demographic Questions
Now I'm going to ask some questions about you.

12. What is your ethnicity?
☐ Hispanic or Latino
☐ Not Hispanic or Latino

13. What is your race? [choose as many as apply]
☐ White
☐ Black or African American
☐ Asian
☐ American Indian or Alaskan Native
☐ Native Hawaiian or Other Pacific Islander
☐ Other: _____

14. What is the highest grade or degree you completed in school?
☐ 8th Grade or Less (0-8)
☐ Some High School (9-11)
☐ High School Graduate (12)
☐ Some College or Technical School (13-15)
☐ College Graduate (16)
☐ Postgraduate Training or Degree (17+)
☐ Don't Know
☐ Refused

15. What is your annual household income from all sources?
    - ☐ Less than $10,000 yearly
    - ☐ $10,000 to $15,000 yearly
    - ☐ $15,001 to $20,000 yearly
    - ☐ $20,001 to $25,000 yearly
    - ☐ $25,001 to $35,000 yearly
    - ☐ $35,001 to $50,000 yearly
    - ☐ $50,001 to $75,000 yearly
    - ☐ Greater than $75,000 yearly

Connect for Health Acceptability Survey

You are invited to participate in a survey to help evaluate the *Connect for Health* program. *Connect for Health* is a pediatric weight management program for children ages 2-12 years, delivered in primary care. We would like to know your thoughts about the program.

Please choose one response below for each statement, indicating if you agree or disagree.

	Completely disagree	Disagree	Neither Agree nor Disagree	Agree	Completely Agree
Connect for Health meets my approval	☐	☐	☐	☐	☐
Connect for Health is appealing to me	☐	☐	☐	☐	☐
I like Connect for Health	☐	☐	☐	☐	☐
I welcome Connect for Health	☐	☐	☐	☐	☐

Items are adapted from the Acceptability of Intervention Measure (Weiner at al., 2017)

	Completely disagree	Disagree	Neither Agree nor Disagree	Agree	Completely Agree
Connect for Health improves care for my patients	☐	☐	☐	☐	☐
Flagging of BMIs is useful in identifying children with elevated BMIs [*Add a screenshot of the flagging system to prompt respondents*]	☐	☐	☐	☐	☐
The clinical decision support tools are useful to help provide evidence-based care for pediatric weight management [*Add a screenshot of the clinical decision support tools to prompt respondents*]	☐	☐	☐	☐	☐

The educational handouts for families provide useful information to support behavior change [*Add a screenshot of handout to prompt respondents*]	☐	☐	☐	☐	☐
The text-messaging program is a useful resource to offer my patients [*Add screenshot of referral order to prompt respondents*]	☐	☐	☐	☐	☐
The neighborhood resource guide provides useful information to connect families to local resources [*Add screenshot of resource guide to prompt respondents*]	☐	☐	☐	☐	☐
The Connect for Health website is useful for clinicians to access pediatric weight management information [*Add screenshot of website to prompt respondents*]	☐	☐	☐	☐	☐
The Connect for Health website is a useful resource for my patients	☐	☐	☐	☐	☐
The educational video for families provides a useful overview to support behavior change [*Add link of video to prompt respondents*]	☐	☐	☐	☐	☐
The video about follow-up visits for families provides useful information to prepare families for weight management visits [*Add link of video to prompt respondents*]	☐	☐	☐	☐	☐

Connect for Health Sustainability Survey for Clinicians and Leadership

You are invited to participate in a survey to help evaluate the *Connect for Health* pediatric weight management program. *Connect for Health* is a pediatric weight management program for children ages 2-12 years to be delivered in primary care. The program has clinician-facing tools including flagging of elevated BMI, clinical decision support tools, and clinician training, and family-facing tools including family educational handouts, text-messaging program, and neighborhood resource guides. We would like to know your thoughts about the program and ways to sustain it at [add organization name].

	To little or no extent						To a very great extent	N/A
The Connect for Health program engages leadership and staff through the process	1	2	3	4	5	6	7	☐
Clinician champions of Connect for Health are recognized and respected	1	2	3	4	5	6	7	☐
Connect for Health has engaged ongoing champions	1	2	3	4	5	6	7	☐
Connect for Health is valued by a diverse set of stakeholders	1	2	3	4	5	6	7	☐
The Connect for Health team has the ability to respond to stakeholder feedback about the practice.	1	2	3	4	5	6	7	☐
Connect for Health fits in well with the culture of the team.	1	2	3	4	5	6	7	☐
Connect for Health is well integrated into the operations of the organization	1	2	3	4	5	6	7	☐
Connect for Health is built into the clinical workflow.	1	2	3	4	5	6	7	☐

Connect for Health is easy for clinicians to use.	1	2	3	4	5	6	7	☐
Connect for Health integrates well with established clinical practices.	1	2	3	4	5	6	7	☐
Connect for Health aligns well with other clinical systems (e.g., EMR).	1	2	3	4	5	6	7	☐
Connect for Health is designed to be used consistently.	1	2	3	4	5	6	7	☐
Staff receive ongoing coaching, feedback, and training.	1	2	3	4	5	6	7	☐
Practice implementation is guided by feedback from stakeholders.	1	2	3	4	5	6	7	☐
Connect for Health has evidence of beneficial outcomes.	1	2	3	4	5	6	7	☐
Connect for Health is associated with improvement in patient outcomes that are clinically meaningful.	1	2	3	4	5	6	7	☐
Connect for Health is clearly linked to positive health or clinical outcomes.	1	2	3	4	5	6	7	☐
Connect for Health has clear advantages over alternatives.	1	2	3	4	5	6	7	☐

Connect for Health has sustained funding.	1	2	3	4	5	6	7	☐
Connect for Health adapts strategies as needed.	1	2	3	4	5	6	7	☐
Connect for Health plans for future resource needs.	1	2	3	4	5	6	7	☐
Connect for Health has a sustainability plan	1	2	3	4	5	6	7	☐
Connect for Health's goals are understood by all stakeholders.	1	2	3	4	5	6	7	☐

Items are adapted from the Clinical Sustainability Assessment Tool and Program Sustainability Assessment Tool (Lukes et al., 2014; Malone et al., 2021)