

**Nutrition Environment Measures Survey-Cafeterias (NEMS-C)
RESTAURANT MEASURES—DATA COLLECTION**

Venue ID: -

Date: / /

Rater ID: (initials)

Month / Day / Year

Note: Observe Food Venues in actual Children’s Hospital or Attached Main Hospital. If multiple campuses for a hospital, use the main one.

1) Type of Restaurant: Code #:

2) Data Sources: **Site Visit/Observation**

yes no

Interview

yes no

3) Hours of operation:

Data Source(s): Site Menu

Sunday open closed

B: 6:00-11:00 am

L: 11:00 am-3:00 pm

D: 5:00 pm to Close

: AM PM

Thursday open closed

B: 6:00-11:00 am

L: 11:00 am-3:00 pm

D: 5:00 pm to Close

: AM PM

Friday open closed

B: 6:00-11:00 am

L: 11:00 am-3:00 pm

D: 5:00 pm to Close

: AM PM

Saturday open closed

B: 6:00-11:00 am

L: 11:00 am-3:00 pm

D: 5:00 pm to Close

: AM PM

open 24 Hours (If 24 hour, leave *Hours of Operations section* blank)

4) Access: **Location** (CH=Children’s Hospital)

Within Separate CH

Within Attached CH

Within Separate Main Hospital

Within Attached Main Hospital

Comments: _____

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Site Visit (Observation)

	Select One	Comments
5) Food Venue has a salad bar	<input type="radio"/> yes <input type="radio"/> no	_____
6) Signage/Promotions	<input type="radio"/> yes <input type="radio"/> no	_____
a. Is nutrition information posted near point-of-purchase, or available in a brochure?	<input type="radio"/> yes <input type="radio"/> no	_____
b. Do signs/table tents/displays highlight healthy menu options?	<input type="radio"/> yes <input type="radio"/> no	_____
c. Do signs/table tents/displays encourage healthy eating?	<input type="radio"/> yes <input type="radio"/> no	_____
d. Do signs/table tents/displays encourage unhealthy eating?	<input type="radio"/> yes <input type="radio"/> no	_____
e. Do signs/table tents/displays encourage overeating (all-you-can-eat, super-size, jumbo, grande, supreme, king size, feast descriptors on menu or signage)?	<input type="radio"/> yes <input type="radio"/> no	_____
f. Does this restaurant have a low-carb promotion?	<input type="radio"/> yes <input type="radio"/> no	_____
g. Other? _____	<input type="radio"/> yes <input type="radio"/> no	_____

Menu Review/Site visit

7) a. Chips	<input type="radio"/> yes <input type="radio"/> no	_____
b. Baked chips	<input type="radio"/> yes <input type="radio"/> no	_____
8) a. Bread	<input type="radio"/> yes <input type="radio"/> no	_____
b. 100% wheat or whole grain bread	<input type="radio"/> yes <input type="radio"/> no	_____
9) 100% fruit juice	<input type="radio"/> yes <input type="radio"/> no	_____
10) 1% Low-fat, skim, or non-fat milk	<input type="radio"/> yes <input type="radio"/> no	_____

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Menu Review	Select One	Choices (#)	Calorie Only	Comments
11) Main Dishes/Entrees:	<input type="radio"/> yes	# <input type="text"/> <input type="text"/> <input type="text"/>		
a. Total # Main Dishes/Entrees	<input type="radio"/> no			
b. Healthy Options	<input type="radio"/> yes	<input type="text"/> <input type="text"/>	<input type="text"/> <input type="text"/>	
	<input type="radio"/> no			
12) Main dish salads:				
a. Total # Main dish salads	<input type="radio"/> yes	<input type="text"/> <input type="text"/>		
	<input type="radio"/> no			
b. Healthy Options	<input type="radio"/> yes	<input type="text"/> <input type="text"/>	<input type="text"/> <input type="text"/>	
	<input type="radio"/> no			
c. Low-fat or fat free salad dressings	<input type="radio"/> yes	<input type="text"/> <input type="text"/>		
	<input type="radio"/> no			
13) Fruit (w/out sugar)	<input type="radio"/> yes	<input type="text"/> <input type="text"/>		
	<input type="radio"/> no			
14) Non-fried vegetables (w/out sauce)	<input type="radio"/> yes	<input type="text"/> <input type="text"/>		
	<input type="radio"/> no			
15) Diet soda	<input type="radio"/> yes	List Sizes of Fountain Drinks		
	<input type="radio"/> no			
16) Other healthy or low calorie beverage? _____	<input type="radio"/> yes			
	<input type="radio"/> no			

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Menu Review/Site Visit

17) a. Nutrition information on menu (paper or posted menu)

Select One

yes no

Comments

b. Healthy entrees identified on menu

yes no

c. Reduced-size portions offered on menu

yes no

standard

d. Menu notations that encourage healthy requests

yes no

e. Other? _____

yes no

18) Barriers

a. Large portion sizes encouraged?
Super-size items on menu

yes no

b. Menu notations that discourage special requests
(e.g. *No substitutions* or charge for substitutions)

yes no

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19) Barriers (Cont.)

c. All-you-can-eat or “Unlimited trips”

Select One

- yes
 no

Comments

d. Other? _(Such as high calorie impulse items at register)_

- yes
 no

20) Pricing

a. Sum of individual items compared to combo meal

- more less
 same NA

b. Healthy entrees compared to regular ones

- more less
 same NA

c. Charged for shared entrée?

- yes
 no

d. Smaller portion compared to regular portion
(If 22c is No or Standard then mark N/A.)

- yes NA
 no

e. Other? _____

- more less
 same NA

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Menu Review	Select One	Comments
21) Kid's menu?	<input type="radio"/> yes <input type="radio"/> no	_____
a. Age limit	<input type="radio"/> 10 & Under <input type="radio"/> 12 & Under <input type="radio"/> Other <input type="radio"/> NA	_____
b. Any healthy entrees?	<input type="radio"/> yes <input type="radio"/> no <input type="radio"/> NA	_____
c. 100% fruit juice	<input type="radio"/> yes <input type="radio"/> no <input type="radio"/> NA	_____
d. 1% low-fat, skim or non-fat milk	<input type="radio"/> yes <input type="radio"/> no <input type="radio"/> NA	_____
e. Are there any free refills on unhealthy drinks?	<input type="radio"/> yes <input type="radio"/> no <input type="radio"/> NA	_____
f. Are there any healthy side items (either assigned or to choose)?	<input type="radio"/> yes <input type="radio"/> no <input type="radio"/> NA	_____ _____
g. Can you substitute a healthy side for an assigned unhealthy one?	<input type="radio"/> yes <input type="radio"/> no <input type="radio"/> NA	_____ _____
h. Do any entrees that have assigned sides include an assigned healthy side?	<input type="radio"/> yes <input type="radio"/> no <input type="radio"/> NA	_____ _____
i. Is an unhealthy dessert automatically included in a kid's meal?	<input type="radio"/> yes <input type="radio"/> no <input type="radio"/> NA	_____ _____
j. Are there any healthy desserts (either free or at additional cost)?	<input type="radio"/> yes <input type="radio"/> no <input type="radio"/> NA	_____ _____
k. Is nutrition information (e.g. calories or fat) provided on the kid's menu?	<input type="radio"/> yes <input type="radio"/> no <input type="radio"/> NA	_____ _____
l. Other unhealthful eating promotion?	<input type="radio"/> yes <input type="radio"/> no <input type="radio"/> NA	_____
m. Other healthful eating promotion?	<input type="radio"/> yes <input type="radio"/> no <input type="radio"/> NA	_____