

# Texas Nutrition Environment Assessment in Restaurants (TxNEA-R) Tool Background Training

Slides available at <http://dshs.texas.gov/TXNEAR/>



Welcome to the Texas Nutrition Environment Assessment in Restaurants, or TxNEA-R, tool background training developed by the Texas Department of State Health Services, Health Promotion and Chronic Disease Prevention Section. This training is meant for community users of the tool, which include raters and coordinators of a community assessment of prepared food outlets. A coordinator oversees the community assessment and raters, who visit prepared food outlets to assess the nutrition environment.

This training helps project coordinators decide whether the TxNEA-R tool is a good fit for their goals and describes the background on what the tool covers, its characteristics, how it can be used, and in which situations it is not useful.

An accessible copy of the slides and script is available at the link on this slide for anyone who wants to follow along. Other important materials available at the link include the tool components, strategies, manual, and forms to organize the project.

**After successful completion of this training, coordinators and raters will be able to understand:**

- **Reasons to use the TxNEA-R tool**
- **Characteristics of the TxNEA-R tool**

After successful completion of this training, coordinators and raters will be able to understand:

- Reasons to use the TxNEA-R tool, and
- Characteristics of the TxNEA-R tool.

## Why use the TxNEA-R tool?



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Why use the TxNEA-R tool?

## Health impact of food away from home



**Food prepared away from home is less healthy than food prepared at home.**

**The food environment impacts people's health.**



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- Foods prepared away from the home contribute a substantial amount of calories to the diets of children and adults and have higher levels of saturated fat and sodium, higher cholesterol density, and lower levels of dietary fiber compared to foods prepared at home.
- When compared to children that had food prepared at home, children who ate food prepared away from the home had increased caloric intake, especially in older children. (Mancino, et al., 2010)

## About the TxNEA-R Tool



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Next we will discuss the characteristics of the TxNEA-R tool and how it can be used.

## Objectives of the TxNEA-R Tool



- **TxNEA-R is a tool for assessing the nutrition environment of prepared food outlets.**
- **Communities can use TxNEA-R to:**
  - Improve the environment and practices of prepared food outlets
  - Identify health-promoting environmental factors and practices of prepared food outlets
  - Increase the reach of prepared food outlets with healthy environments and practices
- **TxNEA-R is not meant to be used to score or rate a food outlet.**

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TxNEA-R is a tool for assessing the nutrition environment of prepared food outlets.

Communities can use TxNEA-R to:

Improve the environment and practices of prepared food outlets;

Identify health-promoting environmental factors and practices of prepared food outlets; and

Increase the reach of prepared food outlets with healthy environments and practices.

Note that if you promote food outlets that have healthy environments or practices, be sure to identify what environmental factors or practices are healthy. For example, the healthier options can be identified on the menu using the TxNEA-R glossary.

The tool is not meant to score or rate a food outlet.

## What does TxNEA-R measure?



- **Availability of healthier and less healthy foods and beverages**
- **Barriers and facilitators to making healthy choices**



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- The TxNEA-R tool measures the availability of healthier and less healthy foods and beverages and the presence of barriers and facilitators to making healthy choices in prepared food outlets.
  - A prepared food outlet is a foodservice establishment that sells prepared foods that are ready to eat.
- Facilitators to healthy eating make healthier choices easier and include pricing incentives and promotions for healthier foods and beverages. Examples of facilitators are advertisements for healthier foods or beverages and or having water automatically brought to the table.
- Barriers to healthy eating make healthier choices more difficult and include discouraging modifications and promotions for less healthy foods and beverages. Examples of barriers are advertisements for less healthy foods or beverages or having bread and butter automatically brought to the table.

## Possible actions



- **Increase availability of healthier foods and beverages**
- **Decrease availability of less healthy foods and beverages**
- **Increase facilitators to healthy choices**
- **Remove barriers to healthy choices**
- **Promote food outlets with a healthy environment**
  - May need to pair this with another action

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An assessment of the prepared food environment using the TxNEA-R tool could facilitate the following types of actions:

- Increase availability of healthier foods and beverages
- Decrease availability of less healthy foods and beverages
- Increase facilitators to healthy choices
- Remove barriers to healthy choices, and
- Promote food outlets with a healthy environment

When promoting food outlets with a healthy environment, you may want to pair this with one of the other strategies. For example, if food outlets with healthy options are promoted, then customers may need more facilitators that help them identify which options are healthy. If a food outlet has healthy practices, like having water as the default beverage for children's meals, then you want to make sure the customer is aware of them.

## Types of restaurant-based interventions



- **Increased availability**
- **Increased access**
- **Reduced prices and coupons**
- **Point-of-purchase (POP) information**
- **Promotion and communication**

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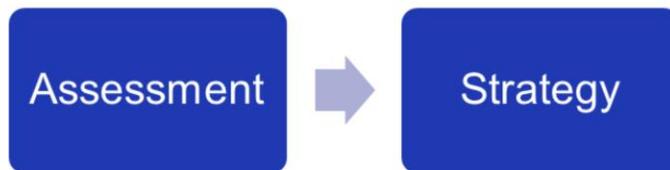
Five types of restaurant-based interventions that have been implemented in restaurants could be informed by an assessment using the TxNEA-R tool.

- Increased availability means to offer healthy foods through more targeted menu items, more or less of certain foods in menu choices, and greater variety of healthy foods that are made available more often.
- Increased access means to make healthy menu items easier to locate, and taking healthy food choices “to the people.”
- Reduced prices and coupons means to reduce price or provide discount coupons for healthier menu items.
- Point-of-purchase information means that menus and signage identify healthy food choices, based on established criteria
- And
- Promotion and communication means that advertising, posters, and other communication media, such as table tents, are used to announce and encourage consumption of healthy food choices.

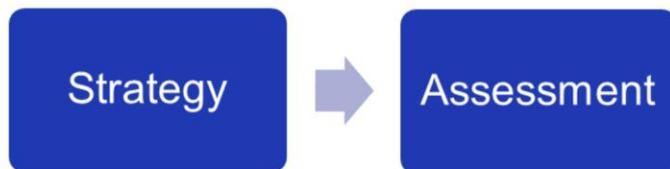
The picture is an example of point-of-purchase information because the menu board identifies healthy food choices based on established criteria.

(Glanz & Hoelscher, 2004)

### Customize a strategy for each food outlet



### Implement the same program in several food outlets



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Interventions in food outlets using this tool can be approached in two ways.

The first option is to do an assessment of the restaurant first to collect data on a variety of topics, then use the data to discuss options with stakeholders such as restaurant managers after the data are collected to decide on strategies. This option may be more useful if strategies are to be customized for each food outlet.

The second option is identify a strategy with community members and stakeholders and then identify the questions on the assessment that would inform the development of the strategy. This option is more efficient if the same program or intervention will be implemented at several food outlets. It will also cut down on the time for assessments because not all questions will be needed.

Use the TxNEA-R Strategies document, located at the link on the title slide, to review strategies that can be done using the different questions. This document can help you choose which information on the survey would be useful for your chosen strategies.

## Which establishments are included?



- **Table Service**
  - In a stand-alone restaurant or a restaurant in a hotel
- **Fast food/fast casual (no table service)**
  - Buffets, Cafeteria style, fast food, bar
- **In-store**
  - Grocery stores, Super Stores, Gas Stations
- **Take-away**
  - Food truck, food stand, carry-out or drive through only

The following types of food establishments can be assessed using the TxNEA-R tool:

**Table Service, which can be**

In a stand-alone restaurant or a restaurant in a hotel;

**Fast food or fast casual outlets with no table service, which may include**

Buffets, Cafeteria style, fast food, bar;

**In-store food outlets, which are found in**

Grocery stores, Super Stores, and Gas Stations; and

**Take-away, which includes**

Food truck, food stand, and carry-out or drive through only.

Types of establishments where the tool does not work well is specialty shops like bakeries where meals are not served.

### **TxNEA-R is not useful when working with:**

- **Retail food outlets**
- **Large corporate chains**
- **Specialty shops**
- **Catering**
- **Nutrition labeling criteria**
- **Portion sizes**
- **Alcoholic drinks**

The TxNEA-R tool has limitations and is not useful in the following scenarios:

- TxNEA-R cannot be used to assess retail food outlets such as grocery stores or corner stores or other forms of retail such as vending machines.
- Working with large corporate chains where the decisions for a large group of prepared food outlets is made at the corporate level is not impossible, but making changes with large chains is more difficult than food outlets where decisions are made more locally.
- TxNEA-R is not designed to help with projects that work with specialty prepared food outlets like bakeries, dessert places such as frozen yogurt and ice cream shops, and drink shops like smoothie shops that do not have savory food options. One assumption of TxNEA-R is that the prepared food outlet serves savory food that can be eaten as a meal.
- TxNEA-R also does not address catering policies or practices of prepared food outlets, only what is going on in the food outlet.
- TxNEA-R assesses the presence or absence of nutrition labeling but does not go into any more detail than that. TxNEA-R can be used to identify which food outlets are using nutrition labeling but does not assess if there are any criteria for labeling an item as a healthy option.
- Portion sizes are not explicitly included in the TxNEA-R tool, only general amounts. For example, one question asks about whether a main course comes with two vegetables. The question does not ask about the portion sizes of the vegetables but assumes that they are

substantial enough to not be a garnish.

- Lastly, alcoholic drinks are not included in the TxNEA-R tool.

- **Inter-rater reliability**
  - Substantial agreement ranging from 62% to 96%, with mean percent agreement of 79%
- **Face/Construct validity**
  - Dietary Guidelines for Americans
  - RAND Performance Standards for Restaurants
  - Review by subject matter experts
- **Internal consistency reliability**
  - Acceptable at 0.6-0.7

- The TxNEA-R tool is valid and reliable, meaning that it appears to measure what it is intended to measure and different people who use the tool get the same results.
- Inter-rater reliability is a measure of whether different raters would provide similar responses for the same survey items.
- Inter-rater reliability ranged from 62% to 96%, with a mean percent agreement of 79%, indicating substantial agreement.
- For face and construct validity,
  - Food and beverage types were defined using the Dietary Guidelines for Americans;
  - Restaurant practices were from the RAND Performance Standards for Restaurants; and
  - Subject matter experts in public health nutrition and advertising reviewed the tool.
- Internal consistency reliability shows how well certain items together measure a particular construct and was acceptable at 0.6-0.7.

## Tool Components



- **Survey**
- **Instructions**
- **Glossary**

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- The components of the TxNEA-R tool are the survey, instructions, and glossary.
- The survey consists of questions that measure the food environment of a prepared food outlet.
- The instructions describe how to answer the questions.
- The glossary defines terms used in the survey, such as “high fat protein” or “healthier cooking method.”

## Tool Versions



Paper Tool	Survey Monkey Tool
Survey, instructions, glossary are separate documents.	Survey, instructions, and glossary are integrated.
Can be completed out of order	Can be completed out of order
Data must be entered later into the Survey Monkey survey after data collection.	Data is collected and entered at the same time.

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- The TxNEA-R tool is available in pdf format, which can be printed, and through an online survey software, Survey Monkey.
- All tool components can be found at the URL on the title slide. In the Survey Monkey version, the survey, instructions, and glossary are included in the question. A practice version of the online tool can be accessed on a computer or a smart device by navigating to the Survey Monkey link on an internet browser. Data entered into the practice version will not be included in the assessment.
- If using the paper version of the tool, the survey, instructions, and glossary are separate documents. After collecting the data using the paper document, the data need to be entered in Survey Monkey.

# Activity!

## About the TxNEA-R tool



Here's our first activity on the background of the TxNEA-R tool.

## What are the 3 components of the TxNEA-R tool?



- **A. Electronic version, online Survey Monkey version, paper version**
- **B. Survey, instructions, glossary**
- **C. None of the above**

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- **A. Electronic version, online Survey Monkey version, paper version**
- **B. Survey, instructions, glossary**
- **C. None of the above**

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If you chose answer B, you are correct. The three components of the TxNEA-R tool are the survey, instructions, and glossary.

## What is the purpose of the tool?



- A. To identify health-promoting environmental factors and practices of prepared food outlets**
- B. To improve the environment and practices of prepared food outlets**
- C. To increase the reach of prepared food outlets with healthy environments and practices**
- D. All of the above**

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What is the purpose of the tool?

- A. To identify health-promoting environmental factors and practices of prepared food outlets;
- B. To improve the environment and practices of prepared food outlets;
- C. To increase the reach of prepared food outlets with healthy environments and practices;  
or
- D. All of the above

What is the purpose of the tool?



**A. To identify health-promoting environmental factors and practices of prepared food outlets**

**B. To improve the environment and practices of prepared food outlets**

**C. To increase the reach of prepared food outlets with healthy environments and practices**

**D. All of the above**

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If you chose answer D, you are correct.

At which of the following places could the TxNEA-R tool be useful?



**A. A coffee shop with sandwiches, salads, and pastries.**

**B. A smoothie shop with dried fruit and packaged nuts**

**C. A frozen yogurt shop with various toppings**

**D. A bar with alcoholic drinks and no prepared food**

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At which of the following places could the TxNEA-R tool be useful?

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B. A smoothie shop with dried fruit and packaged nuts

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At which of the following places could the TxNEA-R tool be useful?



**A. A coffee shop with sandwiches, salads, and pastries.**

**B. A smoothie shop with dried fruit and packaged nuts**

**C. A frozen yogurt shop with various toppings**

**D. A bar with alcoholic drinks and no prepared food**

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If you chose answer A, you are correct. The coffee shop has items that are savory and could be eaten as a meal. Options B, C, and D are specialty shops.

## Next Steps



- **Review the survey, instructions, and glossary.**
- **Review the “Effective Strategies for Making Healthy Choices Easier When Eating Out” webpage and the “TxNEA-R Strategies” document.**
- **Consult with stakeholders to identify goals.**
- **If interested in TxNEA-R, email the Texas Department of State Health Services at [bringinghealthyback@dshs.state.tx.us](mailto:bringinghealthyback@dshs.state.tx.us) to set up a Survey Monkey survey for your project.**

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Next, review the survey, instructions and glossary to become more familiar with the tool. Review the “Effective Strategies for Making Healthy Choices Easier when Eating Out” webpage and one-pager and the “TxNEA-R Strategies” document to get ideas for strategies to implement in prepared food outlets. A link to the webpage can be found at the URL on the title slide.

If you are a project coordinator and want to use the TxNEA-R tool, contact the Texas Department of State Health Services at [bringinghealthyback@dshs.state.tx.us](mailto:bringinghealthyback@dshs.state.tx.us) to set up a Survey Monkey survey for your project. Include your contact information, a description of your goals, and the geographical area of your assessment.

The DSHS nutrition specialist will confirm if the tool is a good match for your objectives, provide a link to a Survey Monkey survey, and help with the subsequent steps.



## Questions? Contact your project coordinator or DSHS.

Nutrition Specialist  
[bringinghealthyback@dshs.state.tx.us](mailto:bringinghealthyback@dshs.state.tx.us)



You have completed the Texas Nutrition Environment Assessment in Restaurants (TxNEA-R) Tool background training. If you have questions, contact your project coordinator or the nutrition specialist at the Texas Department of State Health Services.