

### Study Tool - Parent/Caregiver IDI Guide

**PROJECT TITLE: Measuring the Healthiness of Ghanaian Children's Food Environments to Prevent Obesity and Non-Communicable Diseases**

**Date:**

**Time:**

**Location:**

**Interviewer:**

**Note taker:**

#### Caregiver's background details here

| First Name | Area of residence | Relationship with child participant<br>e.g. Father<br>Mother<br>Other relative<br>House-help | Age of caregiver (years) | Sex of caregiver (M/F) | Name of Child FGD participant | Name of school the child participant goes to | Grade: of child participant<br>e.g. Class 1,<br>Form 1 |
|------------|-------------------|----------------------------------------------------------------------------------------------|--------------------------|------------------------|-------------------------------|----------------------------------------------|--------------------------------------------------------|
|            |                   |                                                                                              |                          |                        |                               |                                              |                                                        |

### **Food Provision-related Questions/issues to explore with parent**

- Explore parent/caregiver's understanding of **what a healthy diet** is (probe to receive elaborations on their views on what a healthy diet is. Is healthiness based on food safety? Food hygiene? Issues of obesity/NCDs?)
- Explore parent's understanding of **factors that may contribute or cause malnutrition** (both undernutrition as well as obesity)
- Explore parent's **awareness of school nutrition policies/programmes**
- Explore parent's **satisfaction with the provided and/or sold foods at school**

### **Food Promotion-related Questions/issues to explore with parent**

- Explore parent's **views on food adverts in general** (what are they intended for?)
- Assess **parent's perceptions of any effect adverts might have on their child food literacy, food preferences, food choices** etc
- Find out **which groups parents feel that food adverts are targeted at** (children, the aged, celebrities, educated, illiterates, male, female etc)
- Explore their **knowledge of advertising/marketing media, strategies or methods; techniques and their purpose** (e.g. marketing media --- Marketing strategies/methods..... etc)
- General recall of features of advertised product & brand recall (**Do parents recall adverts of food and non-alcoholic beverages?**. Let them give examples)
- Explore **parent's views on marketing restrictions on certain products** (e.g. **should there be restrictions on these? If yes, if no, why not?** trans fatty acids, non-sugar additives, sugar sweetened beverages)
- Explore **parent's perceptions on Nutrition and Health Claims on food advertisement** (**do parents believe or have confidence in them? [the claims] if yes, why? If no, why not....?**)
- Explore parents perspectives on promoting healthy food (e.g. counter marketing; **should public health advocates, health experts or authorities [e.g. Ghana Health Service] deliberately market healthy foods to counter adverts of unhealthy foods? ..if yes, why, if no why not**)

### Home Food environment-related questions to explore with parent

- Encouragement and modeling related to child eating [**do parents regularly or sometimes deliberately encourage their children to eat healthy foods, or deliberately purchase and consume such healthy foods – serving as a role-model for children?**]
- Restrictive food practices [**do parents regularly or sometimes restrict what their children can buy, or eat? explore to find kinds of foods** e.g. “my children are not allowed to buy or consume sweets”]
- Pressure to eat [**do parents regularly or sometimes pressure their children to buy, or eat certain foods? Explore kinds of foods** e.g. “my children are not allowed to buy or consume sweets”]
- **Instrumental and emotional feeding** (food parenting practices in which food is used as a reward to control children’s behaviors (instrumental feeding) or emotions (emotional feeding)).
- Do parents increase portion sizes of healthy foods [e.g. fruits and vegetables] or increase variety of foods, or decrease portion sizes of unhealthy foods....
- Do parents deliberately keep junk food out of home?
- Do parents provide reasoning for their food parenting actions? [food parenting practices that provide reasoning and education may be beneficial]
- Family rules related to child eating (**let each parent share examples if such rules exist at home**)
- Frequency of dinners out per week (**let each parent indicate how many times they have dinner out – per week**)
- Parent concern of healthy food costs (**let each parent indicate if they are concerned about cost of healthy foods**)

### Explore availability of the following categories of foods at home

| Available                             | Always | Most of the time | Sometimes | Not available at all |
|---------------------------------------|--------|------------------|-----------|----------------------|
| Fruits                                |        |                  |           |                      |
| Dark green vegetables                 |        |                  |           |                      |
| Salty snacks                          |        |                  |           |                      |
| Fat-free low-fat milk                 |        |                  |           |                      |
| Soft drinks/Sugar sweetened beverages |        |                  |           |                      |