

## **Content Validity of the Child Nutrition and Physical Activity Screening Tool**

K. B. Nemec, BS, K. S. Keim, PhD, RD, LDN, M. C. Mullen, MS, RD, LDN, K. Lui, MD, D. Sowa, MBA, RD, LDN

### **Objective**

The content validity of the Child Nutrition and Physical Activity (CNPA) screening tool was determined.

### **Study Design**

A cross sectional design using survey methods was used to collect input from experts about the CNPA. Experts were asked to evaluate items in each of six CNPA domains for theoretical relevance, clinical significance, clarity in wording, and cohesiveness via email.

### **Setting and Participants**

Eleven experts in pediatric weight management or questionnaire development reviewed the CNPA. Ten of the 11 experts were registered dietitians and nine of the 11 had a PhD. The experts have been in the field from one to 30 years, majority being in the field 20 years.

### **Outcome Measures and Analysis**

The CNPA consists of 22 items in six domains: dietary behavior, screen time, physical activity, confidence, importance, and perception. Proportion of experts who agreed domain items met criteria was calculated with 50% or more agreeing meeting criteria.

### **Results**

50% and more of the experts agreed that all CNPA domains were theoretically relevant, clinically significant, and were cohesive. Less than 50% of experts agreed that there was

clarity in wording in the confidence, importance, and perception CNPA domains.

### Conclusions and Implications

The CNPA may still need changes to increase content validity. This will mean further testing and development need to be done before a valid screening tool is created that can be used by health care providers in an urban pediatric primary care clinic.