

Appendix 5. Sample Springboard Assessment Questions and Probing Questions for Nutrition/Health Objectives

The following tables are examples of springboard assessment questions a CPA might ask a participant in order to elucidate all the nutrition/health objectives related to the participant's

health outcome. This is not an exhaustive list of springboard assessment questions or probing questions.

Table A5-1. Health Outcome–Based Springboard Questions for a Pregnant Woman

Desired health outcome: Delivery of a healthy full-term infant while maintaining the mother's optimal health status		
Nutrition/Health Objectives	Examples of Springboard Assessment Question	Examples of Probing Questions
Consuming a variety of foods to meet energy and nutrient requirements and remain free from foodborne illnesses	Tell me what you eat in a typical day.	<ul style="list-style-type: none"> • Are there any foods you avoid or dislike? • How many meals and snacks do you eat in a day? • What are some foods you eat that are related to your culture? • Do you have safe water and refrigeration at home?
Receiving ongoing health care, including prenatal care.	Are you going to all of your prenatal appointments?	<ul style="list-style-type: none"> • Are you having trouble getting a doctor's appointment?
Achieving the recommended weight gain.	How do you feel about your weight gain during this pregnancy?	<ul style="list-style-type: none"> • How much weight did your doctor tell you to gain? • How much did you gain with your last pregnancy? • How often do you go on walks or work out?
Remain free from nutrition-related illness or complications.	Tell me about any concerns or problems you are having with this pregnancy. Do you have any medical conditions?	<ul style="list-style-type: none"> • Do you take any medications? • Are you on a special diet? • Do you receive treatments for any medical condition?
Avoid alcohol, tobacco, and drugs.	Is there anything you feel you should do less of in order to have a healthy pregnancy?	<ul style="list-style-type: none"> • Do you use nicotine products? • Do you drink alcohol? • Does anyone living with you use nicotine products?

Table A5-1. Health Outcome–Based Springboard Questions for a Pregnant Woman *(continued)*

Desired health outcome: Delivery of a healthy full-term infant while maintaining the mother’s optimal health status		
Nutrition/Health Objectives	Examples of Springboard Assessment Question	Examples of Probing Questions
Make an informed decision about breastfeeding.	What have you heard about breastfeeding?	<ul style="list-style-type: none"> • Would you like to know more about breastfeeding? • Tell me about previous experience with breastfeeding? • What are your mom/partner/friends telling you about how to feed your baby?
Receive proper environmental and family support to thrive.	Tell me about who is available to help you during your pregnancy and with the new baby.	<ul style="list-style-type: none"> • Do you feel supported by your partner/parent/relative? • Do they have experience with a newborn?

Table A5-2. Health Outcome–Based Springboard Questions for a Breastfeeding Woman

Desired health outcome: Achieving optimal health during the childbearing years and reducing the risk of chronic diseases		
Nutrition/Health Objectives	Examples of Springboard Assessment Question	Examples of Probing Questions
Consume a variety of foods to meet energy and nutrient requirements and remain free from foodborne illnesses.	Tell me about the foods you typically eat over the course of a week.	<ul style="list-style-type: none"> • Do you feel like you're eating enough? • Do you drink/eat raw or unpasteurized milk/dairy products? • Has your diet affected your milk supply? • Do you drink plenty of fluids?
Receive ongoing health care, including early postpartum care.	Have you been attending or have you scheduled your postpartum check-up?	<ul style="list-style-type: none"> • Have you had any trouble getting an appointment?
Achieve a desirable postpartum weight or body mass index (BMI).	How do you feel about your weight?	<ul style="list-style-type: none"> • How often do you go on walks or work out? • Are you losing weight according to your doctor's recommendation? • What do you think is your ideal weight?
Remain free from nutrition-related illness or complications.	Do you see a doctor for a medical condition?	<ul style="list-style-type: none"> • Do you use nicotine products? • Do you drink alcohol? • Does anyone living with you use nicotine products?
Avoid alcohol, tobacco, and drugs.	Is there anything you feel you should do less of in order to have a healthy pregnancy?	<ul style="list-style-type: none"> • Do you use nicotine products? • Do you drink alcohol? • Does anyone living with you use nicotine products?
Breastfeed her infant(s) successfully.	How's breastfeeding going?	<ul style="list-style-type: none"> • What questions or concerns do you have about breastfeeding? • What do your partner and family members say about
Receive proper environmental and family support to thrive.	Tell me about who is helping you with breastfeeding or caring for your baby.	<ul style="list-style-type: none"> • How do you feel your partner has been able to support your breastfeeding efforts? • If you have returned to work*, is there a clean and safe place for you to pump and store your milk?

* These sample questions use "if you have returned to work." In practice, it is more participant-centered to ask the postpartum woman participant whether she has returned to work and then use probing questions to further investigate her feelings and circumstances.

Table A5-3. Health Outcome–Based Springboard Questions for a Non-Breastfeeding Postpartum Woman

Desired health outcome: Achieving optimal health during the childbearing years and reducing the risk of chronic diseases		
Nutrition/Health Objectives	Examples of Springboard Assessment Question	Examples of Probing Questions
Consume a variety of foods to meet energy and nutrient requirements and remain free from foodborne illnesses.	What are some of your favorite foods?	<ul style="list-style-type: none"> • Do you eat foods from all of the food groups? • Do you like to cook/prepare family meals?
Receive ongoing health care, including early postpartum care.	What did your doctor tell you during your postpartum visit?	<ul style="list-style-type: none"> • Do you understand what your doctor told you? • Did your doctor prescribe you any medications?
Achieve a desirable postpartum weight or body mass index (BMI).	How do you feel about your weight currently?	<ul style="list-style-type: none"> • Do you feel like you are losing weight at an appropriate rate? • Has your doctor said anything about losing weight after a baby?
Remaining free from nutrition-related illness or complications.	Have you been diagnosed with any medical condition/disease?	<ul style="list-style-type: none"> • Do you feel like you are properly managing your medical complications[*]?
Avoid alcohol, tobacco, drugs, and other harmful substances.	What, if any, concerns do you have about alcohol, tobacco, or drugs for yourself or others around you and the baby?	<ul style="list-style-type: none"> • Is there anyone at home who is using nicotine products? • Are you aware of what is in secondhand smoke?
Receive proper environmental and family support to thrive.	Who is available if you need help?	<ul style="list-style-type: none"> • If you have returned to work[†], do you feel like your work environment is supportive? • Do you feel supported by those at home?

^{*} These sample questions use “medical complications.” In practice, it is more participant-centered to use the participant’s medical history and say the medical complication by name (e.g., diabetes, hypertension).

[†] These sample questions use “if you have returned to work.” In practice, it is more participant-centered to ask the postpartum woman participant whether she has returned to work and then use probing questions to further investigate her feelings and circumstances.

Table A5-4. Health Outcome–Based Springboard Questions for an Infant

Desired health outcome: Achieving optimal health during the childbearing years and reducing the risk of chronic diseases		
Nutrition/Health Objectives	Examples of Springboard Assessment Question	Examples of Probing Questions
Consume human milk and iron-fortified infant formula and other foods as developmentally appropriate and remain free from foodborne illnesses.	How does your baby* act when he or she is hungry?	<ul style="list-style-type: none"> • What is your baby eating? • How often is your baby nursing/drinking a bottle? • If formula fed, how do you mix formula? • What are your thoughts about when to give your baby solids? • Has your doctor prescribed vitamins/minerals for your baby?
Receive ongoing health care, including screenings and immunizations.	What has your baby's doctor told you during the well-baby check-ups?	<ul style="list-style-type: none"> • Is your baby up to date on his/her immunizations? • Are you able to make all of your baby's doctor's appointments?
Achieve a normal growth pattern.	How do you feel about your baby's weight and growth?	<ul style="list-style-type: none"> • Do you feel that your baby is getting enough to eat? • What does the doctor say about your baby's growth?
Remaining free from nutrition-related illness or complications.	Does your baby have any medical conditions?	<ul style="list-style-type: none"> • Does your baby have any medical conditions that make it hard for him/her to eat? • Is your baby on any medications? • Is your baby able to perform the appropriate milestone†?
Receiving proper environmental and family support to thrive.	Who helps you care for your baby?	<ul style="list-style-type: none"> • Tell me about where your baby sleeps. • Does anyone at home smoke?

* These sample questions use "your baby." In practice, it is more participant-centered to use the infant's name when speaking with the parent/caregiver.

† This sample question uses "appropriate milestone." In practice, the CPA would know the age of the baby and the corresponding milestone to inquire about. For example, if the participant is 9 months old, it would be appropriate to ask whether the baby is picking up cereal O's with its thumb and index finger.

Table A5-5. Health Outcome–Based Springboard Questions for a Child 12–60 Months of Age

Desired health outcome: Achieving optimal growth and development in a nurturing environment and beginning to form dietary and lifestyle habits associated with a lifetime of good health		
Nutrition/Health Objectives	Examples of Springboard Assessment Question	Examples of Probing Questions
Consume a variety of foods to meet energy and nutrient requirements, achieve developmental milestones for self-feeding and remain free from foodborne illnesses	Tell me about feeding times with your child.*	<ul style="list-style-type: none"> • Do you feel that your child eats a variety of food? • Is there anything that your child refuses to eat? • Describe mealtime at your house. • How often does your family eat out?
Receive ongoing preventive health care, including screenings and immunizations.	What has your child's doctor told you?	<ul style="list-style-type: none"> • Are you able to make all of your child's doctor's appointments? • Has your child been screened for blood lead? • Is your child on any medications?
Achieve a normal growth pattern.	How do you feel about your child's growth?	<ul style="list-style-type: none"> • What does your child's doctor say about his/her growth? • What kind of play activities does your child enjoy?
Remain free from nutrition-related illness or complications.	Does your child have any medical conditions?	<ul style="list-style-type: none"> • Does your child see a doctor for anything other than a well-child visit? • Is your child on any special diet? • Does your child have any cavities or fillings?
Achieve developmental milestones.	Tell me something your child has recently learned to do on his/her own.	<ul style="list-style-type: none"> • Is your child able to perform the appropriate milestone†? • How does your child tell you he/she is full?
Receive proper environmental and family support to thrive.	Who helps you care for your child?	<ul style="list-style-type: none"> • Does your child have a safe place to play? • When you're not home, who is feeding your child?

* These sample questions use "your child." In practice, it is more participant-centered to use the child's name when speaking with the parent/caregiver.

† This sample question uses "appropriate milestone." In practice, the CPA would know the age of the baby and the corresponding milestone to inquire about. For example, if the baby were 9 months old, it would be appropriate to ask if he/she is picking up cereal O's with the thumb and index finger.