

NEMS-R Scoring System Dimensions

03/29/2011

Total Range, no kid's menu: -5 to 21

Total Range Complete: -8 to 30

Survey Q #	Variable	Point Value
Availability of Healthful Options		
16a	Total main dish entrees available	
16a	# of main dish entrees	
16b	Healthy entrée available	1 healthy choice = 1 pt
16b	# of healthy entrees	2-4 choices = 2 pts 5+ choices = 3 pts
16b/a	Proportion of healthy entrees	
17a	Main dish salads available	
17a	# Main dish salads	
17b	Healthy main-dish salads available	1 healthy choice = 1 pt
17b	# Healthy main dish salads	2-4 choices = 2 pts 5+ choices = 3 pts
17b/a	Proportion healthy main dish salads	
17c	Low-fat or fat-free salad dressing	1 healthy choice = 1 pt 2 choices = 2 pts 3+ choices = 3 pts
18	Fruit availability	Yes = 1
19	Non-fried vegetable availability	Yes = 1
12a	Regular chip availability	No points
12b	Baked chip availability	Yes = 1
13a	Bread availability	No points
13b	Whole grain bread availability	Yes = 1
20	Diet soda availability	No points
21	Other healthy or low-cal beverage	
14	100% fruit juice availability	Yes = 1
15	1% or nonfat milk availability	Yes = 1
Range for section		0 to 15
Facilitators of healthy eating		
22a	Nutrition information on menu	Yes for EITHER = 1
22b	Healthy entrees identified on menu	
22c	Reduced sized portions available	Yes = 1
22d	Healthy requests encouraged	Yes = 1
10	Salad Bar	No points
24b	Healthy entrees less expensive than regular entrees	Yes = 1
11a	Nutrition information posted	Yes = 1
11b	Highlighting healthy options	Yes for EITHER = 1
11c	Healthy eating encouraged	
6c	Internet: Nutrition information available	Yes = 1
6d	Internet: ID of healthier menu options	Yes = 1
Range for Section		0 to 8

Barriers to healthful eating

23a	Large portions encouraged	Yes = -1
23b	Menu discourages special requests	Yes = -1
23c	"All you can eat" or "unlimited" available	Yes = -1
11f	Low-carbohydrate promotion	No points
24a	Combination meal cheaper than sum price of individual items	Yes = -1
24c	No charge for shared entrée	No points
24d	Designated smaller portion less expensive than regular portion	No points
11d	Unhealthy eating encouraged	Yes for EITHER = -1
11e	Overeating encouraged	
Range for section:		-5 to 0

Kid's menu

25	Availability	No points
25a	Age limit	No points
25k	Nutrition information on menu	Yes = 1
25b	Health choice availability	Yes = 1
25c	100% fruit juice availability	Yes = 1
25d	1% or nonfat milk availability	Yes = 1
25e	Free refills	Yes = -1
25f	Healthy side availability	Yes = 1
25g	Substitute healthy side	Yes = 1
25h	Assigned healthy side	Yes = 1
25i	Unhealthy dessert automatic	Yes = -1
25j	Any healthy desserts availability	Yes = 1
25l	Unhealthful eating promotion	Yes = -1
25m	Healthful eating promotion	Yes = 1
Range for section:		-3 to 9