

NEMS

The food, or nutrition environment, is widely believed to contribute to the increasing epidemic of childhood and adult obesity in the United States.

Nutrition environments are the places in a community where people buy or eat food. In order to identify and describe community nutrition environments, there is a need for well-defined and reliable tools to measure these environments, and for trained observers who can use the measures in their communities.

With the support of our funders, The University of Pennsylvania developed a training program on the Nutrition Environment Measures Survey for Stores (NEMS-S) and Restaurants (NEMS-R) for researchers and community advocates and leaders so they can use the tools for research and action in their own communities.

NEMS Restaurant Measures (NEMS-R)

Assessments of nutrition environments at restaurants focus on eight types of food indicators:

- healthy main dish choices (low-fat, low-calorie, healthy main dish options)
- availability of fruits and vegetables without added sauce
- whole grain bread
- baked chips
- beverages
- children's menus
- signage and
- promotions, facilitators and barriers to healthy eating, pricing, and accessibility

<http://www.med.upenn.edu/nems/index.shtml>