

Table 3 Descriptive Analysis of the questionnaire pilot in Saarland and Berlin in March and July 2024.

	Min	Max	Mean	SD ¹	Yes	No	no answer (no)	missing (no)	Scores (%)
Question 1: I assess the allergy risk of children...									
...for all families									26 (44,1%)
... for families with pre-existing allergies									19 (32,2%)
...only on request by the parents									8 (13,6%)
...not at all									6 (10,2%)
...no answer									0
Question 2: I assess the allergy risk of children... (Range 1-5)									
...verbally	2	5	4,3	0,8					
...in writing, e.g. questionnaire	1	5	1,7	1,2					
...on the basis of existing documents, e.g. maternity record, medical check-up booklet of the child, ...	1	5	3,9	1,2					
Question 3: I find the following topics important when advising parents on allergy prevention (Range 1-5)									
breastfeeding	3	5	4,9	0,4					
formula, milk-based foods	1	5	4,2	1					
introduction of complementary food	2	5	4,5	0,8					
ingredients and additives in food	2	5	4,1	0,9			1		
personal hygiene, e.g. soap, creams	2	5	4,3	0,9					
environmental hygiene, e.g. cleaning and disinfection of objects,	1	5	3,8	1,1					

¹ Standard Deviation

	Min	Max	Mean	SD ¹	Yes	No	no answer (no)	missing (no)	Scores (%)
detergents, air fresheners									
contact materials, e.g. baby carriages, toys, clothing	1	5	3,3	1,1					
mould and other harmful substances	1	5	4	1,1			1		
contact with nature, playing/crawling outside	1	5	4,2	1					
pets	1	5	3,5	1,2			2		
smoking	2	5	4,7	0,7					
Question 4: I agree with the following statements on allergy prevention (Range 1-5)									
Babies should be exclusively breastfed for the first 4-6 months	3	5	4,8	0,6					
Complementary food should be introduced from the beginning of the fifth month and at the latest from the beginning of the seventh month of life with continued breastfeeding	1	5	3,9	1,2					
Boiled chicken eggs and fish should not be introduced in the first year of life	1	5	2,5	1,5					
Pregnant women should follow a special diet to reduce the risk of allergies in the new-born	1	5	1,8	1					
Children at risk of allergies should also be vaccinated in accordance with Standing Committee on Vaccination recommendations	1	5	3,4	1,3			5		
A cat should not be acquired when children	1	5	2,7	1,2			5		

	Min	Max	Mean	SD ¹	Yes	No	no answer (no)	missing (no)	Scores (%)
are at risk of developing allergies									
All children who are not breastfed should receive hypoallergenic formula	1	5	2,1	1,2					
A caesarean section increases a child's risk of allergies	1	5	3,9	1,1			2		
Question 5a: Are you familiar with the following definition of Health Literacy: Health literacy is the knowledge, motivation and ability to find, understand, evaluate and apply health information.									
Familiar									19 (32,2%)
More or less familiar									12 (20,3%)
Partly familiar									3 (5,1%)
Somewhat familiar									8 (17%)
Not familiar at all									5 (8,5%)
Question 5b: I understand Health Literacy as:									
Question 6: I find it easy to: (Range 1-5)									
...inform myself about allergy prevention	1	5	3,5	1				7 (11,9%)	
...recognize whether parents understood what I said	2	5	4,3	0,8				7 (11,9%)	
...assess the Health Literacy of parents	1	5	3,9	0,9				7 (11,9%)	
...pass on information on allergy prevention to parents in an understandable way	1	5	4	0,8				7 (11,9%)	
Question 7: I know... (Range 1-5)									
...the national guideline on allergy prevention (%)					33 (55,9%)	17 (28,8%)	2 (3,4%)	7 (11,9%)	
...the exact contents of the national guideline on allergy prevention (%)					17 (28,8%)	31 (52,5%)	4 (6,8%)	7 (11,9%)	

	Min	Max	Mean	SD ¹	Yes	No	no answer (no)	missing (no)	Scores (%)
...screening tools to assess the health literacy of parents, e.g. questionnaires (%)					12 (20,3%)	37 (67,7%)	3 (5,1%)	7 (11,9%)	
...the teach-back method (%)					30 (50,8%)	20 (33,9%)	2 (3,4%)	7 (11,9%)	
Question 8: When I advise parents on allergy prevention... (Range 1-5)									
...I present scientific studies for explanation and discuss these directly with the parents	1	4	2,5	1				7 (11,9%)	
...I talk to parents about the national guideline on allergy prevention	1	5	2,4	1,3			2	7 (11,9%)	
...I explain in my own words what can be done to prevent allergies	1	5	4	0,9				7 (11,9%)	
....I don't talk explicitly about allergy prevention, but about topics such as breastfeeding, nutrition, etc. and tell the parents how best to do this	1	5	3,8	1,1			1	7 (11,9%)	
Question: 9: When I meet parents for the first time, I assess their health literacy by... (Range 1-5)									
...my first impression of the family (appearance, parent-child interaction, living environment)	2	5	3,7	0,9			2	7 (11,9%)	
...the conversation with parents (language, questions asked)	2	5	3,9	0,9			1	7 (11,9%)	
...the parents' educational qualifications / occupation	1	5	2,7	1,1				7 (11,9%)	
...using a questionnaire	1	5	1,6	1			2	7 (11,9%)	
Question 10: When I talk to parents... (Range 1-5)									

	Min	Max	Mean	SD ¹	Yes	No	no answer (no)	missing (no)	Scores (%)
...I adapt my language to the other person	1	5	4,5	0,8				7 (11,9%)	
...I always explain medical terms	3	5	4,5	0,6				7 (11,9%)	
...I summarize the parents' questions again in my own words to make sure that I have understood them correctly	1	5	3,6	1				7 (11,9%)	
...at the end, I repeat what has been discussed	1	5	4	1				7 (11,9%)	
...I have the parents repeat what I have told them	1	5	2,4	1				7 (11,9%)	
...I use pictures and objects to explain health topics	1	5	2,8	1				7 (11,9%)	
...to conclude, I emphasize the three most important points of the consultation	1	5	3,2	1,1				7 (11,9%)	
Question 11: I talk to parents about... (Range 1-5)									
...where and how they can find reliable sources of information on health topics, e.g. on early childhood allergy prevention	1	5	3,2	1,1				7 (11,9%)	
...how they can decide whether a health information is reliable	1	5	2,6	1,1			1	7 (11,9%)	
Question 12: I agree with the following statements about my work as a midwife: (Range 1-5)									
As a midwife, I can have significant influence on allergy prevention	3	5	4,3	0,7				7 (11,9%)	
I have enough time during the consultation	1	5	2,7	1,3				7 (11,9%)	

	Min	Max	Mean	SD ¹	Yes	No	no answer (no)	missing (no)	Scores (%)
no answer									7 (11,9%)
other: _____									0
Question 17: I would like information on allergy prevention to be passed on to parents in the following form (multiple choice possible)									
Scientific publications prepared for parents									26 (44,1%)
brochures									43 (72,9%)
videos (e.g. YouTube)									28 (47,5%)
websites									19 (32,3%)
podcasts									18 (30,5%)
apps									16 (27,1%)
journals/magazines									7 (11,9%)
posters									10 (16,9%)
none of the above									1 (1,7%)
no answer									7 (11,9%)
other:_____									1 (1,7%)