

Curricula _____

County _____

Date _____



Survey

Participant Information

Age: (Please check one)

- Teen
- Adult age 19-40
- Adult age 41-59
- Adult age 60+

Gender: (Please circle one)

Male Female

BE WAIST & WALLET WISE

Please help us make our programs and materials better by answering the following questions. First think about what you will do from now on and then think back to what you did before. *Circle the best answer for each.*

Never Often Always

After today, how often will you eat meals that include a variety of foods from MyPyramid?

1 2 3 4 5

Before today, how often did you eat meals that included a variety of foods from MyPyramid?

1 2 3 4 5

After today, how often will you drink the proper amount of fluids each day?

1 2 3 4 5

Before today, how often did you drink the proper amount of fluids each day?

1 2 3 4 5

BE WAIST & WALLET WISE

	Never		Often		Always
After today , how often will you use a plan for how to spend your money?	1	2	3	4	5
Before today , how often did you use a plan for how to spend your money?	1	2	3	4	5
After today , how often will you shop for food from a list?	1	2	3	4	5
Before today , how often will you shop for food from a list?	1	2	3	4	5

After today, how often will you eat fried foods (such as french fries)?

1. never
2. less than 1 time per week
3. 1-3 times per week
4. 4-6 times per week
5. every day

Before today, how often did you eat fried foods (such as french fries)?

1. never
2. less than 1 time per week
3. 1-3 times per week
4. 4-6 times per week
5. every day

Continued on next page

BE WAIST & WALLET WISE

After today, which of the following will best describe your activity level?

(Circle one)

- 1) not much physical activity
- 2) physical activity (like walking) in most weeks
- 3) physical activity (like walking) at least 30 minutes per day, 1 or 2 days per week
- 4) physical activity (like walking) at least 30 minutes per day, 3 or 4 days per week
- 5) physical activity (like walking) at least 30 minutes per day, 5 or more days per week

Before today, which of the following best described your activity level?

(Circle one)

- 1) not much physical activity
- 2) physical activity (like walking) in most weeks
- 3) physical activity (like walking) at least 30 minutes per day, 1 or 2 days per week
- 4) physical activity (like walking) at least 30 minutes per day, 3 or 4 days per week
- 5) physical activity (like walking) at least 30 minutes per day, 5 or more days per week

Which of these food programs do you think you will use in the next 12 months?

(Circle all that apply)

- 1) WIC
- 2) Vision Card
- 3) School Breakfast
- 4) School Lunch
- 5) Food Pantry
- 6) Summer Child Feeding Program

Which of these food programs did you use in the last 12 months?

(Circle all that apply)

- 1) WIC
- 2) Vision Card
- 3) School Breakfast
- 4) School Lunch
- 5) Food Pantry
- 6) Summer Child Feeding Program