

Food Smarts Workshop

Pre-Workshop Questionnaire for Adults



Site Name

1. I am a Male Female

2. I am 18-59 years 60+

3. Please check one group that describes you. If two describe you, check both:

- | | |
|---|--|
| <input type="checkbox"/> White, not Hispanic | <input type="checkbox"/> Native American/Alaska, not Hispanic |
| <input type="checkbox"/> White, and Hispanic/Latino | <input type="checkbox"/> Native American/Alaska and Hispanic |
| <input type="checkbox"/> Hispanic/Latino | <input type="checkbox"/> Hawaiian Native/Pacific Islander |
| <input type="checkbox"/> African American, not Hispanic/Latino | <input type="checkbox"/> Asian |
| <input type="checkbox"/> African American and Hispanic/Latino | <input type="checkbox"/> Other |

4. Read each statement and select the best answer to describe your shopping habits. I know how to:

- | | | |
|---|------------------------------|-----------------------------|
| a) Read a label for nutrition information | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| b) Use a grocery list when I shop | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| c) Avoid foods with added fats, salt and sugar | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| d) Look for 100% whole grain foods | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| e) Shop the perimeter of the grocery store; avoid center aisles | <input type="checkbox"/> Yes | <input type="checkbox"/> No |

5. What you eat can make a difference in your chances of getting heart disease or cancer

- Disagree Not Sure Agree

6. I will have more energy if I eat fruits and vegetables Disagree Not Sure Agree

7. I will get sick more often if I don't eat fruits and vegetables Disagree Not Sure Agree

8. Eating fruits and vegetables may help me manage my weight Disagree Not Sure Agree

9. When shopping at the grocery store, how often do you:

	Never	Rarely	Sometimes	Most of the Time	All of the Time
Read a label for nutrition information					
Use a grocery list when you shop					
Avoid foods with added fats, salt and sugar					
Look for low-fat dairy products					
Look for 100% whole grain foods					
Shop the perimeter of the grocery store; avoid center aisles					

10. How often do you:

	Never	Rarely	Sometimes	Most of the Time	All of the Time
Eat more than one kind of fruits daily?					
Eat more than one kind of vegetable daily?					
Eat fruits and vegetables as snacks?					
Eat green salad					
Drink water from a glass, a bottle, or a water fountain?					
Drink sugary beverages (soft drinks, energy drinks, sweetened tea, juice, sweetened coffee drinks)					

11. During the past 7 days, on how many days were you physically active for a total of at least 60 minutes per day?

(Add up all the time you spent in any kind of physical activity that increased your heart rate and made you breathe hard some of the time)

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12. On average, how many hours do you watch television, play video games or computer games or use a computer or smartphone for something that is not work/school/homework?

(Include activities such as Xbox, PlayStation, Nintendo DS, iPod touch, Facebook, and the Internet)

- I do not watch television, play video games or computer games or use a computer or smartphone for something that is not work/school/homework
- Less than 1 hour per day
- 1 hour per day
- 2 hours per day
- 3 hours per day
- 4 hours per day
- 5 or more hours per day

13. Would you say your general health is: Poor Fair Good Very Good Excellent

14. Now think about your physical health, which includes physical illness and injury, for how many days during the past 14 days was your physical health not good?

15. Now thinking about your mental health, which includes stress, depression, and problems with emotions, for how many days during the past 14 days was your mental health not good?

16. In the last 14 days, for about how many days did poor physical or mental health keep you from doing your usual activities, such as self-care, work, or recreation?

17. In the last 14 days, for about how many days have you felt you did NOT get ENOUGH REST or SLEEP?

18. In the last 14 days, for about how many days have you felt VERY HEALTHY AND FULL OF ENERGY?

19. "The food that (I/we) bought just didn't last, and (I/we) didn't have money to get more." Was that often, sometimes, or never true for (you/your household) in the last 12 months?

- Often true Sometimes true Never true Don't Know

20. "(I/we) couldn't afford to eat balanced meals."

Was that often, sometimes, or never true for (you/your household) in the last 12 months?

- Often true Sometimes true Never true Don't Know

21. In the last 12 months, were you every hungry but didn't eat because there wasn't enough money for food?

- Yes No Don't Know

Food Smarts Workshop

Post-Workshop Questionnaire for Adults



Site Name

1. I am a Male Female

2. I am 18-59 years 60+

3. Please check one group that describes you. If two describe you, check both:

- | | |
|---|--|
| <input type="checkbox"/> White, not Hispanic | <input type="checkbox"/> Native American/Alaska, not Hispanic |
| <input type="checkbox"/> White, and Hispanic/Latino | <input type="checkbox"/> Native American/Alaska and Hispanic |
| <input type="checkbox"/> Hispanic/Latino | <input type="checkbox"/> Hawaiian Native/Pacific Islander |
| <input type="checkbox"/> African American, not Hispanic/Latino | <input type="checkbox"/> Asian |
| <input type="checkbox"/> African American and Hispanic/Latino | <input type="checkbox"/> Other |

4. Read each statement and select the best answer to describe your shopping habits. I know how to:

- | | | |
|---|------------------------------|-----------------------------|
| a) Read a label for nutrition information | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| b) Use a grocery list when I shop | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| c) Avoid foods with added fats, salt and sugar | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| d) Look for 100% whole grain foods | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| e) Shop the perimeter of the grocery store; avoid center aisles | <input type="checkbox"/> Yes | <input type="checkbox"/> No |

5. What you eat can make a difference in your chances of getting heart disease or cancer

- Disagree Not Sure Agree

6. I will have more energy if I eat fruits and vegetables Disagree Not Sure Agree

7. I will get sick more often if I don't eat fruits and vegetables Disagree Not Sure Agree

8. Eating fruits and vegetables may help me manage my weight Disagree Not Sure Agree

9. During the past 7 days, on how many days were you physically active for a total of at least 60 minutes per day?

(Add up all the time you spent in any kind of physical activity that increased your heart rate and made you breathe hard some of the time)

.....

10. Over the past SEVEN days, when shopping at the grocery store, how often did you:

	Never	Rarely	Sometimes	Most of the Time	All of the Time
Read a label for nutrition information					
Use a grocery list when you shop					
Avoid foods with added fats, salt and sugar					
Look for low-fat dairy products					
Shop the perimeter of the grocery store; avoid center aisles					

11. Over the past SEVEN days, when eating, how often did you:

	Never	Rarely	Sometimes	Most of the Time	All of the Time
Eat more than one kind of fruits daily?					
Eat more than one kind of vegetable daily?					
Eat fruits and vegetables as snacks?					
Eat green salad					
Drink water from a glass, a bottle, or a water fountain?					
Drink sugary beverages (soft drinks, energy drinks, sweetened tea, juice, sweetened coffee drinks)					

12. On average, how many hours do you watch television, play video games or computer games or use a computer or smartphone for something that is not work/school/homework?

(Include activities such as Xbox, PlayStation, Nintendo DS, iPod touch, Facebook, and the Internet)

- I do not watch television, play video games or use a computer or smartphone for something that is not work/school/homework
- Less than 1 hour per day
- 1 hour per day
- 2 hours per day
- 3 hours per day
- 4 hours per day
- 5 or more hours per day

13. Would you say your general health is: Poor Fair Good Very Good Excellent

14. Now think about your physical health, which includes physical illness and injury, for how many days during the past 14 days was your physical health not good?

15. Now thinking about your mental health, which includes stress, depression, and problems with emotions, for how many days during the past 14 days was your mental health not good?

16. In the last 14 days, for about how many days did poor physical or mental health keep you from doing your usual activities, such as self-care, work, or recreation?

17. In the last 14 days, for about how many days have you felt you did NOT get ENOUGH REST or SLEEP?

18. In the last 14 days, for about how many days have you felt VERY HEALTHY AND FULL OF ENERGY?

19. Have you prepared a workshop recipe at home?

- a No b No, but I plan to make one c Yes, once d Yes, more than once

If b, c, or d. Please share which recipe(s) you made or plan to make!

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20. "The food that (I/we) bought just didn't last, and (I/we) didn't have money to get more." Was that often, sometimes, or never true for (you/your household) in the last 3 months?

- Often true Sometimes true Never true Don't Know

21. "(I/we) couldn't afford to eat balanced meals." Was that often, sometimes, or never true for (you/your household) in the last 3 months? Often true Sometimes true Never true Don't Know

22. In the last 3 months, were you every hungry but didn't eat because there wasn't enough money for food?

- Yes No Don't Know