

California EFNEP

Questions/concerns for the new 2017 Adult Food and Physical Activity Behavior Questionnaire

Location	Question/Concern	Response – added 8/23/17
Overall	<p>Literacy level is not appropriate for our populations and for English language learners. This questionnaire is very intimidating and overwhelming at first glance. There is a lot of text, long sentences, and use of complex words.</p> <p>The Spanish translation may be even more lengthy.</p>	
Overall	<p>The reading level of this document is at a 7th grade according to Flesch-Kincaid. This is quite high considering CA EFNEP participants' literacy level. The previous Checklist was at a 3.5 grade level. (see screenshots below)</p> <p>Participants with literacy problems may choose to leave questions unanswered.</p> <p>How was this tested with low literacy participants? What changes are being made to reduce the reading level?</p>	<p>These questions were cognitively tested with 350 low-income participants. Reliability testing was conducted with over 200 low-income participants. Most multi-syllable words are common fruit and vegetable names.</p> <p>The questions are undergoing validity testing. No changes are planned to reduce the reading level.</p>
Overall	<p>This questionnaire does not contain photos. Our Educators found the photos were beneficial and gave participants a visual example of what the question was asking.</p>	<p>Two of the FRM photo questions from CA were part of the cognitive test; participants preferred the worded questions.</p> <p>Developing a pictorial questionnaire was not part of the task undertaken by the Behavior Checklist Committee and NC2169. Perhaps another group would like to do this work. The current team is finalizing the validity testing and does not plan to do additional work on the English questions.</p>
Overall	<p>There is no longer a question about nutrition label reading, yet much time is spent on this in the nutrition education classes and this has shown as being an improved nutrition practices in</p>	<p>This was based on information from the expert panel. They did not feel that label reading was a critical behavior to measure. Other questions could</p>

	our WebNEERS reports. Why was this removed?	measure more important behaviors.
Title	Questionnaire is not a common term used by our clients and can be very intimidating. Consider using Checklist (which would also match the terminology in WebNEERS and assist staff when doing data entry)	The form is not really a “checklist.” It translates well in Spanish. WebNEERs is being updated for the new questionnaire.
Entire document	This questionnaire has several different types of questions. “Over the last week, ...” “How many times a day,” “How often,....” Throughout the questionnaire these type of questions are used but not sectioned together. Participants seem to have difficulty going from one type of question to another and then back. Was there a specific reason for the order of these questions?	The questions were kept together by content area.
All questions	These questions contain lengthy sentences. There an average of 14.8 words per sentence in the new document compared to 8.8 previously used checklist. Every question could be shortened and changed to an “I” statement. For example; 1. How many <u>times a day</u> , do you eat fruit? -I rarely eat fruit -Less than 1 time a day (a couple times a week) -1 time a day -2 times a day -3 times a day -4 or more times a day Becomes I eat fruit ___ times a <u>day</u> . -0 -less than 1 -2 -3 -4 or more	Several domains did ask about “I” questions during cognitive testing. Many participants stated they preferred “how many” questions.

	<p>“How often do you” becomes “I”. “You” becomes “I”.</p> <p>Just these changes would reduce the reading level to 6.4 and the average words per sentence to 12.6.</p>	
Q1-4, & 7-9	<p>These questions have additional text between lines. If Educators are reading each question and answer choices aloud, why can't this text be included in the protocol document?</p> <p>Removing this text and changing the questions to statements changes the reading level to 5.8 grade level.</p>	<p>This is based on participant feedback on the cognitive interviews.</p> <p>Not all educators will read the questions to the participants.</p>
Page 1 & 2	<p>“There is more on the next page” is nearly the same size font as the questions. It seems this text is not as important as the content and could be smaller and reduced to “more” or “continue”</p>	<p>Thank you for the input.</p>
Q1, 2, 9 - 20	<p>Use of the word “rarely”. This is a difficult word for participants to understand. Suggest changing to a more easily understood word.</p>	<p>This word was selected based on 350 cognitive interviews. There were many different words offered; participants preferred rarely.</p>
Q 5 & 6	<p>These “How often” question response options span “times a week” to “times a day”. This is a complex concept. Suggest choosing response options that remain in one category (day or week) or going to a the broader response category similar to those found in Q9-20).</p>	<p>This is based on interviews with participants.</p>
Q 7	<p>This question excludes common activities previously thought to include as physical activity (housework, taking care of kids, walking). Many of our participants are reliant on public transit and walk from house to station or “from place to place”. It seems like a missed opportunity to capture physical activity by excluding this activity.</p> <p>The texts states that housework does not count as an exercise but our ESBA handouts define exercise as activity that increases your heart rate. This is likely to create confusion.</p>	<p>It is important to understand that the purpose of question 7 is to assess participants’ moderate to vigorous physical activity (MVPA), in terms of the degree to which they meet current recommendations. The recommendations from the 2008 Physical Activity Guidelines for Americans are that all adults engage in (MVPA) on most days (i.e., at least 150 mins of moderate aerobic physical</p>

<p>Q7 continued</p>	<p>We promote walking as a form of physical activity in ESBA, yet it is not included in the example text.</p> <p style="text-align: center;">--continued--</p> <p>Suggest to use “physical activity” or “movement activity” instead of the word “exercise”.</p> <p>Additionally “taking care of your kids” is not to be counted, but this could encompass playing tag with them at the park. Wouldn’t we want to include this as activity?</p>	<p>activity or 75 mins of vigorous aerobic physical activity per week). Further, according to the 20078 Physical Activity Guidelines for Americans, the MVPA should be performed in 10-mins bouts to achieve health benefits.</p> <p>The MyPlate website (https://www.choosemyplate.gov/physical-activity-what-is) states the following: “Only moderate and vigorous intensity activities count toward meeting your physical activity needs. With vigorous activities, you get similar health benefits in half the time it takes you with moderate ones. You can replace some or all of your moderate activity with vigorous activity. Although you are moving, light intensity activities do not increase your heart rate, so you should not count these towards meeting the physical activity recommendations. These activities include walking at a casual pace, such as while grocery shopping, and doing light household chores.”</p> <p>It goes on to provide the following examples.</p> <p>Moderate physical activities include:</p> <ul style="list-style-type: none">• Walking briskly (about 3½ miles per hour)• Bicycling (less than 10 miles per hour)• General gardening (raking, trimming shrubs)• Dancing• Golf (walking and carrying clubs)• Water aerobics• Canoeing• Tennis (doubles)
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		may not be able to engage in MVPA for 10 consecutive minutes before completing EFNEP classes.
Q8	The word “workouts” seems exclusive to our low-income audience. Often they express that a workout can only happen in a gym which few have access. Could we use another word that isn’t so exclusive? Perhaps “activities” or “exercises”?	<p>The purpose of this question was to assess what activities participants’ did “to make your (their) muscles stronger,” (i.e., strength training). The 2008 Physical Activity Guidelines for Americans recommends engaging in these activities at least 2 days/week. Similarly, the MyPlate website says, “Adults should also do strengthening activities, like push-ups, sit-ups and lifting weights, at least 2 days a week.”</p> <p>The word “workout” was used in this question to emphasize it should be intentional muscle strengthening physical activities. When we asked participants to name “activities to make your muscles stronger,” they named almost every activity they could, including those that are not muscle-strengthening activities.</p>
Q9-15 & 17-20	These response options include % of time. This is a very complex concept and could lead to participant confusion. Suggest removing percentage related text.	This was tested with participants. It encourages greater consistency in understanding the response options. Participants preferred the % to words only.
Q9-15 & 17-20	All response options start with a capitalized letter. Consider using lower case for each option to improve readability.	
Q11	Why was washing with soap and warm water not included in this question?	Results from the cognitive interviews indicated that when hot soapy water was included in the question that many wanted to include bleach or other sanitizing solutions. When wash was used alone they interpreted this as more inclusive.
Q15	Participants may not be familiar with WIC or SNAP. Suggest to	WIC, SNAP and food pantry was tested with

	remove these examples and leave “food assistance” or similar.	participants.
Q19	Suggest to add “freezer” as a location to look in the question text.	We do not feel comfortable adding additional words to already tested current questions.
Facilitation Protocol	Will this also be in other languages, or only in English? (need for Spanish, Chinese, Vietnamese, Hmong)	Yes, in Spanish.
Facilitation Protocol Q1	Examples of fruits is not necessary. It is sufficient to direct participants to 1) include fresh/frozen/dried or canned, 2) do not include juice and 3) only count when serving size is large enough. (the last Q&A).	This came out of the cognitive interviews. Participants preferred the examples.
WebNEERS	Will any additional data be collected on this questionnaire (ex public assistance at exit or a space for participant reported changes made)?	No, each state should collect this type of data as they normally do.
Overall questionnaire & Facilitation Protocol	Can formatting changes be made at the state level, or does it need to be administered as is? Can we add any branding or our logo?	It is recommended that it be administered as is. There will be a document posted at efnep.org that that allows addition of logos. In addition, a document will be available at http://eatingsmartbeingactive.colostate.edu/for-program-leaders/paperwork/forms/ . This is available at no charge and is not branded in any way.

2017 Questionnaire

Please mark the response that best describes how you usually do things.

¶

1. → How many times a day

Examples of fruits are apples, dried, or canned fruit. Do not

I rarely eat fruit

Less than 1 time a day (a couple

1 time a day

2 times a day

3 times a day

4 or more times a day ¶

¶

2. → How many times a day

Examples of vegetables are green salad, corn, green beans, carrots, potatoes, greens, and squash. Include fresh, canned and frozen vegetables. Do not count french fries, potato chips or rice. ¶

I rarely eat vegetables

Counts	
Words	1061
Characters	4263
Paragraphs	51
Sentences	34
Averages	
Sentences per Paragraph	1.2
Words per Sentence	14.8
Characters per Word	4.3
Readability	
Passive Sentences	2%
Flesch Reading Ease	70.8
Flesch-Kincaid Grade Level	7.0

berries. Include fresh, fr

CA Pictorial Behavior Checklist

7. I choose healthy foods for my family.

- no
- sometimes
- often
- very often
- almost always

8. I make food without adding

- no
- sometimes
- often
- very often
- almost always

9. I use this food label.

- no
- sometimes
- often
- very often

Readability Statistics ? x

Counts	
Words	279
Characters	1131
Paragraphs	17
Sentences	20
Averages	
Sentences per Paragraph	10.0
Words per Sentence	8.8
Characters per Word	3.7
Readability	
Passive Sentences	0%
Flesch Reading Ease	84.9
Flesch-Kincaid Grade Level	3.5

OK