

Food and Physical Activity Questionnaire FAQ Responses

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General Questions and Comments

| Question | Response |
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| Will the EFPAQ be available October 1 in Spanish? | It is posted at: https://www2.ag.purdue.edu/programs/hhs/efnep/Pages/Resource-Evaluation-Adult.aspx |
| When will the Spanish facilitation protocol be available? | Expected to be out by August 25. |
| At the end of the third page, we would like to add lines for the nutrition educator name and the participant ID # for record keeping purposes. Also, our University's logo, and the nondiscrimination statement. Is this allowable? If so, could we receive the Questionnaire as an InDesign or word document to add these things? | There will be a version posted on efnep.org that allows you to add logos. It will also be available through Colorado State University Eating Smart Being Active website to download at no charge. http://eatingsmartbeingactive.colostate.edu/for-program-leaders/paperwork/forms/ |
| At first glance this looks like a test. It could be very intimidating to some of our participants, especially those with negative school experiences. Previously, our checklist was a single sheet that looked reasonable. This format, while very organized and attractive, could be overwhelming to many participants. | This format was tested with our participants and is based upon instrument testing from the research literature, which included low-income audiences. |
| Percentages may confuse people – could they be in different type or italics to separate from choices? | It may be possible to put the % in italics; check efnep.org for new versions. |

Related to Specific Questions

| Comment | Response |
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| How many times a day do you eat fruit? | |
| Add "Think about a typical day." | The question was tested and refined through cognitive interviewing with EFNEP participants from all regions of the country. Additional words and phrases were not included because of the participant responses. |
| Should all fruit servings over the established 1/2c. fresh or frozen, 1/4c. dried, and ½ a banana count as 1 serving if eaten at one sitting? Example: Eating 4 bananas at one sitting = 1 time a day versus eating 4 bananas throughout the day = 4 times a day | This is not part of the question and the confusing information regarding serving size and frequency of fruit intake is being removed from the protocol. The question is asking about frequency, not amount. We have the dietary recall to assess amount. |
| How many times a day do you eat vegetables? | |
| Add "Think about a typical day." | The question was tested, and refined through cognitive interviewing with EFNEP participants from all regions of the country. Additional words and phrases were not included because of the participant responses. |
| Should peas be included on this list of common choices? | These common choices are based on cognitive interviews. We did not choose them, our participants did. |
| Over the last week, how many days did you eat red and orange vegetables? | |
| How should a tomato in a salad be recorded? 1/2c or more? | The question is asking about frequency, not amount. The confusing information regarding serving size is being removed from the possible participant question box. |
| How often do you drink regular soda? (not diet) | |
| Should all soda at one sitting be counted as 1 time a day? | Yes |
| How do you count if you drink a 2 liter throughout the day? | Each time you pour a portion into a cup, count it as one time. |
| How often do you drink fruit punch, fruit drink, sweet tea, or sports drinks? | |
| Can we specify this as drinks with <u>added</u> sugar? | No. The wording was clarified with EFNEP participants across the county. These are the words that they told us that they use. |
| In the past week, how many days did you exercise from at least 30 minutes? | |
| Walking from place to place is confusing. What about the person who walks long distances at a | 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 |

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| <p>steady pace as transportation (no car)? Seems like that should count.</p> | <p>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 activity or 75 mins of vigorous aerobic physical activity per week). Further, according to the 2008 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) <p>Vigorous physical activities include:</p> <ul style="list-style-type: none"> • Running/jogging (5 miles per hour) • Walking very fast (4½ miles per hour) • Bicycling (more than 10 miles per hour) • Heavy yard work, such as chopping wood • Swimming (freestyle laps) • Aerobics • Basketball (competitive) • Tennis (singles) |

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| | It is true that many participants get their activity from taking public transit, walk from place to place, and playing with their kids. While any activity is better than none, these activities do not constitute sufficient activity levels for meeting current guidelines, which is our aim. We have begun accelerometer testing with EFNEP participants and we have found that when they do they reach moderate activity levels it is VERY rarely in 10-minute bouts, which means these activities do not result in the health benefits we want them to achieve. |
| In the past week, how many days did you do workouts to build and strengthen your muscles? | |
| The explanation for a plank was unclear due to the statement "maximum time possible" | The explanation will be revised to say one-two minutes. |
| After cutting raw meat or seafood, how often do you wash all items and surfaces that came in contact with those foods? | |
| Define wash: Wash with hot soapy water? Wash with sanitizing solution? | 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. |
| How often do you thaw frozen food on the counter or in the sink at room temperature? | |
| Does "In the sink" refer to in water? | No, it means on the counter or sitting in an empty sink at room temperature. |
| Should microwave thawing count? | No, because microwave thawing is a correct means of thawing and we are asking in this question how often they incorrectly thaw food. |
| In the past month, how often did you not have money or another way to get enough food for your family (such as SNAP, WIC, or a food pantry)? | |
| What is this question measuring? | This question is from the U.S. Household Food Security Survey Module. It is asking about the participant's food security level. |
| The USDA defines food insecurity as a state in which "consistent access to adequate food is limited by a lack of money and other resources at times during the year." It does not seem like reliance on a food pantry or a family member is consistent access. | We don't think we can make this judgement. Each family's food security situation is different. Food pantries have become a staple for food access in many communities. |

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| While SNAP and WIC are consistent, would it not be the goal for people to get to a level to manage on their own? | That's the ideal, however the reality is helping our participants receive SNAP and WIC benefits can be a means of improving food security. We are charged with referring participants to resources for which they qualify, such as SNAP or WIC. |
| If food is supplemented by family members because other sources were not sufficient why would a grandmother giving food to a family reflect food security? | When a family member is able and willing to share food, they often do. The pure definition of food security is having food to eat consistently. If you have food to eat (from family or elsewhere), you are not food insecure. |
| Very confusing to word it "did you not" making it a double negative. | This is the U.S. Household Food Security Survey Module wording that was tested with our participants. |

Facilitation Protocol

| Comment | Response |
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| <p>General</p> <p>Is it okay for staff to use the possible participant questions that are in the gray boxes as 'additional' information when asking the participants the question or is it only for their own information in how to respond if asked? For example, on page 2 of the protocol, if an educator read the question, can they then go on and say 'For example, if you put fruit in your smoothie, you could count that but if you add juice to your smoothie you would not count the juice?' Or should they not do that.</p> | The possible answers were only provided as a resource for educators who are asked questions. They were not meant to be used to further describe each question. |
| <p>Time to administer</p> <p>Our educators are concerned about the time it will take to complete this form, the entry paperwork and the 24-hour recall. Has anyone timed how long it takes to read and complete the form with a group? Do you have any strategies to help complete all this paperwork without participants being overwhelmed, losing interest, and developing a negative first impression of EFNEP?</p> | It takes approximately 15-25 minutes, depending on the number of questions from participants and the size of the class. You could consider dividing paperwork into two lessons. |
| Seeing your list of possible participant questions in the guide, and then the points we have added, in addition to others that will come from | We have no way of knowing what questions participants may ask. We were simply trying to be thorough and provide front-line educators with support materials. |

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| <p>other states leads us to think that administering this questionnaire could take an extended amount of time, cut into lesson time, and possibly intimidate or imply judgment of the participant in such a way that our dropout rate after the first class could increase dramatically.</p> | |
| <p>Wording of introduction The protocol does not include choosing the best response for how you <u>usually</u> do things that is in the written instruction. Instead it says “best applies”. Can we get these to match?</p> | <p>The protocol will be edited to reflect the language on the questionnaire.</p> |
| <p>Can the General Directions be altered? Suggest adding the following: “Please complete this questionnaire in a way that reflects your current situation and day to day activity as best you can. This allows us to evaluate the impact our program has on participants.”</p> | <p>The overall directions in the facilitation protocol basically say the same thing. The words in the protocol are conversational and non-threatening. Comments about evaluating the impact of the program could be perceived negatively by some of our participants. We don’t think that our participants have to be concerned about our need to evaluation our program impact.</p> |
| <p>Frequency vs servings of fruit and vegetables What is the rationale for using frequency only in the fruit and vegetable items themselves, but introducing serving size in the facilitator guide explanation? For example, the fruit item reads, “How many times a day do you eat fruit?” i.e. is about frequency only with no reference to quantity. However, the facilitator guide provides an explanation with serving sizes if and only if a participant asks a question; this then changes the intent of the question to a semi-quantitative frequency question, rather than just frequency.</p> | <p>In an effort to be thorough and provide front-line educators with support materials, we made an error by including serving sizes. These references will be removed.</p> |
| <p>Questions about other answers to possible participant questions</p> | |
| <p><u>How many days a week do you cook dinner (your main meal) at home?</u> Do prepared foods count? If a frozen pizza does not count, does any level of prepared food count? Just because a frozen pizza or entrée is used it does not mean that other foods were not prepared and added to make the meal such as salad, fruit, veggie, etc. Regarding microwaved frozen dinners. For individuals who live in homeless shelters and do not have access to a stove, many rely on frozen</p> | <p>The protocol will be revised to remove reference to frozen foods in this possible participant question set.</p> |

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| dinners when meal planning. Single parents/guardians who work, may also rely on frozen dinners due to time constraints. | |
| <p><u>How often do you plan your meals before you shop for groceries?</u></p> <p>Possible participant Q3 about reheating frozen dinner – if the person bought a frozen family size lasagna and planned to use it for dinner one busy evening, that seems like planning. As in #16, they may be adding foods to supplement it.</p> | The protocol will be revised to remove reference to reheating frozen diner. |
| Frozen prepared foods are a reality in our society. It almost sounds judgmental to be telling people that using frozen prepared foods does not count. I know we are trying to get people to cook from scratch more, but even we, the teachers, use frozen items in a planned way. | The protocol was revised to remove reference to frozen foods. |
| <p><u>How often do you look in the refrigerator or cupboard to see what you need before you go shopping?</u></p> <p>Possible participant Q2 about calling home to check on something seems like checking to see what is on hand. Again it seems rather judgmental to say it doesn't count.</p> | Calling home is not checking before going shopping. |
| <p>Fruits and Vegetables</p> <p>100% fruit juice is not listed as an example of fruit. Question #3 - vegetable juice is counted as a red/orange vegetable.</p> | Fruit juice has more sugar than vegetable juice. People think they are drinking fruit juice that may actually <u>be juice drink</u> . |
| Mashed, boiled or baked potato is counted as a vegetable, but not when fried. Why? | Since French Fries are not counted per the directions, fried was left out. This possible question/answer for potatoes was removed from the possible participant question section to prevent confusion. |
| <p>Beverages</p> <p>What is the rationale of counting 2 sodas in one sitting as one serving?</p> | This question is asking about frequency of intake, not amount. |
| <p>Physical Activity</p> <p>Why is the reference to 30 minutes vs recommended 60 minutes?</p> | The recommendations from the 2008 Physical Activity Guidelines for Americans are that all adults engage in moderate to vigorous physical activity (MVPA) on most days (i.e., at least 150 mins of moderate aerobic physical |

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| | <p>activity or 75 mins of vigorous aerobic physical activity per week). Further, according to the 2008 Physical Activity Guidelines for Americans, the MVPA should be performed in 10-mins bouts to achieve health benefits. 150 minutes/week is 30 minutes/day, five days of the week.</p> |
| <p>Food Security If the participant relies on an individual, who lives outside the home, to provide food this would be the same as counting on an outside source of income/benefits (question 15)</p> | <p>We are not sure how to answer this comment.</p> |