

Food and Physical Activity Questionnaire Facilitation Protocol

EXPANDED FOOD AND NUTRITION EDUCATION PROGRAM
10/9/17 REVISION

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Baker, S., McGirr, K. (2017). Eating Smart • Being Active Paperwork Booklet. Colorado State University Extension EFNEP, Colorado State University, Copyright 2017. <http://eatingsmartbeingactive.colostate.edu/for-program-leaders/paperwork/>
Townsend MS, Ganthavorn C, Smith D, Donohue S. *EFNEP Checklist Instruction Guide: Checklist*. Version 3 for FY 2013-14. October 2013

General Directions

Before passing out the questionnaire, introduce the form to your participants.

Next, we are going to go through some questions about your food and physical activity behaviors. There are no right or wrong answers; I just need for you to be as honest as possible. Usually, the first answer you think of is the best. Please feel free to ask any questions you may have as we go.

We will work through this form together as a group. Please do not skip ahead. I will read each question and your answer choices out loud. Check one answer for each question. The answers you provide will be kept private and confidential.

Sometimes a question won't apply to you. If that is the case, you can leave that question blank. Unless that happens, please answer all of the questions by checking the answer that best describes how you usually do things.

Pass out the Questionnaire forms and pencils. If you use display posters for this process, post them as you would any other visuals for participants to see.

First fill out your name and date at the top. Also, check the box next to 'entry' (or 'exit').

Now let's look at questions 1 to 6 on page 1.

Read aloud each question and answer choices (if using a display board, you can also point to the questions). Give participants time to mark their answer to the questions.

Questions

1. How many times a day do you eat fruit?

Examples of fruits are apples, bananas, oranges, grapes, raisins, melon and berries. Include fresh, frozen, dried, or canned fruit. Do not include juice.

- 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

Possible Participant Questions

Q: I put fruit in my smoothie. Do I count it?

A: Yes

Q: I add juice to my smoothie. Do I count that?

A: No, do not count juice. If you add fruit to your smoothie, you can count that.

Q: I had mangos, pineapple, kiwi, tangerines, grapefruit, cherries, apricots, peaches or nectarines. Do I count those?

A: Yes, all fruits count.

Q: What if it was a very small amount – a handful or raisins or a ½ a banana in my cereal? A few slices of apple while I was cutting up fruit for my child's snack?

A: Yes, all amounts count.

2. How many times a day do you eat vegetables?

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
- 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

Possible Participant Questions

Q: Do I count:

- | | |
|--------------------------------|-----|
| - Vegetables in soup? | Yes |
| - Vegetables in a casserole? | Yes |
| - Vegetables in a stir fry? | Yes |
| - Celery sticks? | Yes |
| - Spinach added to a smoothie? | Yes |
| - Salsa or Pico de Gallo? | No |
| - Guacamole? | No |

Q: Are beans (pinto, black, lentils) counted as a vegetable?

A: Yes, these are counted as a vegetable.

Q: How much do I need to eat for it to count? I had a piece of lettuce and 1 slice of tomato on my fast food burger, would that count? I had a little shredded lettuce and tomato on my taco?

A: Yes, all vegetables count.

3. Over the last week, how many days did you eat red and orange vegetables?

Examples of red or orange vegetables are tomatoes, red peppers, carrots, sweet potatoes, winter squash, and pumpkin.

- I did not eat red and orange vegetables
- 1 day a week
- 2 days a week
- 3 days a week
- 4 days a week
- 5 days a week
- 6 or 7 days a week

Possible Participant Questions

Q: What do you mean by the last week?

A: This is the last 7 days.

Q: Do these vegetables count as red and orange?

- Acorn squash Yes
- Butternut squash Yes
- Hubbard squash Yes
- Pattypan squash Yes
- Yams Yes
- Beets Yes
- Peppers Orange or Red Peppers count

Q: Do vegetable juices count – Carrot, Tomato or V-8 juice?

A: Yes

Q: Are radishes a red vegetable?

A: No

Q: Do red potatoes count?

A: No

4. Over the last week, how many days did you eat dark green vegetables?

Examples of dark green vegetables are broccoli, spinach, dark green lettuce, turnip greens, or mustard greens.

- I did not eat dark green vegetables
- 1 day a week
- 2 days a week
- 3 days a week
- 4 days a week
- 5 days a week
- 6 or 7 days a week

Possible Participant Questions

Q: Do these vegetables count as dark green?

- | | |
|--------------------------------|-----|
| - Romaine lettuce | Yes |
| - Iceberg or head lettuce | No |
| - Kale, Swiss Chard, Collards | Yes |
| - Watercress, Endive, Escarole | Yes |
| - Bok Choy | Yes |
| - Broccolini, Broccoli Rabe | Yes |
| - Cucumber | No |
| - Zucchini | No |

Q: What about cucumber or zucchini, if I eat the skin?

A: Cucumbers and Zucchini are in the “other” vegetable category in MyPlate, with or without the skin. They do not count.

5. How often do you drink regular sodas (not diet)?

- Never
- 1 – 3 times a week
- 4 – 6 times a week
- 1 time a day
- 2 times a day
- 3 times a day
- 4 or more times a day

Possible Participant Questions

Q: If I drink 2 sodas at a meal, how do I count that?

A: 2 sodas at one meal count as 1 time.

Q: I drink diet soda. Do I count that?

A: No, do not count diet soda.

Q: What about club soda or flavored seltzer water?

A: No, do not count club soda or flavored seltzer water unless the seltzer has sugar added to it.

6. How often do you drink fruit punch, fruit drinks, sweet tea or sports drinks?

- Never
- 1 – 3 times a week
- 4 – 6 times a week
- 1 time a day
- 2 times a day
- 3 times a day
- 4 or more times a day

Possible Participant Questions

Q: Does juice count?

A: Count if it is not labeled as 100% juice. Juice drink should be counted.

Q: I drink sweet tea made with sugar substitute. Does that count?

A: No

Q: I drink iced tea without sweetener. Does that count?

A: No

Q: I purchase sweetened iced tea. Does that count?

A: Yes

Q: I drink lemonade. Does that count?

A: Yes

Now we are going to move to page 2, questions 7 to 14.

7. In the past week, how many days did you exercise for at least 30 minutes?

This includes things like jogging, playing soccer, and doing fitness or dance classes, or exercise videos. This 30 minutes could be all at once or 10 minutes or more at a time. Do not count housework, taking care of your kids, or walking from place to place.

- 0 days
- 1 day
- 2 days
- 3 days
- 4 days
- 5 days
- 6 days
- 7 days

Possible Participant Questions

Q: Do these exercises count?

- *Walking briskly or fast*
- *Bicycling*
- *General gardening*
- *Heavy yard work*
- *Dancing*
- *Water aerobics*
- *Canoeing*
- *Tennis*
- *Swimming*
- *Shoveling snow*
- *Raking leaves*

A: Yes, all of these exercises count.

8. In the past week, how many days did you do workouts to build and strengthen your muscles?

This includes things like lifting weights and doing push-ups, sit-ups or planks.

- 0 days
- 1 day
- 2 days
- 3 days
- 4 days
- 5 days
- 6 days
- 7 days

Possible Participant Questions

Q: What is a plank?

A: The plank involves maintaining a position similar to a push-up and holding it for one to two minutes.

Q: Do these activities count?

- *Using resistance bands*
- *Pull-ups*
- *Carrying heavy loads*
- *Heavy gardening such as digging or hoeing*

A: Yes, all of these activities count.

9. How often do you make small changes on purpose to be more active?

This includes things like walking instead of driving, getting off the bus one stop early, doing a few minutes of exercise, or moving around instead of sitting while watching TV.

- Never
- Rarely (about 20% of the time)
- Sometimes (about 40% of the time)
- Often (about 60% of the time)
- Usually (about 80% of the time)
- Always

Possible Participant Questions

Q: Do these changes count?

- *Taking the stairs instead of the elevator*
- *Using a push mower*

A: Yes

10. How often do you wash your hands with soap and running water before preparing food?

- Never
- Rarely (about 20% of the time)
- Sometimes (about 40% of the time)
- Often (about 60% of the time)
- Usually (about 80% of the time)
- Always

Possible Participant Questions

Q: I use hand sanitizer. Does that count?

A: No

11. After cutting raw meat or seafood, how often do you wash all items and surfaces that came in contact with these foods?

- Never
- Rarely (about 20% of the time)
- Sometimes (about 40% of the time)
- Often (about 60% of the time)
- Usually (about 80% of the time)
- Always

Possible Participant Questions

Q: I wipe the items with a towel. Does that count?

A: No

12. How often do you thaw frozen food on the counter or in the sink at room temperature?

- Never
- Rarely (about 20% of the time)
- Sometimes (about 40% of the time)
- Often (about 60% of the time)
- Usually (about 80% of the time)
- Always

Possible Participant Questions

*Q: I thaw frozen food in the sink in cold water
What should I check?*

*A: If you thaw food in cold water, answer
never.*

*Q: I always thaw meat, hamburger or chicken
in the sink using hot water. What should I
check?*

*A: Check rarely, sometimes, often, usually,
always, based on how often you thaw food
this way.*

*Q: I always thaw meat, hamburger or chicken
in the sink under cold running water. What
should I check?*

A: Check never.

13. How often do you use a meat thermometer to see if meat is cooked to a safe temperature?

- Never
- Rarely (about 20% of the time)
- Sometimes (about 40% of the time)
- Often (about 60% of the time)
- Usually (about 80% of the time)
- Always

Possible Participant Questions

*Q: Does the pop-up thermometer in the
Thanksgiving turkey count?*

A: No

14. In the past month, how often did you eat less than you wanted so there was more food for your family?

- Never
- Rarely (about 20% of the time)
- Sometimes (about 40% of the time)
- Often (about 60% of the time)
- Usually (about 80% of the time)
- Always

Possible Participant Questions

Q: I skip dinner because I am trying to lose weight. Does that count?

A: No

Q: What if I ate less so my boyfriend could have more? Does that count?

A: Yes

Now we are going to move to page 3, questions 15 to 20.

15. 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)?

- Never
- Rarely (about 20% of the time)
- Sometimes (about 40% of the time)
- Often (about 60% of the time)
- Usually (about 80% of the time)
- Always

Possible Participant Questions

Q: My mother gives me food so that we don't run out. What do I choose?

A: Check never.

16. How many days a week do you cook dinner (your main meal) at home?

- I rarely cook dinner at home
- 1 day a week
- 2 days a week
- 3 days a week
- 4 days a week
- 5 days a week
- 6 or 7 days a week

Possible Participant Questions

Q: Some nights we have a salad for dinner, which doesn't require cooking - does that count?

A: Yes

17. How often do you compare food prices to save money?

- Never
- Rarely (about 20% of the time)
- Sometimes (about 40% of the time)
- Often (about 60% of the time)
- Usually (about 80% of the time)
- Always

Possible Participant Questions

Q: I compare prices but sometimes choose the more expensive items. Does that count?

A: Yes

Q: Is this just at the grocery store or when I'm purchasing food at a restaurant or convenience store as well?

A: This is when you are purchasing groceries at the grocery store. If you purchase groceries at a convenience store, count that also.

18. How often do you plan your meals before you shop for groceries?

- Never
- Rarely (about 20% of the time)
- Sometimes (about 40% of the time)
- Often (about 60% of the time)
- Usually (about 80% of the time)
- Always

Possible Participant Questions

Q: Can I count planning at the supermarket?

A: No

Q: Does planning mean I have to be cooking?

A: Most of the time planning would involve cooking but not always.

Q: I don't shop for a week at a time, but I think of what to make for dinner while at work. Does this count?

A: Yes

19. How often do you look in the refrigerator or cupboard to see what you need before you go shopping?

- Never
- Rarely (about 20% of the time)
- Sometimes (about 40% of the time)
- Often (about 60% of the time)
- Usually (about 80% of the time)
- Always

Possible Participant Questions

Q: I look in the cupboard all the time. Does that count?

A: Not unless you were looking to see what is “missing” rather than what you have to eat at that moment.

Q: I call my partner/son/daughter and ask him/her to check while I’m at the grocery store. Does that count?

A: No, that is not before going shopping.

Q: Do I need to write down specific items I have or cross them off my grocery list? What if I just take a quick look to determine if I’m running low on items? Does that count?

A: Yes

20. How often do you make a list before going shopping?

- Never
- Rarely (about 20% of the time)
- Sometimes (about 40% of the time)
- Often (about 60% of the time)
- Usually (about 80% of the time)
- Always

Possible Participant Questions

Q: I think about my list but do not write it on paper. Does that count?

A: If you plan your list in your head, check “never”. If you write down your list on paper or have an electronic list with you, check one of the “yes” answers (rarely, sometimes, often, usually, always).

Q: I write my shopping list on the note pad in my phone. Does that count?

A: Yes, that counts if the phone list is with you in the market. Check one of the “yes” answers (rarely, sometimes, often, usually, always)

Q: I make a grocery list and use it in the store but sometimes I do not buy everything on it. Does that count?

A: Yes, that counts. Check one of the “yes” answers (rarely, sometimes, often, usually, always).

Thank you all for doing this with me. Please let me know if you have any questions or if you need a little more time to complete the questionnaire.