

Appendix B. Member Health and Interest Survey

Eat Smart, Move More Member Health and Interest Survey

Directions: Please read each statement or question carefully and check the response that best describes you.

1. I eat 2-3 cups of vegetables on most days. Yes No Not Sure
2. I eat 1 1/2 to 2 cups of fruit on most days. Yes No Not Sure
3. I drink regular (not diet) soda every day. Yes No Not Sure
4. I am interested in learning more about healthy food choices. Yes No Not Sure
5. I am interested in learning how to incorporate fruits and vegetables into my diet. Yes No Not Sure
6. I am interested in learning about healthier food choices and portions to help manage my weight. Yes No Not Sure
7. I am interested in participating in “tasting” events to sample healthy foods. Yes No Not Sure
8. I am interested in having healthy snacks available in our faith community. Yes No Not Sure
9. I am interested in having healthy meals served in our faith community. Yes No Not Sure
10. How much moderate or vigorous physical activity (such as brisk walking, jogging, biking, aerobics or yard work) do you do in addition to your normal routine, most days? Less than 30 minutes 30-60 minutes More than one hour
11. I am interested in learning more about the benefits of physical activity and how it can influence my health. Yes No Not Sure
12. I am interested in increasing my physical activity level. Yes No Not Sure
13. I am interested in walking to increase my physical activity level. Yes No Not Sure
14. I am interested in participating in team activities. Yes No Not Sure
15. I would like to see more places to be physically active in our faith community. Yes No Not Sure
16. I would like to receive health information that I can read, listen to or watch on my own. Yes No Not Sure
17. I would like to participate in health activities before services. Yes No Not Sure
18. I would like to participate in health activities after services. Yes No Not Sure
19. I would like to participate in health activities like physical activity breaks or healthy food tastings during regularly scheduled faith community events. Yes No Not Sure

20. I would like for our leaders to talk about healthy eating and physical activity in sermons, messages or other talks. Yes No Not Sure
21. I would like to see health information in our bulletins, newsletters and on bulletin boards. Yes No Not Sure
22. I would like our faith community to offer regular classes on physical activity or healthy eating. Yes No Not Sure

General Comments, Questions or Suggestions for the *Eating Smart and Moving More Program*:

Please return this survey to _____

By _____