

CalFresh Healthy Living Adult Survey

Pre	A-Z	A-Z	01-12	01-31
Date	First letter of <u>your</u> FIRST	First letter of <u>your</u> LAST	Birth MONTH	Birth DAY
PEARS Program Activity ID (Your educator will provide you with this ID number)	name	name		

These questions are about the ways you plan and fix food. Think about how you <u>usually</u> do things.



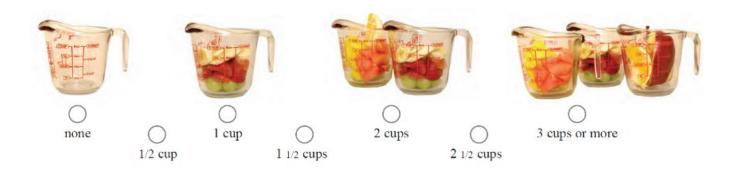
2.



Do you drink regular soda?



3. Fruit: How much do you eat each day?



4. Vegetables: How much do you eat each day?





Do you eat more than one kind of fruit each day?

\bigcirc	\bigcirc	\bigcirc	\bigcirc
no	yes,	yes,	yes,
	sometimes	often	always

6.



Do you eat more than one kind of vegetable each day?

no yes, yes, yes, sometimes often always





Do you run out of food before the end of the month?

\bigcirc	\bigcirc	\bigcirc	\bigcirc
no	yes,	yes,	yes,
	sometimes	often	always

The next questions are about <u>physical activities</u> you do. Please mark the response that <u>best</u> describes how you <u>usually</u> do things.

9. In the past week, <u>how many days</u> did you exercise for at least 30 minutes? *This includes things like jogging, playing soccer, and doing fitness or dance classes, or exercise videos.* <u>This 30 minutes could be all at once or 10 minutes or more at a time</u>. Do not include housework, taking care of your kids, or walking from place to place.



O days	🔘 4 days
🔵 1 day	🔘 5 days
🔘 2 days	🔘 6 days
🔘 3 days	🔘 7 days

10. In the past week, <u>how many days</u> did you do workouts to build and strengthen your muscles?

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



11. 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

The next questions are about you and your life.

12. During the past month, where did your household shop for food?

Select all that apply. All options not online refer to in-store.

Online, grocery or other store
Supermarket/large grocery store like Safeway or Vons
Small grocery store (3 or fewer cash registers)
Warehouse or wholesale club store like Costco or Sam's Club
Discount department store like Target or Walmart
Convenience or corner store like 7-11 or MiniMart
Farmers' market
Produce store or vegetable stand
Food bank, pantry, or other charitable organization

13. Over the past year, have any of your children (18 years old and under) attended any of the following?

Select all that apply.

I have no children 18 and under
Public school (K-12)
Before and/or after school program at their school
Before and/or after school program not at their school
Early care and education (ECE) program in someone's home
Early care and education (ECE) program in a childcare center
Early care and education (ECE) program at a school

14. What is your home zip code?

15. Select the answer that best describes your age:

18-59 years 60-75 years 76 years and over Prefer not to respond

16. Select the answer that best describes your gender:

\bigcirc	Male
Ο	Female
Ο	Non-binary
\bigcirc	Gender not listed
\bigcirc	Prefer not to resp

17. Select the answer that best describes your ethnicity:

respond

Hispanic/Latino



Prefer not to respond

18. Select all answers that apply to your race:

American Indian or Alaskan Native

Asian

- Black or African American
- Native Hawaiian or Other Pacific Islander

White

