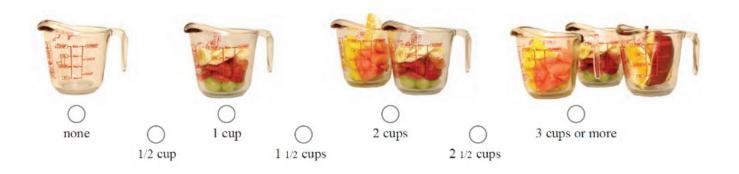


CalFresh Healthy Living Adult Survey

Post	Ā	A-Z	A-Z	01-12	01-31
PEARS Program Activity ID_ (Your educator will provide you with this ID number)	lett <u>Y</u> FII	irst er of <u>our</u> RST ame	First letter of <u>your</u> LAST name	Birth MONTH	Birth H DAY
These questions are about the ways you plan and fix food. Think about how you usually do things. Choose one answer for each question.					
1.					rinks or punch?
	no		yes, netimes	yes, often	yes, everyday
2.	Do you drink regular soda?				
CIRP OF CIRP	no		yes, netimes	yes, often	yes, everyday

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



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



5.



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

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 use this label when food shopping?

no yes, yes, yes, sometimes often always

8.



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, how many days did you This includes things like jogging, playing so exercise videos. This 30 minutes could be a Do not include housework, taking care of your continuous continuo	ccer, and doing fitness or dance classes, or all at once or 10 minutes or more at a time.
10. In the past week, how many days did yo your muscles? This includes things like lifting weights and of the second sec	-
11. How often do you make small changes This includes things like walking instead of doing a few minutes of exercise, or moving	driving, getting off the bus one stop early,

Always

12. X 13. X 14. X	
15. Sele	18-59 years 60-75 years 76 years and over Prefer not to respond
16. Sele	Male Female Non-binary Gender not listed Prefer not to respond
17. Sele	ct the answer that best describes your ethnicity: Hispanic/Latino NOT Hispanic/Latino Prefer not to respond
18. <u>Sele</u>	American Indian or Alaskan Native Asian Black or African American Native Hawaiian or Other Pacific Islander White Prefer not to respond