

**Iowans Fit for Life Community Wellness Grants**  
**Common Nutrition Indicators**  
**Child & Adult Surveys**

<b>Process indicators</b>	Used to measure progress in the processes of change. Used to investigate how something has been done, rather than what has happened as a result. Examples of these might be the setting up of expert advisory committees on physical activity within a community or program implementation dosage or participant attendance.		
<b>Outcome indicators</b>	Used to measure the ultimate outcomes of an action. These might be short-term outcomes (such as increased knowledge), intermediate outcomes (such as change in behavior) or long-term outcomes (such as reduction in incidence of cardiovascular disease).		
<b>Theoretical construct</b>	<b>Survey items 3<sup>rd</sup> grade</b>	<b>Survey items 5<sup>th</sup> grade</b>	<b>Survey items adults</b>
<b>Fruits and Vegetables</b>			
<b>Awareness</b>	Recognition of nutritional messages (specific to program)	Recognition of nutritional messages (specific to program)	Recognition of nutritional messages (specific to program)
<b>Self-efficacy</b>	How sure are you that you can eat fruit and vegetable snacks at home? How sure are you that you can eat fresh fruit instead of a candy bar? <i>Sure/a little sure/not sure</i>	I am sure I can prepare my favorite fruit or vegetable to eat. I am sure I can ask someone in my family to buy my favorite fruit or vegetable. I am sure I can go shopping with my family for my favorite fruit or vegetables. I am sure I can add my favorite fruit to my cereal at breakfast. I am sure I can eat a fruit that's served at school lunch. I am sure I can eat a vegetable that's served at school lunch. I am sure I can eat my favorite fruit	See attached self-efficacy measures (Townsend)

		<p>and a fruit dip for a snack.</p> <p>I am sure I can eat my favorite raw vegetables with dip for a snack.</p> <p>I am sure I can make my own lunch on a weekend that includes a fruit or vegetable.</p> <p>I am sure that I can eat a fruit or vegetable for dinner when I eat out of away from home.</p> <p><i>Sure/a little sure/not sure</i></p>	
<b>Knowledge</b>	<p>Circle foods that would be healthy snacks for you and your friends</p> <p>Carrot</p> <p>Potato chips</p> <p>Cupcake</p> <p>String cheese</p> <p>Soda</p> <p>Apple</p> <p>Yogurt</p> <p>French fries</p>	<p>Multiple choice:</p> <p>Which colors of vegetables should you eat more often</p> <p>Dark green/light brown/orange/white</p>	<p>General Knowledge questions (attached)</p>
<b>Behavior</b>	<p>Circle 1 of the 2 foods you would pick if you had to choose just 1:</p> <p>Chocolate cake/orange</p> <p>Candy bar/favorite fresh fruit</p> <p>Potato chips/carrots</p> <p>French fries/baked potato</p>	<p>In the past month, about how often did you ..?</p> <p>Drink orange juice or other 100% fruit juice</p> <p>Drink fruit drinks (less than 100% juice)</p> <p>Eat green salad</p> <p>Eat French fries and fried potatoes</p> <p>Eat other potatoes, including boiled, baked, and potato salad.</p> <p>Not counting salad or potatoes,</p>	<p>NCI screener questions (attached)</p>

		<p>about how often do you eat vegetables</p> <p>Not counting juices, about how often do you eat fruit</p> <p><i>Never-5 or more times/day</i></p>	<p><b>Behavioral Risk Factor Surveillance Survey (BRFSS)</b></p> <p>These next questions are about the foods you usually eat or drink. Please tell me how often you eat or drink each one, for example, twice a week, three times a month, and so forth. Remember, I am only interested in the foods <b>you</b> eat. Include all foods <i>you</i> eat, both at home and away from home.</p> <p>How often do you drink fruit juices such as orange, grapefruit, or tomato?</p> <p><i>_ _ Per day</i></p> <p><i>_ _ Per week</i></p> <p><i>_ _ Per month</i></p> <p><i>_ _ Per year</i></p> <p><i>Never</i></p> <p><i>Don't know / Not sure</i></p> <p>Not counting juice, how often do you eat fruit?</p> <p><i>_ _ Per day</i></p> <p><i>_ _ Per week</i></p> <p><i>_ _ Per month</i></p> <p><i>_ _ Per year</i></p> <p><i>Never</i></p> <p><i>Don't know / Not sure</i></p>
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			<p>How often do you eat green salad?</p> <p><i>_ _ Per day</i> <i>_ _ Per week</i> <i>_ _ Per month</i> <i>_ _ Per year</i> <i>Never</i> <i>Don't know / Not sure</i></p> <p>How often do you eat potatoes not including French fries, fried potatoes, or potato chips?</p> <p><i>_ _ Per day</i> <i>_ _ Per week</i> <i>_ _ Per month</i> <i>_ _ Per year</i> <i>Never</i> <i>Don't know / Not sure</i></p> <p>How often do you eat carrots?</p> <p><i>_ _ Per day</i> <i>_ _ Per week</i> <i>_ _ Per month</i> <i>_ _ Per year</i> <i>Never</i> <i>Don't know / Not sure</i></p>
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			<p>Not counting carrots, potatoes, or salad, how many servings of vegetables do you usually eat? (Example: A serving of vegetables at both lunch and dinner would be two servings.)</p> <p><i>_ _ Per day</i> <i>_ _ Per week</i> <i>_ _ Per month</i> <i>_ _ Per year</i> <i>Never</i> <i>Don't know / Not sure</i></p>
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Theoretical construct			Survey items adults
<b>Whole grains, low-fat foods, &amp; sweetened beverages</b>			
	5 <sup>th</sup> grade items	Adult survey items	
<b>Behavior</b>	<p>I drink milk or eat cheese or yogurt at least 3 times every day.</p> <p>I like to drink milk with my meals or as a snack.</p> <p>I like to eat cheese with my meals or as a snack.</p> <p>I like to eat yogurt at meals or as a snack.</p> <p>My friends like to drink milk at lunch.</p> <p>My friends like to eat cheese with meals or as a snack.</p> <p>My friends like to eat yogurt at meals or as a snack.</p> <p><i>Almost always/sometimes/almost never</i></p>	<p>How often do you drink a glass or can of soda such as coke or other sweetened drinks such as fruit punch or sports drinks? (do not count diet drinks)</p> <p>Note: This also includes any drinks with added sugar, such as sunny delight, Tampico, Hawaiian Punch, sugar cane juice, cranberry cocktail, Hi-C, Snapple, Gatorade and energy drinks.</p> <p>__ <i>times per day</i></p> <p>__ <i>times per week</i></p> <p>__ <i>times per month</i></p> <p>__ <i>times per year</i></p> <p>__ <i>Never</i></p> <p>__ <i>Don't know/not sure</i></p> <p>__ <i>Refused</i></p>	
	<p>What best describes the kinds of milk you usually drink?</p> <p>Whole milk</p> <p>2% milk</p> <p>1% milk</p> <p>Skim milk</p> <p>Chocolate or other flavored milk</p> <p><i>Almost always/sometimes/almost never/never</i></p>	<p>How often do you use low-fat or fat-free dairy products such as milk, yogurt, or cheese?</p> <p><i>1 = Less than 1/week</i></p> <p><i>2 = Once a week</i></p> <p><i>3 = 2-3 times a week</i></p> <p><i>4 = 4-6 times a week</i></p> <p><i>5 = Once a day</i></p>	

		<p>How often do you use whole-grain products such as whole-wheat bread or pasta, oatmeal, or bran cereal?</p> <p><i>1 = Less than 1/week</i>  <i>2 = Once a week</i>  <i>3 = 2-3 times a week</i>  <i>4 = 4-6 times a week</i>  <i>5 = Once a day</i></p>
<b>Self-efficacy</b>	<p>How sure are you that you can choose milk, yogurt or cheese for a snack?</p> <p>How sure are you that you can drink milk with meals?</p> <p><i>Sure/a little sure/not sure</i></p>	
<b>Knowledge</b>	<p>To be healthy, I need to drink or eat calcium-rich foods from the milk group. MyPyramid says I should have:</p> <p><i>1 cup per day/2 cups per day/3 cups per day</i></p>	

**General Knowledge**  
**(Reynolds, Hoelscher)**

**We want you to tell us what you know about healthful eating.**

Please check your answer

**1. What you eat can make a difference in your chances of getting heart disease or cancer.**

- 1 True
- 2 False
- 3 Don't know

**2. People who are overweight are more likely to have health problems than people who are not overweight.**

- 1 True
- 2 False
- 3 Don't know

**3. People who are underweight are more likely to have health problems than people who are who not underweight.**

- 1 True
- 2 False
- 3 Don't know

**4. Which of these would be the best example of a SHORT-TERM Goal to help you begin to eat more fruits and vegetables?**

- 1 Eat fruit or drink juice every day for breakfast and lunch
- 2 Try to eat more fruits and vegetables
- 3 Drink juice at breakfast 3 days this week
- 4 Don't know

**5. Which of these would be the LOWEST Fat sandwich choice?**

- 1 Cheeseburger
- 2 Tuna salad sandwich with mayonnaise
- 3 Plain grilled chicken breast sandwich
- 4 Don't know

**6. Which of these would be the best way to add a fruit or vegetable to your meal at a fast food restaurant?**

- 1 Add a tomato slice to your hamburger
- 2 Order apple pie for dessert
- 3 Order a large serving of French fries
- 4 Order a side of salad
- 5 Don't know

**7. Which of these is the HEALTHIEST way to eat potatoes?**

- 1 Potato salad
- 2 French fries
- 3 Baked potato without toppings like butter
- 4 Don't know

## NCI Food Consumption Measure

### INSTRUCTIONS

- Think about what you usually ate last month.
- Please think about **all** the fruits and vegetables that you ate **last month**. Include those that were:
  - raw and cooked,
  - eaten as snacks and at meals,
  - eaten at home and away from home (restaurants, friends, take-out), and
  - eaten alone and mixed with other foods.
- Report how many times per month, week, or day you ate each food, and if you ate it, how much you usually had.
- If you mark "Never" for a question, follow the "Go to" instruction.
- Choose the best answer for each question. Mark only one response for each question.

1. Over the last month, how many times per month, week, or day did you drink **100% juice** such as orange, apple, grape, or grapefruit juice? **Do not count** fruit drinks like Kool-Aid, lemonade, Hi-C, cranberry juice drink, Tang, and Twister. Include juice you drank at all mealtimes and between meals.

Never  
(Go to  
Question 2)

1-3  
times  
last month

1-2  
times  
per week

3-4  
times  
per week

5-6  
times  
per week

1  
time  
per day

2  
times  
per day

3  
times  
per day

4  
times  
per day

5 or more  
times  
per day

- 1a. Each time you drank **100% juice**, how much did you usually drink?

Less than  $\frac{3}{4}$  cup  
(less than 6 ounces)

$\frac{3}{4}$  to  $1\frac{1}{4}$  cup  
(6 to 10 ounces)

$1\frac{1}{4}$  to 2 cups  
(10 to 16 ounces)

More than 2 cups  
(more than 16 ounces)

2. Over the last month, how many times per month, week, or day did you eat **fruit**? Count any kind of fruit—fresh, canned, and frozen. **Do not count** juices. Include fruit you ate at all mealtimes and for snacks.

Never  
(Go to  
Question 3)

1-3  
times  
last month

1-2  
times  
per week

3-4  
times  
per week

5-6  
times  
per week

1  
time  
per day

2  
times  
per day

3  
times  
per day

4  
times  
per day

5 or more  
times  
per day

- 2a. Each time you ate **fruit**, how much did you usually eat?

Less than 1 medium fruit

1 medium fruit

**OR**

2 medium fruits

More than 2 medium fruits

Less than  $\frac{1}{2}$  cup

About  $\frac{1}{2}$  cup

About 1 cup

More than 1 cup

3. Over the last month, how often did you eat **lettuce salad (with or without other vegetables)**?

- Never  
(Go to Question 4)
- 1-3 times last month
- 1-2 times per week
- 3-4 times per week
- 5-6 times per week
- 1 time per day
- 2 times per day
- 3 times per day
- 4 times per day
- 5 or more times per day

3a. Each time you ate **lettuce salad**, how much did you usually eat?

- About ½ cup
- About 1 cup
- About 2 cups
- More than 2 cups

4. Over the last month, how often did you eat **French fries or fried potatoes**?

- Never  
(Go to Question 5)
- 1-3 times last month
- 1-2 times per week
- 3-4 times per week
- 5-6 times per week
- 1 time per day
- 2 times per day
- 3 times per day
- 4 times per day
- 5 or more times per day

4a. Each time you ate **French fries or fried potatoes**, how much did you usually eat?

- Small order or less  
(About 1 cup or less)
- Medium order  
(About 1½ cups)
- Large order  
(About 2 cups)
- Super Size order or more  
(About 3 cups or more)

5. Over the last month, how often did you eat **other white potatoes**? Count **baked, boiled, and mashed potatoes, potato salad, and white potatoes that were not fried**.

- Never  
(Go to Question 6)
- 1-3 times last month
- 1-2 times per week
- 3-4 times per week
- 5-6 times per week
- 1 time per day
- 2 times per day
- 3 times per day
- 4 times per day
- 5 or more times per day

5a. Each time you ate **these potatoes**, how much did you usually eat?

- 1 small potato or less  
(½ cup or less)
- 1 medium potato  
(½ to 1 cup)
- 1 large potato  
(1 to 1½ cups)
- 2 medium potatoes or more  
(1½ cups or more)

6. Over the last month, how often did you eat **cooked dried beans**? Count **baked beans, bean soup, refried beans, pork and beans and other bean dishes**.

- Never  
(Go to Question 7)
- 1-3 times last month
- 1-2 times per week
- 3-4 times per week
- 5-6 times per week
- 1 time per day
- 2 times per day
- 3 times per day
- 4 times per day
- 5 or more times per day

6a. Each time you ate **these beans**, how much did you usually eat?

- Less than ½ cup
- ½ to 1 cup
- 1 to 1½ cups
- More than 1½ cups

7. Over the last month, how often did you eat **other vegetables**?

- DO NOT COUNT:**
- Lettuce salads
  - White potatoes
  - Cooked dried beans
  - Vegetables in mixtures, such as in sandwiches, omelets, casseroles, Mexican dishes, stews, stir-fry, soups, etc.
  - Rice

**COUNT:**

- All other vegetables—raw, cooked, canned, and frozen

Never  
(Go to Question 8)

1-3 times last month

1-2 times per week

3-4 times per week

5-6 times per week

1 time per day

2 times per day

3 times per day

4 times per day

5 or more times per day

7a. Each of these times that you ate **other vegetables**, how much did you usually eat?

Less than ½ cup

½ to 1 cup

1 to 2 cups

More than 2 cups

8. Over the last month, how often did you eat **tomato sauce**? Include tomato sauce on pasta or macaroni, rice, pizza and other dishes.

Never  
(Go to Question 9)

1-3 times last month

1-2 times per week

3-4 times per week

5-6 times per week

1 time per day

2 times per day

3 times per day

4 times per day

5 or more times per day

8a. Each time you ate **tomato sauce**, how much did you usually eat?

About ¼ cup

About ½ cup

About 1 cup

More than 1 cup

9. Over the last month, how often did you eat **vegetable soups**? Include tomato soup, gazpacho, beef with vegetable soup, minestrone soup, and other soups made with vegetables.

Never  
(Go to Question 10)

1-3 times last month

1-2 times per week

3-4 times per week

5-6 times per week

1 time per day

2 times per day

3 times per day

4 times per day

5 or more times per day

9a. Each time you ate **vegetable soup**, how much did you usually eat?

Less than 1 cup

1 to 2 cups

2 to 3 cups

More than 3 cups

10. Over the last month, how often did you eat **mixtures that included vegetables**? Count such foods as sandwiches, casseroles, stews, stir-fry, omelets, and tacos.

Never

1-3 times last month

1-2 times per week

3-4 times per week

5-6 times per week

1 time per day

2 times per day

3 times per day

4 times per day

5 or more times per day

Townsend Self-efficacy Measure



Date  /  /     Pre-test   
 Post-test

- |   | Agree                 | Agree or Disagree     | Disagree              |                       |                       |
|---|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| 1. I feel that I am helping my body by eating more fruits and vegetables. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |                       |                       |
| 2. I may develop health problems if I do not eat fruit and vegetables.    | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |                       |                       |
|   | Agree                 | Agree or Disagree     | Disagree              |                       |                       |
| 3. I feel that I can ..... eat fruit or vegetables as snacks.             | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |                       |                       |
| 4. .... buy more vegetables the next time I shop.                         | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |                       |                       |
| 5. .... plan meals or snacks with more fruit during the next week.        | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |                       |                       |
| 6. .... eat two or more servings of vegetables at dinner.                 | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |                       |                       |
| 7. .... plan meals with more vegetables during the next week.             | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |                       |                       |
| 8. .... add extra vegetables to casseroles and stews.                     | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |                       |                       |
|   | Excellent             | Very good             | Good                  | Fair                  | Poor                  |
| 9. How would you describe your diet?                                      | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |

