

"Healthy Eating Every Day" survey - Port Townsend Public Library

Thank you for helping us plan for future library programs around the theme of healthy eating. The survey should take less than 5 minutes to complete.

1. Do you have a local CLAN library card?

Yes

No

2. Do you use any of the following online resources for finding health information?
Check all that apply.

ProQuest (library database)

Health and Wellness Resource Center (library database)

Medline Plus

PubMed

healthfinder.gov

WebMD

Google

I do not use the Internet to find health informatin

Other online resources (please list)

3. Which of these resources do you usually use FIRST to find health information online?

ProQuest (library database)

Health and Wellness Resource Center (library database)

Medline Plus

PubMed

healthfinder.gov

WebMD

Google

I do not use the Internet to find health information

Other (please specify)

4. Have you recently checked out materials from the library on any of the following topics? Check all that apply.

Consumer information

Cooking for food allergies

Cooking or gardening with children

Ethnic foods and cooking

Food preservation

General cooking techniques

Growing fruits and vegetables

Health information

Healthy cooking (low fat, low salt, etc.)

Weight loss

5. Are you interested in learning more about the following topics? Check all that apply.

- Consumer advocacy and nutrition policy
 - Cooking healthy food on a budget
 - Eating food grown locally or regionally
 - Effects of advertising on kids' eating habits
 - Food gardening in small spaces
 - Food safety
 - Other (please specify)
- Food security/having enough to eat
 - Good menu choices when eating out
 - How to get kids to eat healthy foods
 - How to read nutrition labels
 - The "slow food" movement
 - Time saving healthy recipes

6. In a typical week, where do you get groceries? Check all that apply.

- Farmers Market
- Food Coop
- Food bank
- Local grocery stores, such as Aldrich's
- Local supermarkets, such as QFC or Safeway
- Convenience stores, such as Penny Saver or a gas station "mini market"
- Costco
- WalMart
- Other (please specify)

7. Do you regularly read nutrition labels on packaged foods?

Yes

No

8. How important are the following considerations when you choose foods to eat at home?

	Very important	Somewhat important	Not important
Calories	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Convenience	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Cost	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Distance from source to market	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Ingredients affecting health, such as fat, salt, sugar	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Ingredients related to allergies, such as gluten or dairy	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Locally grown or produced	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Nutrients	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Organic	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Packaging	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Presence of artificial ingredients (flavors, colors, preservatives)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Quality	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Taste	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Vegetarian or vegan	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Other (please specify)	<input type="text"/>		

9. What is your age?

- 12 or under
- 13-18
- 19-40
- 41-64
- 65 or older

10. What is your ZIP code?