



Tell Us What You Think!

Dear Parent/Guardian,

Thank you for taking the *We Can!* Parent class. Please tell us what you think.

Please fill out this form completely. It takes approximately 10 minutes to fill out. Your answers will be combined with those of parents, guardians and care givers across the country.

This is not a test and you will not be graded for right or wrong answers. It is important that we understand *your opinions*.

Your answers will be kept confidential and will not be shared with other parents in the class. To make your answers anonymous, we do not ask for your name on the form.

Thank you for your help. If you have any questions, please feel free to talk to your instructor.

ID Number: _____ (obtain this number from the instructor)

Today's Date: _____

Please tell us a little about yourself by answering the next series of questions.

1. Your gender: (Check one box)

	Female
	Male

2. I am _____ years old.

3a. Are you Spanish/Hispanic/Latino? (Check one box)

	No
	Yes

3b. Are you... (Check one box)

	American Indian or Alaska Native
	Asian or Pacific Islander
	Black or African American
	White
	Other. Write in: _____

4. What is your highest level of education? (Check one box)

	Less than High School
	High School Graduate
	Some college

	College Degree
	Some Graduate School
	Graduate Degree

5a. How many adults ages 18 and above, including yourself, are in your family household? _____

5b. How many children under the age of 18 are in your family household? _____

6. Please indicate whether you think the following statements are true or false by circling T or F after each one.

	True	False
a. Research shows that children 8 to 13 years of age often say that their parents are their primary role models.	T	F
b. Children 8 to 13 often end up doing the opposite of what their parents do.	T	F
c. Parents are less effective than teachers in influencing the health related behaviors of their children.	T	F

7. Please indicate how much you agree with each of the following statements. (Circle one on each line)

	Strongly Disagree	Disagree	Neither Agree nor Disagree	Agree	Strongly Agree
a. I play an important role in determining what my child/children eat.	1	2	3	4	5
b. I play an important role in determining how much physical activity my child/children get.	1	2	3	4	5
c. If I eat well, there is a good chance my family will follow my example.	1	2	3	4	5
d. If I am physically active, there is a good chance my family will follow my example.	1	2	3	4	5
e. I often make sure that healthy snacks are easily available for my family.	1	2	3	4	5
f. I often choose healthy foods for myself.	1	2	3	4	5
g. I try to be physically active most days.	1	2	3	4	5
h. I often plan physically active outings for my family.	1	2	3	4	5
i. In my family, we have set some rules on foods and eating that we try to follow.	1	2	3	4	5

8. Please indicate whether you think the following statements are true or false by circling T or F after each one.

	True	False
a. You <u>can</u> maintain a healthy weight just by making sure that food intake (energy in) equals physical activity (energy out) on most days.	T	F
b. One effective way of losing weight is to burn more energy than you take in.	T	F
c. Being more active on one day can <u>not</u> help balance extra calories consumed on another day.	T	F
d. A <u>serving size</u> is the total amount of food a person is served or chooses to eat at one time while a <u>portion size</u> is a standard amount of food.	T	F
e. Portion sizes of food have remained the same over the years.	T	F
f. When a person eats larger portions, more physical activity will <u>not</u> prevent him/her from gaining weight.	T	F

9. Please indicate how much you agree with each of the following statements. (Circle one on each line)

	Strongly Disagree	Disagree	Neither Agree nor Disagree	Agree	Strongly Agree	
a. Balancing the calories that I get from eating with moderate levels of physical activity is easy to do.	1	2	3	4	5	
b. When eating foods that are high in fat, I try to keep the portions small.	1	2	3	4	5	I do not eat foods high in fat
c. I often monitor the portion size of food served to my family.	1	2	3	4	5	
d. When shopping for food, I use the Nutrition Facts Label to make my choices.	1	2	3	4	5	

10. Please indicate whether you think the following statements are true or false by circling T or F after each one.

	True	False
a. Fried foods and baked goods should only be eaten occasionally.	T	F
b. Baking, broiling, boiling or microwaving are unhealthy ways to cook.	T	F
c. Removing the skin from poultry is a good way to reduce the fat.	T	F

11. How important is each of the following choices in your family's diet? (Circle one on each line)

	Very Unimportant	Of little importance	Neither Important nor Unimportant	Important	Very Important
a. Reducing the portion size of foods high in fat.	1	2	3	4	5
b. Balancing what we eat (energy in) with physical activity (energy out)	1	2	3	4	5
c. Choosing a diet without a lot of added sugar.	1	2	3	4	5
e. Choosing a diet low in fat.	1	2	3	4	5
f. Choosing a diet with plenty of fruits and vegetables.	1	2	3	4	5

12. Please indicate how much you agree with each of the following statements. (Circle one on each line)

	Strongly Disagree	Disagree	Neither Agree nor Disagree	Agree	Strongly Agree
a. In my family, we try to make sure that foods high in fat are <u>not</u> easily available at home.	1	2	3	4	5
b. In my family, we try to make sure that foods with added sugar are <u>not</u> easily available at home.	1	2	3	4	5
c. In my family, we try to make sure that vegetables and fruits are often readily available at home.	1	2	3	4	5

13. Please indicate whether you think the following statements are true or false by circling T or F after each one. (Circle one on each line)

	True	False
a. Health experts say that children should spend at least one hour each day in moderate to vigorous intensity physical activity.	T	F
b. Multiple short periods of exercise (e.g. four 10 minute periods) are <u>not</u> as beneficial as a single long period (e.g. 40 minutes) in terms of healthy weight maintenance.	T	F
c. It may be adequate for adults to spend just 30 minutes each day engaged in moderate physical activity to be physically fit.	T	F

14. How likely are you to say each of the following statements? (Circle one on each line)

	Very unlikely	Unlikely	Neither Likely nor Unlikely	Likely	Very Likely
b. I just can't seem to get my family started on being more physically active.	1	2	3	4	5
b. There is <u>not</u> a safe or convenient place for my family to be physically active.	1	2	3	4	5
c. There is <u>not</u> enough time in the day to find time to be physically active.	1	2	3	4	5

15. How much do you agree with each of the following statements? (Circle one on each line)

	Strongly Disagree	Disagree	Neither Agree nor Disagree	Agree	Strongly Agree
a. Being physically active can be a good way for my family to spend time together.	1	2	3	4	5
b. I can think of <u>several ways</u> (<u>other than</u> weight control and the physical health benefits) that my family and/or I can benefit from being physically active.	1	2	3	4	5
c. I can find creative ways to be physically active.	1	2	3	4	5
d. Whenever I can, I walk or bike places instead of driving.	1	2	3	4	5
e. I use the stairs instead of the elevator when I can.	1	2	3	4	5

16. Please indicate whether you think the following statements are true or false by circling T or F after each one.

	True	False
a. Children who do not have television in their bedrooms spend <u>as much time</u> watching television as children who do have them in their bedrooms.	T	F
b. People tend to eat <u>less</u> when they spend a lot of time watching TV.	T	F
c. Studies show that children in homes where rules on watching TV are enforced spend <u>less time</u> watching TV than children in homes where such rules are not enforced.	T	F

17. How much do you agree with each of the following statements? (Circle one on each line)

	Strongly Disagree	Disagree	Neither Agree nor Disagree	Agree	Strongly Agree
a. Spending <u>too much</u> time watching TV or playing video games could be bad for my child/children's health.	1	2	3	4	5
b. It is important to me to find alternatives to watching TV for my family.	1	2	3	4	5
c. There are several other ways that my family can spend time together besides watching TV.	1	2	3	4	5
d. I enforce rules on screen time (watching TV, using a home computer for recreation, or playing video or electronic games) in my family's home.	1	2	3	4	5
e. More often than not, my family and I do <u>not</u> watch TV during meal times.	1	2	3	4	5
f. I watch less than 2 hours of TV each day.	1	2	3	4	5
g. I limit my child's total time spent each day on TV, DVD/video, computer game and recreational computer use.	1	2	3	4	5