

Koa Family Impact Evaluation Questionnaire

Administered by Phone June 2020

PHONE INTRODUCTORY SCRIPT: Hi, I'm [Crystie/Camlyn]. I am part of the Koa Family research team. Thank you for taking the time with me to complete the last Koa Family survey. Your participation is voluntary and valued. Please answer the questions to the best of your ability. While we hope you answer all of the questions, you may tell me to skip any item that you do not want to answer.

General Health and Well-Being

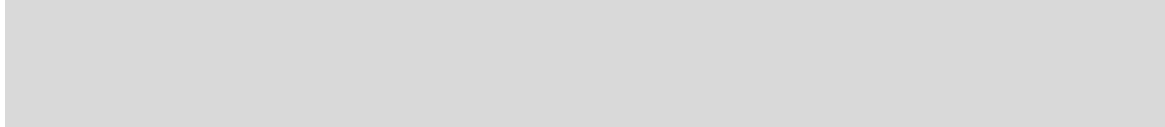
[NOTE: Don't read the numbers in the response categories; the numbers are just for data entry.]

	<u>Excellent</u>	Very <u>good</u>	<u>Good</u>	<u>Fair</u>	<u>Poor</u>
1. In general, would you say your health is:	1	2	3	4	5

	<u>Much better</u>	Somewhat <u>better</u>	About <u>the same</u>	Somewhat <u>worse</u>	<u>Much worse</u>
2. Compared to January, at the beginning of the study, how would you rate your health in general now?	1	2	3	4	5

NOTE: In the next few questions there are 5 statements that I will read. The statements follow a similar pattern.

3. Which best describes your plans to reduce the portion size of the food you eat?	<u>Mark one</u>
I have no plans to reduce portion size in the next 6 months	1
I am thinking about reducing portion size in the next 6 months	2
I am thinking about reducing portion size in the next month	3
I am reducing portion size currently	4
I have reduced portion size and I am making an effort to maintain the change..	5



4. Which best describes your plans to reduce fat from your diet? Mark one
- | | |
|---|---|
| I have no plans to reduce fat in the next 6 months | 1 |
| I am thinking about reducing fat in the next 6 months..... | 2 |
| I am thinking about reducing fat in the next month | 3 |
| I am reducing fat currently | 4 |
| I have reduced fat and I am making an effort to maintain the change | 5 |
-
5. Which best describes your plans to increase fruit in your diet? Mark one
- | | |
|---|---|
| I have no plans to increase fruit in the next 6 months | 1 |
| I am thinking about increasing fruit in the next 6 months | 2 |
| I am thinking about increasing fruit in the next month | 3 |
| I am increasing fruit currently | 4 |
| I have increased fruit and I am making an effort to maintain the change | 5 |
-
6. Which best describes your plans to increase vegetables in your diet? Mark one
- | | |
|--|---|
| I have no plans to increase vegetables in the next 6 months | 1 |
| I am thinking about increasing vegetables in the next 6 months | 2 |
| I am thinking about increasing vegetables in the next month | 3 |
| I am increasing vegetables currently | 4 |
| I have increased vegetables and I am making an effort to maintain the change | 5 |
-
7. How would you describe your plans to increase your exercise? Mark one
- | | |
|---|---|
| I have no plans to increase exercise in the next 6 months | 1 |
| I am thinking about increasing exercise in the next 6 months..... | 2 |
| I am thinking about increasing exercise in the next month | 3 |
| I am increasing exercise currently | 4 |
| I have increased exercise and I am making an effort to maintain the change | 5 |
-
8. Which best describes your plans to lose weight? Mark one
- | | |
|---|---|
| I have no plans to lose weight in the next 6 months | 1 |
| I am thinking about losing weight in the next 6 months..... | 2 |
| I am thinking about losing weight in the next month | 3 |
| I am losing weight currently | 4 |
| I have lost weight and I am making an effort to maintain the change | 5 |

NOTE: For the next few questions, I'll ask you to choose a number on a "confidence scale." The scale goes from zero to 100. A score of zero means, "I cannot do it at all." A score of 100 means I'm highly certain I can do it." A score of 50 means, "I am moderately confident I can do it." You should pick the confidence number that best fits the question. The scale goes in 10s—zero, 10, 20, 30 and so on, up to 100.

0	10	20	30	40	50	60	70	80	90	100
Cannot do it all					Moderately can do					Highly certain can do

A number of situations are described below that can make it hard to stick to a healthy diet. Please rate how certain you are that you can stick to a healthy diet.

<i>How certain are you that you can stick to a healthy diet when...</i>		<u>Confidence</u>
9.	You're very hungry?.....	___
10.	You're feeling a strong urge to eat unhealthy foods that you like?.....	___
11.	You're feeling restless or bored?.....	___
12.	You're feeling upset or tense?.....	___
13.	You're preparing meals for others?.....	___
14.	You're faced with unhealthy food at the supermarket?.....	___

NOTE: The next few questions use the same confidence scale that goes from zero to 100.

A number of situations are described below that can make it hard to stick to an exercise routine. Please rate how certain you are that you can exercise at least 30 minutes a day, 5 or more days a week.

0	10	20	30	40	50	60	70	80	90	100
Cannot do it all					Moderately can do					Highly certain can do

<i>How certain are you that you can stick to your exercise routine when...</i>		<u>Confidence</u>
15.	You're feeling tired?.....	___
16.	The weather is bad?.....	___
17.	You're very busy?.....	___
18.	You're feeling stressed?.....	___
19.	You're experiencing personal problems?.....	___
20.	There are other interesting things to do?.....	___

Family and Friends

NOTE: These next few questions have the same 5 choices about support.

21. In your efforts to lose weight or maintain a healthy weight, select the statement that best describes your family's support:

- My family is always unsupportive..... 1
- My family is sometimes unsupportive 2
- My family is neither unsupportive nor supportive. 3
- My family is sometimes supportive 4
- My family is always supportive..... 5

22. In your efforts to eat a healthy diet, select the statement that best describes your family's support:

- My family is always unsupportive..... 1
- My family is sometimes unsupportive 2
- My family is neither unsupportive nor supportive. 3
- My family is sometimes supportive 4
- My family is always supportive..... 5

23. In your efforts to exercise, select the statement that best describes your family's support:

- My family is always unsupportive..... 1
- My family is sometimes unsupportive 2
- My family is neither unsupportive nor supportive. 3
- My family is sometimes supportive 4
- My family is always supportive..... 5

NOTE: Now we will use the same choices to ask about your friends' support.

24. In your efforts to lose weight or maintain a healthy weight, select the statement that best describes your friends' support:

- My friends are always unsupportive..... 1
- My friends are sometimes unsupportive 2
- My friends are neither unsupportive nor supportive 3
- My friends are sometimes supportive 4
- My friends are always supportive..... 5

25. In your efforts to eat a healthy diet, select the statement that best describes your friends' support:

- My friends are always unsupportive..... 1
- My friends are sometimes unsupportive 2
- My friends are neither unsupportive nor supportive 3
- My friends are sometimes supportive 4
- My friends are always supportive..... 5

26. In your efforts to exercise, select the statement that best describes your friends' support:

- My friends are always unsupportive..... 1
- My friends are sometimes unsupportive 2
- My friends are neither unsupportive nor supportive 3
- My friends are sometimes supportive 4
- My friends are always supportive..... 5

NOTE: The next two questions ask about "days per week."

27. During the past week, on how many days did your family eat a meal together?

|__| Days per week

28. During the past week, on how many days was your family physically active together? Physical activities could include walks, bike rides, or playing a sport together.

|__| Days per week

Neighborhood

The following statements relate to your neighborhood. For each statement, indicate whether you strongly disagree, somewhat disagree, neither agree nor disagree, somewhat agree or strongly agree.

	0	1	2	3	4
	Strongly Disagree	Somewhat Disagree	Neither Agree nor Disagree	Somewhat Agree	Strongly Agree

- 29. I would recommend my neighborhood to others _____
- 30. Trees are important to making my neighborhood a healthy place to live..... _____
- 31. We need more trees in my neighborhood _____
- 32. I feel that I can help to make my neighborhood better _____

NOTE: FOR CONTROL PARTICIPANTS, SKIP QUESTIONS 33-39.

Evaluating the Koa Family Program
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NOTE: The next few questions use the same choices: strongly disagree, somewhat disagree, neither agree nor disagree, somewhat agree, or strongly agree.

- 33. I feel healthier due to the Koa Family Program...

	0	1	2	3	4
	Strongly Disagree	Somewhat Disagree	Neither Agree nor Disagree	Somewhat Agree	Strongly Agree

- 34. I feel better due to the Koa Family Program...

	0	1	2	3	4
	Strongly Disagree	Somewhat Disagree	Neither Agree nor Disagree	Somewhat Agree	Strongly Agree

- 35. I have made close friendships with moms in my Koa Family group...

	0	1	2	3	4
	Strongly Disagree	Somewhat Disagree	Neither Agree nor Disagree	Somewhat Agree	Strongly Agree

- 36. I have made stronger connections with people in my community because of the Koa Family Program...

	0	1	2	3	4
	Strongly Disagree	Somewhat Disagree	Neither Agree nor Disagree	Somewhat Agree	Strongly Agree

37. The Koa Family program was worth my time...

0	1	2	3	4
Strongly Disagree	Somewhat Disagree	Neither Agree nor Disagree	Somewhat Agree	Strongly Agree

38. I feel like I improved my community by being in the Koa Family program...

0	1	2	3	4
Strongly Disagree	Somewhat Disagree	Neither Agree nor Disagree	Somewhat Agree	Strongly Agree

39. Do you have any other comments about the Koa Family program that you would like to share?

The next few questions ask about some life events you may or may not have experienced during the past 3 months.

NOTE: As I mentioned at the beginning, if you do not feel like answering a particular question, just say "Skip." So, for the following questions, you can answer yes, no, or skip.

During the past 3 months:

	Yes	No	Refused
40. Did you worry whether your family's food would run out before you got money to buy more?	1	2	3
41. Did the food you bought just not last until you had money to get more? ..	1	2	3
42. Were you fired or laid off from a job?	1	2	3
43. Were you unemployed and looking for a job for more than a month?	1	2	3
44. Did you get separated or divorced or break off a steady relationship?	1	2	3
45. Have you experienced a major financial crisis, declared bankruptcy or more than once been unable to pay your bills on time?	1	2	3
46. Did any of your family members or close friends die?	1	2	3
47. Did any of your family members or close friends have a serious illness or injury?	1	2	3
48. Did you experience a serious illness or injury?	1	2	3
49. Did you experience any other major event in your life? (If yes, ask question 50)	1	2	3
50. What major event did you experience?	1	2	3

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CLOSING SCRIPT: On behalf of the Koa Family study team, thank you so much for your participation in this research project. Your involvement will help us to better help individuals and communities advance wholehearted living. We will be mailing you a \$30 Target gift card as a “thank you” for completing this survey with us. We wish good health for you and your family. Take care.

I see that we have about 5 minutes left. Do you have any questions I can answer?

Thank you again for being part of the Koa Family Study! It will take a few weeks for us to mail the gift card. As some of our participants have moved, could I confirm that your mailing address is _____?

If you have any questions about the Koa Family Study, you can reach Crystie at: 916-208-5832.