

Please take a few minutes to answer the following questions. All responses are confidential, and there are no right or wrong answers to any questions in this survey. The information you provide will help us improve our program and be accountable to SNAP-Ed funders.

1. How did you hear about the Create Better Health (SNAP-Ed) program?

- Social media
- Friends or family
- Community organization
- Flyers or poster
- Health department
- USU Extension calendar
- Other, please explain: _____

2. How many Create Better Health (SNAP-Ed) classes have you attended this year? (including this one)

- 1
- 2
- 3
- 4
- 5
- 6
- 7
- 8 or more

3. How likely are you to recommend Create Better Health classes to others?

- Very likely
- Likely
- Neither likely or unlikely
- Unlikely
- Very unlikely

4. The next section has statements people have made about what they do. Choose the option that best fits what you have done over the last 30 days.	Never	Rarely	Sometimes	Often	Always
I choose a variety of foods based on MyPlate recommendations.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am physically active for at least 30 minutes five days a week.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I adjust meals to use foods I already have at home.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

5. The next section has statements people have made about what they plan to do. Choose the option that best fits what you plan to do as a result of what you have learned today.	Never	Rarely	Sometimes	Often	Always
I plan to choose a variety of foods based on MyPlate recommendations.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I plan to be physically active for at least 30 minutes five days a week.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I plan to adjust meals to use foods I already have at home.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

6. What do you think will make it difficult for you to follow MyPlate recommendations for nutrition and physical activity? Select all that apply.

- It is hard to find all food groups from MyPlate.
- It is hard to find safe places to exercise.
- The convenience and marketing of less healthy food options.
- It is difficult to know what food to choose when shopping.
- It is difficult to know how to prepare healthy food.
- It will not be difficult to follow MyPlate recommendations.
- Other, please describe: _____

7. Please select the following options that best represent you.

- | Gender | Age | Ethnicity | Race (select all that apply) |
|---|---|---|---|
| <input type="radio"/> Female | <input type="radio"/> 14-17 years | <input type="radio"/> Hispanic | <input type="radio"/> American Indian/Alaskan Native |
| <input type="radio"/> Male | <input type="radio"/> 18+ years | <input type="radio"/> Non-Hispanic | <input type="radio"/> Asian |
| <input type="radio"/> Non-binary | <input type="radio"/> Prefer not to respond | <input type="radio"/> Prefer not to respond | <input type="radio"/> Black/African American |
| <input type="radio"/> Prefer not to respond | | | <input type="radio"/> Native Hawaiian or other Pacific Islander |
| <input type="radio"/> Gender not listed | | | <input type="radio"/> White |
| | | | <input type="radio"/> Prefer not to respond |



For Office Use Only

Ambassador Name: _____

Location: _____

