

# CREATE BETTER HEALTH ONE-TIME SURVEY

Use in a class that is **NOT** part of a series in **FY 2025**.



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. Write your initials, birth month (2-digit), and birth day (2-digit) below.**

For example, if your name were John Doe and your birthdate were May 1, you would write:

First letter of first name: J First letter of last name: D Birth month: 05 Birth day: 01

First letter of first name: \_\_\_\_\_ First letter of last name: \_\_\_\_\_ Birth month: \_\_\_\_\_ Birth day: \_\_\_\_\_

**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

| <b>3. 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.</b> | Never                 | Rarely                | Sometimes             | Often                 | Always                |
|---|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| I eat fruits daily.   | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| I eat vegetables daily.   | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| I stretch my food dollars so there is food to last the entire month.  | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 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"/> |

| <b>4. The next section has statements of what people intend to do. Please choose the option that best fits what you intend to do over the next 30 days after taking the Create Better Health class.</b> | Strongly disagree     | Disagree              | Neutral               | Agree                 | Strongly Agree        |
|---|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| I will eat more fruits daily than I do now.   | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| I will eat more vegetables daily than I do now.   | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| I will stretch my food dollars so there is food to last the entire month.   | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| I will 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 will 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 will 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. How likely are you to recommend Create Better Health classes to others?**

- Very likely     
  Likely     
  Neither likely or unlikely     
  Unlikely     
  Very unlikely

**For Office Use Only**

**Ambassador Name:** \_\_\_\_\_ **Lesson:** \_\_\_\_\_

**Location:** \_\_\_\_\_

