

4-H Common Measures Healthy Living Survey



Dear Participant:

You have been given this survey because you have participated in a 4-H program or project and 4-H would like to learn about you and your experiences in 4-H.

Your answers are important and they will be kept private. But, if you don't want to fill out the survey, you don't have to or if there is a question you don't want to answer, you can leave it blank.

There are no right or wrong answers, so please answer all questions honestly.

Thank you for your help!

Healthy Eating Habits

- 1. Do you pay attention to how much fruit you eat each day?**
 - Yes
 - Usually
 - Not Really
 - No
- 2. Do you pay attention to how many vegetables you eat each day?**
 - Yes
 - Usually
 - Not really
 - No
- 3. Do you pay attention to how much water you drink each day?**
 - Yes
 - Usually
 - Not really
 - No
- 4. How often do you eat breakfast?**
 - Every day
 - Most days
 - Some days
 - Never
- 5. Have you given your family ideas for healthy meals or snacks?**
 - Yes
 - Sort of
 - No

6. At 4-H, did you learn about healthy food choices?

- Yes
- Sort of
- No

Being Active

- 7. Do you pay attention to how active you are each day?**
 - Yes
 - Usually
 - Not really
 - No
- 8. Do you pay attention to how much time you spend in front of a screen (TV, computer, tablet, or smart phone)?**
 - Yes
 - Usually
 - Not really
 - No
- 9. Have you encouraged others to be active with you?**
 - Yes
 - Sort of
 - No
- 10. At 4-H, did you talk about ways to be active?**
 - Yes
 - Sort of
 - No

Healthy Decision Making

11. Do you encourage your friends to make responsible choices?

- Yes
- Usually
- Not really
- No

12. At 4-H, did you talk about risky behaviors?

- Yes
- Sort of
- No

About You

13. How old are you?

years old

14. What grade are you in? *If it is summer break, which grade will you be starting in the fall?*

grade

15. Which of the following best describes your gender?

- Male (boy)
- Female (girl)
- I don't want to say

16. Which of the following best describes your race and ethnicity?

- American Indian or Alaskan Native
- Asian
- Black or African American
- Hispanic or Latino
- Native Hawaiian/Other Pacific Islander
- White or Caucasian
- More than one race
- I don't know

17. How many hours do you typically spend on 4-H activities each week?

- Less than 1 hour
- 1 hour
- 2 hours
- 3 hours
- 4 hours
- 5 or more hours

Thank you very much!
Please return this survey as directed.