12 Week HealthMatters Program
Participant with IDD Questionnaire
AFTER Program (Time 2)

Participant ID#: ___________ Date: ____________________________

Participant Name: _________ Date/Initial Entered: _____________

Health Behaviors

1. What do you do to be healthy (to keep your body feeling good and not sick)?

2. What do you eat to be healthy?

3. What do you not eat to be healthy?

4. Do you feel that the food you eat is healthy or not healthy?
   1  Healthy       2  Not Healthy       3  Neither or Both

5. Do you get as much exercise as you want, or not enough?
   1  Enough Exercise 2  Not Enough Exercise 3  Neither or Both
Nutrition and Activity Knowledge

1. Which activity needs the most energy?

1. Reading
2. Jogging
3. Eating
4. Sleeping

2. What burger do you think this man might have been eating?

Burger 1

Burger 2
3. If you want to lose weight, you should?

1. Sleep
2. Cook
3. Walk
4. Read

4. Which is the healthiest breakfast?

1. Coffee, 2 eggs, and 2 strips of bacon
2. Pancakes with butter and syrup, a glass of milk
3. Cereal with milk and a glass of orange juice
5. Which person do you think might lose the most weight?

1. Running
2. Mailing letter
3. Walking
4. Speed walking

6. If you want to lose weight you should?

1. Exercise
2. Watch TV
3. Talk on the phone
4. Eat
7. This woman is going on a long walk with her dog.

What breakfast should she eat?

1. Tea  Toast with butter

2. Pancakes with butter and syrup  2% Milk

3. Cereal with milk and orange juice  Coffee  2 eggs  Toast with butter
8. Which foods are best to keep your heart healthy?

1. Hamburger  Egg  Milk and cheese  French fries  Ice Cream  Popcorn  Hot dog  Taco

2. Apple  Pears  Tomato  Bananas  Fish  Strawberries  Carrot  Peas  Onions
9. Which foods should you not have too often?

1. 
- Cheese
- Milk

2. 
- Egg
- Chicken
- Fish
- Pork chop

3. 
- Candy bar
- Chocolate chip cookie
- Chocolate cake
- French fries

4. 
- Asparagus
- Apple
- Mushrooms
- Corn
- Strawberries
- Grapes
- Bananas
- Broccoli
- Carrot
- Pears
- Green peas
10. Which man will put on the most weight?
1. 

2. 

3. 

11. Which one of these foods has the most protein?
1. Apple
2. Fish
3. French Fries
4. Apple juice
12. If you want to lose weight you should?

1. Read
2. Relax
3. Eat ice-cream
4. Ride bike

13. Which food has the most fat?

1. Green peas
2. Tomato
3. Mushrooms
4. Baked potato with butter
14. Which activity would help you lose the most weight?

1. Relaxing
2. Hiking
3. Watering plants
4. Eating

15. Which activity needs the most energy?

1. Playing ball
2. Washing car
3. Reading
4. Sleeping
16. Which group of foods has the most sugar?

1. Apple pie, Cake, Candy bar, Ice cream, Doughnut

2. Orange, Asparagus, Corn, Banana

3. Egg, Fish, Chicken, Cheese

4. French fries, Hot dog, Taco, Popcorn
17. Which group of foods would cause you to put on the most weight?

1. Peas, Tomato, Mushrooms, Carrot, Broccoli, Corn, Onions

2. Strawberries, Grapes, Pear, Orange, Bananas, Apple

3. Chocolate chip cookies, Ice cream, French fries, Doughnut, Chocolate pudding

4. Egg, Fish, Chicken, Pork chop
18. This man is going for a long walk.

Which breakfast should he eat?

1. Pancakes with butter and syrup and hot tea.

2. Orange, cereal with milk, orange juice, two eggs, two pieces of bacon and coffee

3. Coffee and toast with butter
Confidence to Exercise

Do you think that you can:

1. Do exercises to stretch your muscles
   - 1 Not at all Sure  
   - 2 A Little Sure  
   - 3 Totally Sure

2. Do exercises to make your muscles stronger?
   - 1 Not at all Sure  
   - 2 A Little Sure  
   - 3 Totally Sure

3. Do an exercise that makes you sweat, breathe hard, or increase your heart rate (such as walking or bicycling)?
   - 1 Not at all Sure  
   - 2 A Little Sure  
   - 3 Totally Sure

4. Do exercises to help your balance (keep you from falling/tripping)?
   - 1 Not at all Sure  
   - 2 A Little Sure  
   - 3 Totally Sure

Supports for Exercise and Nutrition

First ask if anyone provides the following supports and then probe who.

<table>
<thead>
<tr>
<th>Does anyone:</th>
<th>No one</th>
<th>Family</th>
<th>Friends</th>
<th>Doctor /Nurse</th>
<th>Staff</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tell you to exercise?</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>Take you to an exercise program?</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>Pay for an exercise program?</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>Show you how to exercise?</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>Exercise with you?</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>Tell you not to eat “junk foods” such as candy, cake, and chips?</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>Remind you to eat more fruits and vegetables?</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>Compliment you on trying to eat healthier (“Good job,” “Keep it up,” “We are proud of you.”)</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>Give you fruits and vegetables as a snack during the day?</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
</tbody>
</table>
Satisfaction with the 12-week HealthMatters Program

1. Please circle what you think of the following statements…

   a) Did the HealthMatters Program make you feel better? ............................................................... ☐ ☐ ☐

   b) Was the HealthMatters Program fun? ............. ☐ ☐ ☐

   c) Should we do the HealthMatters Program again? ☐ ☐ ☐

2. What new topics would you like to learn in the HealthMatters Program?

   __________________________________________________________________________________________

   __________________________________________________________________________________________

3. Was the 12-Week HealthMatters Program worth your time?

   Not Worth My Time  Somewhat Worth My Time  Worth My Time  Totally Worth My Time

4. Would you recommend the HealthMatters Program to other peers?

   Would Not Recommend  Might Recommend  Would Recommend  Definitely Would Recommend

5. Please name three things that you learned in the HealthMatters Program?

   __________________________________________________________________________________________

   __________________________________________________________________________________________

   __________________________________________________________________________________________

6. What were your three favorite experiences with the HealthMatters Program?

   __________________________________________________________________________________________

   __________________________________________________________________________________________

   __________________________________________________________________________________________

7. Please tell us at least ONE thing that would improve your experience:

   __________________________________________________________________________________________

   __________________________________________________________________________________________
Demographics

1. Gender (circle one): Male Female

2. Age: ________________________________ years

3. Height: __________ feet ______ inches

4. Weight: ___________________________ pounds

5. Does participant routinely engage in moderate physical activity? (circle one):
   (Please Note: Moderate physical activity is an activity that causes some increase in breathing or heart rate. Examples include but are not limited to brisk walking, swimming, bicycling, cleaning and gardening.)
   
   Yes No

6. How often does participant exercise 30 minutes at a time per week?
   
   1. N/A, Does Not Do Activity for at Least Thirty Minutes
   2. Five Times or More Per Week
   3. Three to Four Times Per Week
   4. One to Two Times Per Week

7. Does this participant smoke/chew tobacco?
   
   Yes No
Health Promotion Goals (To be filled out by staff leading 12-week HealthMatters Program)

Overall, how well did participant meet the following goals?

<table>
<thead>
<tr>
<th></th>
<th>Much MORE than I hoped</th>
<th>Just as I hoped</th>
<th>Much LESS than I hoped</th>
<th>Don’t know</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Drank more water.</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>2. Drank less soda.</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>3. Drank less coffee.</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>4. Did more physical activities.</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>5. Did more exercises.</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
</tbody>
</table>

Any additional comments you would like to note?

____________________________________________________________________________________

____________________________________________________________________________________