

Data Entry
Census tract: _____
DE: __ Date: __/__/__
Study ID # _____

**Baltimore Healthy Stores Project
Consumer Questionnaire
Formative Research Phase**

Section 1 – Demographic Information

1. Nearest cross street _____ and _____
2. Data Collector : _____
3. Date __/__/__ (MM/DD/YY)
4. Age _____years
5. Sex (circle one) Male Female
6. Number of household members _____
7. Number of children <10 years _____
8. Number of adults over 65 years _____
9. Location survey conducted

Private Home	___1
Church	___2
Community Center	___3
Health Clinic	___4
Supermarket	___5
Corner store	___6
Other	___7 (Where: _____)
10. What is your ethnicity? (Check all that apply)

White	___1
Black or African American	___2
American Indian or Alaska native	___3
Asian	___4
Native Hawaiian or other Pacific Islander	___5
Spanish/Hispanic/Latino	___6
Other: _____	___7
11. What is your current marital status (check one)

Never married (single)	___1
Married	___2
Separated	___3
Divorced	___4
Widowed	___5
Common Law	___6
Decline to answer	___7

12. The highest level of education you have completed is:

- Less than 6th 1
- 6th grade 2
- 7th grade 3
- 8th grade 4
- 9th grade 5
- 10th grade 6
- 11th grade 7
- High School (12th grade) 8
- GED 9 (If checked, record highest level achieved)
- Some college 10
- Associate’s degree 11
- Bachelor’s degree 12
- Graduate school 13
- Vocational/Technical school 14
- Other 15 (Specify: _____)

13. Are you currently employed?

- Yes 1 (Go to 13a)
- No 2 (Go to 14)
- Retired 3 (Go to 14)
- Disability 4 (Go to 14)

13a. IF YES ABOVE: Are you employed... (check all that apply)

- Full time 1
- Part time 2
- Seasonal/occasional 3

14. What is your annual household income?

- 0-5,000 1
- 5,001-10,000 2
- 10,001-15,000 3
- 15,001-20,000 4
- 20,001-25,000 5
- 25,001-30,000 6
- 30,001-35,000 7
- 35,001-40,000 8
- 40,001-50,000 9
- 50,001-60,000 10
- 60,001-70,000 11
- 70,001-80,000 12
- 80,001+ 13
- Don’t know 14
- Decline to answer 15

15. Do you own a car in working condition?

Yes ___1 (Go to 15a)

No ___2 (Go to 16)

15a. IF YES ABOVE: How many cars do you own in working condition? ____

16. How many of the following do you own in working condition? (Place a number before each item, including 0 (Zero))

TV ___1

VCR ___2

Big Screen TV ___3

Computer ___4

CD Player ___5

Cellular Phone ___6

Washer ___7

Dryer ___8

Air Conditioner ___9

17. How many of your household members are covered by health insurance? _____

18. What is your current housing arrangement?

Own property ___1

Rent ___2

Live with family who own the property ___3

Live with family who rent property ___4

Transitional housing ___5

Shelter ___6

Group House ___7

Other: _____ ___8

19. Does you or anyone in your household receive the any of the following? (check all that apply):

WIC ___1

Food Stamps ___2

Commodity Foods ___3

Free/Reduced Price School Lunch ___4

Section 2 – Food Purchasing

I will now ask you some questions about how you get food for your household. When answering the following questions, I want you to keep in mind the food you get by purchasing it, by cashing food stamps and WIC, and the food or meals you and other members of your household may receive regularly for free.

20. Which of the following have you or other members of your household utilized in the last six months to get food: (check all that apply)

- Supermarket _____1
- Neighborhood grocery store/corner store _____2
- Wholesaler (such as Walmart, Sam’s club, etc) _____3
- Convenience store (such as 7-11) _____4
- Farmer’s market _____5
- Fast food Restaurants (such as McDonald’s) _____6
- Full-service restaurants _____7
- Carry-out _____8
- Vending Machines _____9
- Community Garden _____10
- Bars _____11
- Specialty stores (such as Bakeries or African stores) _____12
- Food Pantry _____13
- Soup Kitchen _____14
- Church _____15
- Community center _____16
- Other (Specify: _____) _____17

21. Of the places you selected above, which are the 3 places where you most frequently get food for your household?			
	1 st most frequent	2 nd most frequent	3 rd most frequent
WRITE OPTION			
Now I'm going to ask you some questions about each of these places. Please tell me...			
22. Transportation: How do you usually get to and come back from the (name place)? (use "1" for transportation to store and "2" for transportation back from store)			
Own car			
Bus			
Metro			
Light Rail			
Cab			
Hack			
Walk			
Ask Relative or Friend to Drive			
Other (Specify)			
Repeat QUESTION 22 for places 1, 2 and 3			
23. How long does it usually take you to get to the (name place)?			
Minutes			
Repeat QUESTION 23 for places 1,2 and 3			
24. How often do you go to the (name place)?			
Everyday			
5-6 times a week			
3-4 times a week			
1-2 times a week			
Once every 2 weeks			
1 time a MONTH			
Only when it is the season			
A few times a year			
Other (Specify)			
Repeat QUESTION 24 for places 1,2 and 3			

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Rewrite Places	1 st most frequent	2 nd most frequent	3 rd most frequent
25. I'm going to read to you a list of reason why people go to certain places to get food. Thinking about (name place), please tell me the 3 most important reasons why YOU go to (name place).			
It is close to home			
It is close to work			
Has credit available			
It is less expensive			
Has greater variety			
I know the owner			
Offers better quality			
Only place I can find a certain food			
Has good services			
It is clean			
Offers free food or meals			
Accept WIC or Food Stamps			
It is accessible by public transportation			
Other (specify)			
Repeat question 25 for places 1,2 and 3			
Thank you for answering this questionnaire. Your participation is very helpful to us!			

26. Monthly Food Getting Frequency

Now I want to get an idea of how often you get some foods. Please think back over the last month. I'm going to name a few foods and I want you to tell me how often you got these foods in the last 30 days/4 weeks. You may have gotten these foods by buying them, using food stamps or WIC, or receiving them for free.

Food	Everyday	5-6 times a week	3-4 times a week	1-2 times a week	2-3 times a month	1 time a month	Didn't get this food in the last month	(If didn't get food in last month) Get it in bulk a few times a year	I never get this food
Whole Milk									
2% milk									
1% milk									
Skim Milk									
Regular soda									
Diet Soda									
Chips									
Hard packaged pretzels									
Candy									
Cookies									
Donuts									
Fresh Fruit									
Frozen Fruit									
Canned Fruit									
Fresh Vegetables									
Frozen Vegetables									
Canned Vegetables									
Pre-prepared/ Deli food									

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Food	Everyday	5-6 times a week	3-4 times a week	1-2 times a week	2-3 times a month	1 time a month	Didn't get this food in the last month	(If didn't get food in last month) Get it in bulk a few times a year	I never get this food
Frozen dinner									
Fried Chicken (already fried)									
Pizza									
Sugar Cereal (Ex. Fruit Loops)									
Low sugar cereal (Ex. Corn flakes, cheerios)									
Whole wheat bread									
White bread									
Regular Ice Cream									
Low fat Ice cream									
Fresh Yogurt									
Frozen Yogurt									
Fruit Juice (Name: _____)									
Lemonade									
Extra Sweet Iced Tea									
Diet Iced Tea									
Fruit Punch									
Peanut butter									
Cheese (type: _____)									
Lite Mayonnaise									
Mayonnaise									
Eggs									
Pork									
Tuna (Canned)									

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Food	Everyday	5-6 times a week	3-4 times a week	1-2 times a week	2-3 times a month	1 time a month	Didn't get this food in the last month	(If didn't get food in last month) Get it in bulk a few times a year	I never get this food
Chicken									
Liver									
Beef									
Ham									
Turkey									
Fish									
Pork and beans									
Cooking Spray									
Scrapple									
Bacon									
Anything else? _____									

Section 3 – Preparation Methods

27. I want you to think back over the last month. I'd like to know how did you usually prepared the following foods at home. For each food give me the three most common methods from 1-3 with 1=most common method, 2=second most common method, and 3=third most common method.

FOOD	Chicken	Pork	Ground beef	Liver	Fish	Eggs	Potatoes	Scrapple
Deep Fried								
Pan-Fried in oil								
Pan-Fried in butter/lard								
Pan-fried without oil (non-sticking pan)								
Cooking Spray								
Broiled/Grilled No added fat								
Broiled/Grilled w/ added fat								
Open Flame								
Boiled no added fat								
Boiled with added fat								
Microwaved no added fat								
Microwaved w/ added fat								
Baked no added fat								
Baked w/ added fat								
Not prepared in last month								

28. What are three vegetables you and your household prepare most often? (Write down 3 selections)

Now tell me how you usually prepare (vegetable #1). Give me the three most common methods from 1-3 with 1=most common method, 2=second most common method, and 3=third most common method. **(REPEAT FOR VEGETABLES # 2 and # 3)**

FOOD	Vegetable 1_____	Vegetable 2_____	Vegetable 3_____
Deep Fried			
Pan-Fried in oil			
Pan-Fried in butter/lard			
Pan-fried without oil (non-sticking pan)			
Cooking Spray			
Broiled/Grilled No added fat			
Broiled/Grilled w/ added fat			
Open Flame			
Boiled no added fat			
Boiled with added fat			
Steamed			
Microwaved no added fat			
Microwaved w/ added fat			
Baked no added fat			
Baked w/ added fat			
Raw			
With dressing			

I'm going to read to you a series of statements and I want you to tell me whether you strongly agree, agree, are undecided, disagree, or strongly disagree

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	Strongly agree	Agree	Undecided	Disagree	Strongly Disagree
SECTION 4. Knowledge					
29. Low fat milk is better for your health than whole milk.					
30. Low fat milk contains the same nutrients as whole milk except for the fat content					
31. Frying is better for your health than baking					
SECTION 5. Self-Efficacy and Intention					
32. I CAN use cooking spray					
33. I WILL use cooking spray					
34. The next time I buy a soda, I CAN choose diet rather than regular soda					
35. The next time I buy soda I WILL choose diet rather than regular soda					
36. The next time I want a snack I CAN eat pretzels rather than chips					
37. The next time I want a snack I WILL eat pretzels rather than chips					
38. The next time I buy milk I CAN choose 1% or skim milk rather than 2% or whole milk					
39. The next time I buy milk I WILL choose 1% or skim milk rather than 2% or whole milk					
40. I CAN eat fruit as a snack					
41. I WILL eat fruit as a snack					
42. I CAN serve fruit as a dessert					
43. I WILL serve fruit as a dessert					
44. The next time I eat at a fast food restaurant, I CAN choose a regular meal rather than super size					
45. The next time I eat at a fast food restaurant I WILL choose a regular meal rather than super size					

46. I CAN eat a diet that is good for my health					
47. I WILL eat a diet that is good for my health					
SECTION 6 Self Efficacy					
48. I can read and understand a food label					
49. I can prepare a low fat dinner					
50. I can prepare a low fat meal that tastes good					
51. I can prepare a low fat meal that does not cost a lot of money					
52. I can include vegetables as a part of most meals					

Section 7 – Food Security

We would like to ask you a few questions about the food eaten in your household in the past 12 months and what you may have done to make sure that everyone in the household had enough food. Please listen to the question and then check the appropriate answer. (Skip the questions 62-68 if you do not have children younger than 18 years old living in your household)

53. Which of these statements best describes the food eaten in your household in the past 12 months?

- Enough of the kinds of food we want to eat 1
- Enough but not always the kind of food we want 2
- Sometimes not enough to eat 3
- Often not enough to eat 4
- Don't know 5

53a. Here are some reasons why people don't always have enough or the kinds of the foods they want to eat. Please indicate if any of the following is a reason why YOU don't always have enough or the kinds of food you want

- Not enough money for food 1
- Kinds of food I want are not available 2
- Not enough time for shopping or cooking 3
- Too hard to get to the store 4
- On a diet 5
- No working stove available 6
- Not able to cook or eat because of health problems 7
- Don't know or not applicable 8

54. People have made several statements about their food situation. For these statements, please indicate whether the statement was *often* true, *sometimes* true, or *never* true for your household in the past 12 months.

The first statement is "I worried whether our food would run out before we got money to buy more." Was this often true, sometimes true, or never true for your household in the past 12 months?

- Often true 1
- Sometimes true 2
- Never true 3
- Don't know 4

55. "The food that we bought just didn't last, and we didn't have money to get more". Was that often true, sometimes true, or never true for your household in the last 12 months?

- Often true 1
- Sometimes true 2
- Never true 3
- Don't know 4

56. “We couldn’t afford to eat balanced meals.” Was that often true, sometimes true or never true for your household in the last 12 months?

- Often true __1
- Sometimes true __2
- Never true __3
- Don’t know __4

57. In the past 12 months, did you or other adults in your household ever cut the size of your meals or skip meals because there wasn’t enough money for food?

- Yes __1
- No __2
- Don’t know __3

57a. [IF YES ABOVE, PLEASE ANSWER] How often did this happen – almost every month, some months but not every month, or only 1 or 2 months?

- Almost every month __1
- Some months but not every month __2
- Only 1 or 2 months __3
- Never __4
- Don’t know or not applicable __5

58. In the past 12 months, did you ever eat less than you felt you should because there wasn’t enough money to buy food?

- Yes __1
- No __2
- Don’t know __3

59. In the past 12 months, were you ever hungry but didn’t eat because you couldn’t afford enough food?

- Yes __1
- No __2
- Don’t know __3

60. In the past 12 months, did you lose weight because you didn’t have enough money for food?

- Yes __1
- No __2
- Don’t know __3

61. In the past 12 months, did you or other adults in your household ever not eat for a whole day because there wasn’t enough money for food?

- Yes __1
- No __2 (Go to box 1)
- Don’t know __3 (Go to box 1)

61a. [IF YES ABOVE, PLEASE ANSWER] How often did this happen – almost every month, some months but not every month, or only 1 or 2 months?

- Almost every month 1
- Some months but not every month 2
- Only 1 or 2 months 3
- Never 4
- Don't know or not applicable 5

Box 1
Do you have children younger than 18 years old in your household?
No <input type="checkbox"/> 1 Thank you, you are finished with this section
Yes <input type="checkbox"/> 2 Please continue with Question 62

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62. “ We relied on only a few kinds of low-cost food to feed the children because we were running out of money to buy food.” Was that often true, sometimes true, or never true for your household in the last 12 months?

- Often true __1
- Sometimes true __2
- Never true __3
- Don't know __4

63. “ We couldn't feed the children a balanced meal because we couldn't afford that.” Was that often true, sometimes true, or never true for your household in the last 12 months?

- Often true __1
- Sometimes true __2
- Never true __3
- Don't know __4

64. “The children were not eating enough because we just couldn't afford enough food.” Was that often true, sometimes true, or never true for your household in the last 12 months?

- Often true __1
- Sometimes true __2
- Never true __3
- Don't know __4

65. In the past 12 months, did you ever cut the size of any of the children's meals because there wasn't enough money for food?

- Yes __1
- No __2
- NO CHILDREN YOUNGER THAN 18 __3
- Don't know __4

66. In the past 12 months, did any of the children ever skip meals because there wasn't enough money for food?

- Yes __1 (Go to 14 a)
- No __2 (Go to 15)
- NO CHILDREN YOUNGER THAN 18 __3 (Go to 15)
- Don't know __4 (Go to 15)

66a. [IF YES ABOVE, PLEASE ANSWER] How often did this happen – almost every month, some months but not every month, or only 1 or 2 months?

- Almost every month __1
- Some months but not every month __2
- Only 1 or 2 months __3
- Never __4
- Don't know or not applicable __5

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67. In the past 12 months, were the children ever hungry but you just couldn't afford more food?

- Yes __ 1
- No __ 2
- NO CHILDREN YOUNGER THAN 18 __ 3
- Don't know __ 4

68. In the past 12 months, did any of the children ever not eat for a whole day because there wasn't enough money for food?

- Yes __ 1
- No __ 2
- NO CHILDREN YOUNGER THAN 18 __ 3
- Don't know __ 4

Section 8 – Open Questions

Open questions. I want you to tell me your opinion on the following questions.

Note: let respondents talk freely and probe them to explain what they mean, for example by “eating wise”, “eating healthy”, “living longer and stronger,” etc.

69. What does a healthy diet mean to you?

70. What does “low fat” mean to you?

71. What would help you /your family include more fresh fruits and vegetables in your diet?

72. What are the benefits of maintaining a healthy diet?

73. Which of the following would you be interested in participating and which ones do you believe would help you have a healthier diet:

	Will help you keep healthy diet	Interested in participating
Low-fat cooking demonstrations	__1	__1
Hands on cooking classes (classes where you cook	__2	__2
Taste tests of lower fat foods	__3	__3
Label on shelves to identify healthier foods	__4	__4
Distribution of low-fat recipes	__5	__5
Guided tours to supermarkets	__6	__6
Brochure on how to prepare low-cost healthier meals	__7	__7
Access to physical activity facilities	__8	__8
Aerobic classes	__9	__9
Diabetes prevention and management sessions	__10	__10
Other suggestions: _____	__11	__11

