

Healthy Growing Parent Survey - POST

Please circle one response that best answers each question:

	Question					
1	How often does your child eat nutritious meals?	Always	Very Often	Somewhat Often	Almost Never	Never
2	How often does your child eat snacks from a package?	Always	Very Often	Somewhat Often	Almost Never	Never
3	How often do you try and educate your children on healthy eating habits?	Always	Very Often	Somewhat Often	Almost Never	Never
4	Does your child enjoy eating "healthy" food?	Always	Very Often	Somewhat Often	Almost Never	Never
5	Is it a struggle to feed your child green colored vegetables?	Always	Very Often	Somewhat Often	Almost Never	Never
6	Does your child eat a handful of fruit on a daily basis?	Always	Very Often	Somewhat Often	Almost Never	Never
7	Does your child eat a handful of veggies on a daily basis?	Always	Very Often	Somewhat Often	Almost Never	Never
8	Last week my family had dinner at home more often than at a restaurant	Yes	No			
9	My child helped with cooking	Yes	No			

	family meals at least 3 times last week					
10	My child knows that food did not originate in the grocery store	Yes	No			
11	My child knows that chicken nuggets come from a farm	Yes	No			
12	Has your doctor said that you or your child are overweight or obese?	Yes	No			
13	(If answered yes to question #12) Have you or your child lost any weight since starting the Healthy Growing Program?	Yes	No			
14	Has your doctor said that you or your child have type 2 diabetes?	Yes	No			
15	(If answered yes to question #14) Have your or your child's type 2 diabetes symptoms improved since starting the Healthy Growing Program?	Yes	No			