Nebraska 4-H
Healthy Living Survey

Section I: Healthy Choices

1. **Please tell us how much you agree or disagree with the following statements.** (Choose one answer in each row by marking the appropriate box ☒.)

As a result of participating in a 4-H Healthy Living Program…	***Strongly Agree***	***Agree***	***Disagree***	***Strongly Disagree***
I learned the foods that I should eat every day	☐	☐	☐	☐
I learned what makes up a balanced diet	☐	☐	☐	☐
I learned why it is important for me to eat a healthy diet	☐	☐	☐	☐
I learned how to make healthy food choices	☐	☐	☐	☐

2. **Please tell us how much you agree or disagree with the following statements.** (Choose one answer in each row by marking the appropriate box ☒.)

As a result of participating in a 4-H Healthy Living Program I plan to take the following actions…	***Strongly Agree***	***Agree***	***Disagree***	***Strongly Disagree***
I will eat more fruits and vegetables	☐	☐	☐	☐
I will eat more whole grains	☐	☐	☐	☐
I will eat less junk foods	☐	☐	☐	☐
I will drink more water	☐	☐	☐	☐
I will encourage my family to eat meals together	☐	☐	☐	☐

Section II: Physical Activity

3. **Please tell us how often you complete the following tasks**. (Select one response in each row by marking the appropriate box ☒.)

Tell us about you…	***Always***	***Usually***	***Sometimes***	***Never***
I do moderate physical activities like walking, helping around the house, raking leaves, or using the stairs	☐	☐	☐	☐
I exercise 30-60 minutes every day	☐	☐	☐	☐

4. **Please tell us how much you agree or disagree with the following statements.** (Choose one answer in each row by marking the appropriate box ☒.)

Tell us what you think…	***I agree***	***I'm not sure***	***I do not agree***
Being active is fun	☐	☐	☐
Being active is good for me	☐	☐	☐
Physical activity will help me stay fit	☐	☐	☐

Section III: Decisions

5. **Please tell us how much you agree or disagree with the following statements.** (Choose one answer in each row by marking the appropriate box ☒.)

As a result of my experience in this 4-H program or project …	***Strongly Agree***	***Agree***	***Disagree***	***Strongly Disagree***
I am comfortable making my own decisions	☐	☐	☐	☐
I don't let my friends talk me into doing something I don't want to do	☐	☐	☐	☐
I can explain my decisions to others	☐	☐	☐	☐
I have a plan for reaching my goals	☐	☐	☐	☐
I know how to deal with stress in positive ways	☐	☐	☐	☐
I can change my plan when I need to	☐	☐	☐	☐

Section IV: Tell us about You

Please select the responses that best describes you.

6. **How old are you?**

   _____ Age (in years)

7. **Which of the following best describes your gender?** (Mark one box ☒.)
   - ☐ Female
   - ☐ Male

8. **Which of the following best describes your race or ethnicity?** (Mark each box ☒that applies to you.)
   - ☐ Black or African American
   - ☐ Asian
   - ☐ American Indian or Alaskan Native
   - ☐ Hispanic
   - ☐ Native Hawaiian or Other Pacific Islander
   - ☐ White