Well Prepared Program

Pre/Post Questionnaire for Parents

Please answer a few preliminary demographic questions prior to beginning the questionnaire

1. What is your age?
   1. 25-34
   2. 35-44
   3. 45-54
   4. 55 or older
2. Do you identify as …?
   1. Male
   2. Female
   3. Prefer not to answer
3. What is your ethnicity?
   1. American Indian or Alaska Native
   2. Asian
   3. Black or African American
   4. Hispanic or Latino
   5. Native Hawaiian or Other Pacific Islander
   6. Caucasian
4. What city and state do you live in?...................................................
5. Obesity during childhood can affect a child’s
   1. Immediate health
   2. Future health as an adult
   3. Mental health
   4. All of the above
6. BMI or Body Mass Index determined by your health care provider is calculated the same for adults and children
   1. True
   2. False
7. Are you comfortable with having a discussion with your doctor about your child’s BMI
   1. Yes
   2. No If no please explain why?
8. As a parent and caregiver what you say can have which effect on your child’s eating behaviors
   1. Help
   2. Hinder
   3. Both
9. What are the recommended servings of fruits and vegetable for your child per day?
   1. 2
   2. 3
   3. 4
   4. 5
10. A portion and a serving are not the same
    1. True
    2. False
11. Snacks should be a part of your child’s eating pattern
    1. True
    2. False
12. Energy drinks are recommended for pediatric athletes
    1. True
    2. False
13. Shopping healthy on a budget cannot be done in small chain stores such as (Dollar General, Family Dollar, Dollar Tree)
    1. True
    2. False
14. Increasing the amount of screen time for your child is associated with an increased risk of negative health impacts even if the child is physically active
    1. True
    2. False
15. The American Academy of Pediatrics recommends that children ages 6-12 should sleep how many hours a day
    1. 5-6
    2. 7-8
    3. 9-12