

# Food and Health Questionnaire for Adults

## Online Administration Protocol

### Pre and Post Survey

#### Planning & Preparation

- The screeners are formatted online and can be taken on a phone, tablet, or computer.
- Test each link before you need to use them in programming.
- If there are technical issues, please contact your MFF program manager/evaluator.

#### When to Administer

- This questionnaire should only be used with adults ages 18 and older.
- Schedule 20 minutes at the beginning of the first session and 20 minutes during the last session to have participants complete surveys. It's important to provide time within the session to get better completion rates.
- Send links to participants at the beginning of the allotted in-session time in an E-mail or through the virtual platform, like a chat or message function.

#### Matched Pairs

- To the greatest extent possible, the goal is to collect pre- and post-surveys from the same participants. This isn't always possible but do your best whenever possible. Matched surveys allow us to assess change from pre to post surveys.
- Demographic data is collected on both the pre- and post-surveys, which is how we match pre-and post-surveys to the same participant. This way participants' names are not collected, to help ensure their privacy. As a result, it's very important for the demographic data to be completed accurately.

#### Administration

- It is important to administer surveys consistently and to remain neutral in presenting the survey and answering any questions that arise.
- If multiple people will be administering surveys, they should all be trained in appropriate and consistent administration.
- We can't assume participants can read the screener on their own, so please read items and responses aloud to the group.
- When you administer the survey, do not prompt by telling them what the words or phrases mean.
- Tell participants to select the best answer for them, but that they can leave the answer blank if they don't know which response to choose.
- They will be able to move forward with the survey if they have an unanswered question by using the forward arrows after each question.
- Have a copy of the survey available for yourself to be able to read questions and answer options from.

#### Introduction & Instructions

- You should include an introduction at the beginning when you send out the link. The introduction is brief and conveys a neutral perspective. An abbreviated introduction is included at the beginning of the online survey.
- Text in italics on the next page can be read aloud.

*Now we're going to fill out a survey. Please click the link I just sent to open the survey. You should see an instructions page. The questions ask you about how often you usually eat or drink certain items.*

*Please make sure to read every question carefully and choose only one response per question, unless otherwise noted.*

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### Pre and Post Survey

*There are no right or wrong answers so please answer all of the questions as honestly and accurately as you can. Your answers are voluntary and will be kept private. I will now read all questions and answers on the survey out loud. Please let me know if you need help or have a question.*

1. *Please click the blue button with the arrow to get to the first question.*
2. *The first question is...*
3. *The first answer option is...*
4. *The other answer choices are...*
5. *Click on the choice that best describes how often you usually eat fruit.*
6. *The second question is...*
7. *The answer choices are...*
8. *Click on the choice that best describes how often you usually eat vegetables.*
9. *When you have finished answering this question, click on the blue arrow at the bottom of the screen. [Follow this procedure for all items about eating and drinking.]*

**[Pre survey, skip to instruction #17. Post Survey, continue here.]**

10. *The next four questions are about your physical and mental health.*
11. *Question number seven is...*
12. *The answer choices are...*
13. *When you have finished answering this question, click on the blue arrow at the bottom of the screen.*
14. *Question number eight is...*
15. *For this question you will choose the number of days that best fits you from the drop-down menu. [Follow this procedure for questions #9 and #10 on the page.]*
16. *When you have finished answering the questions on this page, click on the blue arrow at the bottom of the screen.*
17. *Now it's time to tell us about yourself.*
18. *First is ethnicity. Please select either Hispanic/Latino or Non-Hispanic/Latino. There is a "prefer not to answer" option as well.*
19. *Next is race. If you identify with more than one option, you may choose multiple races. If you do not see an option you identify with, please choose "not listed" and type your answer in the text box.*
20. *Then we have options for gender including female, male, not listed, and prefer not to answer.*
21. *For your birthday, choose the **month** and **day** of the month (not year) you were born from the drop-down menu.*
22. *Select your middle initial from A to Z from the drop-down menu. If you do not have a middle name, you can skip this question. If you have more than one middle name, please select the first initial of your first middle name.*
23. *For your age, choose your age from 18 and up from the drop-down menu.*
24. *When you have finished answering the last question on this page, click on the blue arrow at the bottom of the screen.*
25. *Thank you for taking the time to complete this survey. Once you see the screen that says, "Thanks for taking this survey!" You may exit your browser.*

### Returning Completed Surveys

Participant survey responses are automatically recorded through Qualtrics® XM and sent to MFF. No further action is needed to submit.