**4-H Common Measures**

**Healthy Living – Full**

Dear Participant:

You have been given this survey because you have participated in a 4-H program or project and 4-H would like to learn about you and your experiences in 4-H.

Your answers are important and they will be kept private. But, if you don’t want to fill out the survey, you don’t have to or if there is a question you don’t want to answer, you can leave it blank.

There are no right or wrong answers, so please answer all questions honestly.

Thank you for your help!

**Healthy Eating Habits**

1. **Do you pay attention to how much fruit you eat each day?**

|  |  |
| --- | --- |
|  | Yes |
|  | Usually |
|  | Not Really |
|  | No |

1. **Do you pay attention to how many vegetables you eat each day?**

|  |  |
| --- | --- |
|  | Yes |
|  | Usually |
|  | Not Really |
|  | No |

1. **Do you pay attention to how much water you drink each day?**

|  |  |
| --- | --- |
|  | Yes |
|  | Usually |
|  | Not Really |
|  | No |

1. **Do you pay attention to how many sugary drinks you drink each day?**

|  |  |
| --- | --- |
|  | Yes |
|  | Usually |
|  | Not Really |
|  | No |

1. **Do you pay attention to the food label for the food you eat?**

|  |  |
| --- | --- |
|  | Yes |
|  | Usually |
|  | Not Really |
|  | No |

1. **How often do you eat breakfast?**

|  |  |
| --- | --- |
|  | Every day |
|  | Most days |
|  | Some days |
|  | Never |

1. **How often do you eat a meal with your family?**

|  |  |
| --- | --- |
|  | Every day |
|  | Most days |
|  | Some days |
|  | Never |

1. **How often do you eat fast food?**

|  |  |
| --- | --- |
|  | Every day |
|  | Most days |
|  | Some days |
|  | Never |

1. **Have you given your family ideas for healthy meals or snacks?**

|  |  |
| --- | --- |
|  | Yes |
|  | Sort of |
|  | No |

1. **At 4-H, did you learn about healthy food choices?**

|  |  |
| --- | --- |
|  | Yes |
|  | Sort of |
|  | No |

**Being Active**

1. **Do you pay attention to how active you are each day?**

|  |  |
| --- | --- |
|  | Yes |
|  | Usually |
|  | Not Really |
|  | No |

1. **Do you pay attention to how much time you spend in front of a screen (TV, computer, tablet, or smart phone)?**

|  |  |
| --- | --- |
|  | Yes |
|  | Usually |
|  | Not Really |
|  | No |

1. **Do you get to decide how much time you spend in front of a screen (TV, computer, tablet, or smart phone)?**

|  |  |
| --- | --- |
|  | Yes |
|  | Usually |
|  | Not Really |
|  | No |

1. **Do you get to decide how much time you spend in front of a screen (TV, computer, tablet, or smart phone)?**

|  |  |
| --- | --- |
|  | Yes |
|  | Sort of |
|  | No |

1. **At 4-H, did you talk about ways to be active?**

|  |  |
| --- | --- |
|  | Yes |
|  | Sort of |
|  | No |

**Healthy Decision Making**

1. **What do you think about someone else texting and driving a car?**

|  |  |
| --- | --- |
|  | It’s okay |
|  | It’s usually okay |
|  | It’s usually not okay |
|  | It’s not okay |

1. **What do you think about someone else your age riding a bike and not wearing a helmet?**

|  |  |
| --- | --- |
|  | It’s okay |
|  | It’s usually okay |
|  | It’s usually not okay |
|  | It’s not okay |

1. **What do you think about someone else your age not wearing a seat belt?**

|  |  |
| --- | --- |
|  | It’s okay |
|  | It’s usually okay |
|  | It’s usually not okay |
|  | It’s not okay |

1. **What do you think about someone else your age drinking alcohol?**

|  |  |
| --- | --- |
|  | It’s okay |
|  | It’s usually okay |
|  | It’s usually not okay |
|  | It’s not okay |

1. **What do you think about someone else your age smoking?**

|  |  |
| --- | --- |
|  | It’s okay |
|  | It’s usually okay |
|  | It’s usually not okay |
|  | It’s not okay |

1. **What do you think about someone else your age taking drugs?**

|  |  |
| --- | --- |
|  | It’s okay |
|  | It’s usually okay |
|  | It’s usually not okay |
|  | It’s not okay |

1. **Do you encourage your friends to make responsible choices?**

|  |  |
| --- | --- |
|  | Yes |
|  | Usually |
|  | Not Really |
|  | No |

1. **At 4-H, did you talk about risky behaviors?**

|  |  |
| --- | --- |
|  | Yes |
|  | Sort of |
|  | No |

**Food Preparation Skills**

1. **Do you know how to follow a recipe to make something to eat?**

|  |  |
| --- | --- |
|  | Yes |
|  | Sort of |
|  | No |

1. **Do you know how to make changes to a recipe?**

|  |  |
| --- | --- |
|  | Yes |
|  | Sort of |
|  | No |

1. **Do you know how to use measuring cups and spoons?**

|  |  |
| --- | --- |
|  | Yes |
|  | Sort of |
|  | No |

1. **Do you know how to use knives safely?**

|  |  |
| --- | --- |
|  | Yes |
|  | Sort of |
|  | No |

1. **Do you know how to handle hot pots and pans safely?**

|  |  |
| --- | --- |
|  | Yes |
|  | Sort of |
|  | No |

1. **Do you know how to keep your cooking area clean to stop spreading germs?**

|  |  |
| --- | --- |
|  | Yes |
|  | Sort of |
|  | No |

**About You**

1. **How old are you?**

|  |  |
| --- | --- |
|  | years old |

1. **What grade are you in?** *If it is summer break, which grade will you be starting in the fall?*

|  |  |
| --- | --- |
|  | grade |

1. **Which of the following best describes your gender?**

|  |  |
| --- | --- |
|  | Male (boy) |
|  | Female (girl) |
|  |  |
|  | I don’t want to say |

1. **Which of the following best describes your race?**

|  |  |
| --- | --- |
|  | Asian |
|  | Black or African American |
|  | Hispanic or Latino |
|  | Native American |
|  | Native Hawaiian/Other Pacific Islander |
|  | White or Caucasian |
|  | More than one race |
|  |  |
|  | I don’t know |

1. **How many hours do you typically spend on 4-H activities each week?**

|  |  |
| --- | --- |
|  | Less than 1 hour |
|  | 1 hour |
|  | 2 hours |
|  | 3 hours |
|  | 4 hours |
|  | 5 or more hours |

1. **Are you involved in 4-H at the county level?**

|  |  |
| --- | --- |
|  | Yes |
|  | No |

1. **Are you involved in 4-H at the state level?**

|  |  |
| --- | --- |
|  | Yes |
|  | No |

1. **Are you involved in 4-H at the national level?**

|  |  |
| --- | --- |
|  | Yes |
|  | No |

1. **Was this survey easy to complete?**

|  |  |
| --- | --- |
|  | Yes |
|  | Sort of |
|  | No |

1. **Did you ask for help in completing this survey?**

|  |  |
| --- | --- |
|  | Yes |
|  | No |

1. **Why are you involved in 4-H?**
2. **What has been the most important thing you have learned by being involved in 4-H?**
3. **How might you be different if you had never been involved 4-H?**

**Thank you very much!**

**Please return this form as directed.**