

Easy Guide to Breastfeeding – Feedback Survey

Thank you for taking the time to complete this Participant Feedback Survey for the **Easy Guide To Breastfeeding (The Guide)**. Please keep in mind that all survey responses are anonymous. Your honest responses will help the Office on Women’s Health improve their current materials and create new materials for women.

Please answer the following questions about the *Easy Guide To Breastfeeding*:

1. How did you receive a copy of The Guide?

- Community health fair Internet Doctor Nurse
 Professional conference or event Class/Workshop Lactation Consultant
 Peer Counselor National Women’s Health Information Center
 Other (please specify): _____

2. How much of The Guide did you read?

- Little or none Less than half More than half Almost all or all

3. How much did you like The Guide?

- Not at all Not very much Somewhat Very much

4. How attractive was the format or design of The Guide (*i.e. color, pictures, font*)?

- Not at all attractive Not very attractive Somewhat attractive Very attractive

5. How useful was The Guide?

- Not at all useful Not very useful Somewhat useful Very useful

6. How does The Guide compare to other health information materials you have read?

- Not as good About the same Better than most
 I have not received any other breastfeeding information

7. Would you recommend The Guide to a friend or family member?

- No, definitely not No, probably not Yes, probably Yes, definitely

8. I chose to read The Guide because (*check all that apply*):

- I had specific questions about breastfeeding
 I had problems or complications with breastfeeding
 I wanted to learn more about breastfeeding in general
 A health care provider recommended it
 A friend or family member recommended it
 Other: _____

According to the Paperwork Reduction Act of 1995, no persons are required to respond to a collection of information unless it displays a valid OMB control number. The valid OMB control number for this information collection is 0990- . The time required to complete this information collection is estimated to average (hours)(minutes) per response, including the time to review instructions, search existing data resources, gather the data needed, and complete and review the information collection. If you have comments concerning the accuracy of the time estimate(s) or suggestions for improving this form, please write to: U.S. Department of Health & Human Services, OS/ocio/PRA, 200 Independence Ave., S.W., Suite 531-H, Washington D.C. 20201, Attention: PRA Reports Clearance Officer. Alice Bettencourt

Please circle the answers to the questions below that best match how much you agree or disagree with the following statements? When responding to each item, use a scale from 1 (*No, Not At All*) to 4 (*Yes, Definitely*).

	No, Not at all			Yes, Definitely
	1	2	3	4
9. Babies were born to be breastfed.	1	2	3	4
10. Infant formula is just as healthy as breast milk.	1	2	3	4
Breastfeeding...				
11. Is beneficial to the mother.	1	2	3	4
12. Is painful.	1	2	3	4
13. Saves money.	1	2	3	4
14. Is beneficial to society.	1	2	3	4
15. Is embarrassing.	1	2	3	4
16. Is natural.	1	2	3	4
17. Is beneficial to the father.	1	2	3	4

Please circle the answer to the questions below that best matches your response. When responding to each item, use a scale from 1 (*No, Not At All*) to 4 (*Yes, Definitely*) or respond with a *no* or *yes*.

Did The Guide help you...	No, Not At All		Yes, Definitely	
	1	2	3	4
18. Learn about the benefits of breastfeeding to the mother?	1	2	3	4
19. Learn about the benefits of breastfeeding to the baby?	1	2	3	4
20. Learn how to breastfeed your baby? (e.g., holds, getting baby to suckle)	1	2	3	4
21. Decide to breastfeed or plan to breastfeed your baby?	1	2	3	4
22. Feel confident that you can successfully breastfeed your baby?	1	2	3	4
23. Feel confident in asking for help with breastfeeding?	1	2	3	4
Did The Guide encourage you to....	No		Yes	
24. Breastfed your baby?	No		Yes	
25. Talk to friends or family about breastfeeding?	No		Yes	
26. Talk to your health care provider about breastfeeding?	No		Yes	

Please circle the answer to the questions below that best matches your responses to the following statements? When responding to each item, use a scale from 1 (No, Not At All) to 4 (Yes, Definitely).

Did The Guide encourage you to...	<i>No, Not At All</i>			<i>Yes, Definitely</i>
	1	2	3	4
27. Think more about your health in general.	1	2	3	4
28. Have a greater understanding of the importance of breastfeeding.	1	2	3	4
29. Learn more about breastfeeding.	1	2	3	4
30. Feel more confident in your decision to breastfeed.	1	2	3	4
31. Learn where you can get information about breastfeeding.	1	2	3	4
Did The Guide help you feel more confident in your ability to:	Strongly Disagree	Disagree	Agree	Strongly Agree
32. Ask your health care provider specific questions about breastfeeding.	1	2	3	4
33. Find breastfeeding help over the phone.	1	2	3	4
34. Find breastfeeding help on the Internet.	1	2	3	4
35. Correctly position yourself and the baby when breastfeeding.	1	2	3	4
36. Breastfeed your baby.	1	2	3	4
37. Talk to others about the importance of breastfeeding.	1	2	3	4
38. Breastfeed in public.	1	2	3	4

Additional Comments
39. Please provide additional comments about the Easy Breastfeeding Guide below.

