# Attachment 5b: Online Survey for Wave 4: Healthy Living

(FHI 360, The Emery Group, & SmithGeiger on behalf of the Centers for Disease Control and Prevention, Division of Community Health)

# April 4, 2013

#### <u>Introduction</u>

SHOW: <u>About this online survey</u>: Thank you for answering these questions. You are qualified to participate in this online survey, which is being conducted on behalf of the Centers for Disease Control and Prevention, sometimes referred to as CDC, in Atlanta. The online survey will take about 22 minutes to complete. In this online survey you are going to be shown sample advertisements and asked to share your honest opinions about them.

Your responses will be entered into a database and will only be seen by researchers associated with this online survey. Your answers will be kept secure to the extent permitted by law. There will be no risk to you. You may stop at any time. You will receive your gift, as it is explained in your online survey invitation, after completing the online survey.

If you have any questions about this online survey or about your rights as an online survey participant, please email them to StudyInfo@fhi360.org.

By clicking 'Next,' I am agreeing to the above project description.

#### **Public Reporting Burden Statement**

Public reporting burden of this collection of information is estimated to average 22 minutes per response, including the time for reviewing instructions, searching existing data sources, gathering and maintaining the data needed, and completing and reviewing the collection of information. An agency may not conduct or sponsor, and a person is not required to respond to a collection of information unless it displays a currently valid OMB control number. Send comments regarding this burden estimate or any other aspect of this collection of information, including suggestions for reducing this burden to CDC/ATSDR Information Collection Review Office, 1600 Clifton Road NE, MS D-74, Atlanta, Georgia 30333; ATTN: PRA (0920-0572).

# [BACKGROUND HEALTH BEHAVIORS AND ATTITUDES]

[Contemplation and Behavioral Intentions]

# **Pre-Post Questions**

# [CHECK S12. IF S12 IS 1 OR MORE, ASK Q1. OTHERS SKIP TO Q1\_2]

Q1.	21. Are you planning to [stop drinking regular soft drinks (non-diet) or other sugary drinks] v		ugary drinks] within the
	1 2	YesNo	Continue Continue
		[IF Q1=1 SKIP TO Q1_2. IF Q1=2 CONTINUE TO Q1_	1]
Q1_1.	21_1. Are you planning to [cut back on regular soft drinks (non-diet) or other sugary drinks] within next 30 days?		
	1 2	YesNo	Continue Continue
Q1_2. Are you planning to [be more physically active] within the <b>next 30 days</b> ?			
	1 2	YesNo	
Q1_3.	_3. Are you planning to [eat healthier meals and snacks] within the next 30 days?		ays?
	1 2	YesNo	
Q2. Are you planning to [do something about your weight] within the <b>next 30 days</b> ?		days?	
	1 2 3 4	Yes, I plan to try to lose weight Yes, I plan to try to gain weight Yes, I plan to try to maintain my current weight No, I have no plans to do anything about my weight	Continue Continue Continue Continue
Q3.	During the padrinks?	est 12 months, did you try to cut back on regular soft drinks	(non-diet) or other sugary
	1 2	Yes No	Continue Continue

Q3_1. During the <b>past 12 months</b> , did you try to be more physically active?				
		1 2	YesNo	Continue Continue
Q3_2.	During t	the <b>past</b>	12 months, did you try to eat healthier meals and snacks	?
		1 2	YesNo	Continue Continue
Q4.	In the pa	ast year	, have you tried to do any of the following? MULTIPLE RE	SPONSE
		1 2 3	Lose weight	Continue
Q4_1.	Compar	red to a	year ago, do you weigh?	
		1 2 3	Less	Continue Continue
Q4_2. And compared to a year ago, would you say that you are?				
		1 2 3	More healthy Less healthy About the same	Continue Continue Continue
Q5. Overall, on a scale from 1 to 5, where 1 is not at all interested and 5 is extremely interested are you in?		remely interested, how		
	[CHEC	K S12. I	F S12=1 OR MORE, INSERT A. INSERT B AND C FOR	ALL PERSONS]
		1 2 3 4 5	Not at all interested A little interested Somewhat interested Very interested Extremely interested	Continue Continue Continue Continue Continue
	A B C	[Being r	back on regular soft drinks (non-diet) or other sugary dring more physically active] healthier meals and snacks]	ks]
	[THERE IS NO Q6.]			

Q7.	Thinking about the next six months, how likely are you to? Please use a scale from 1 to 5, where
	1 is not at all likely and 5 is extremely likely. ROTATE A-C AND D-F.

1	Not at all likely	Continue
2	Somewhat unlikely	Continue
3	Neither likely nor unlikely	Continue
4	Somewhat likely	Continue
5	Extremely likely	Continue

- A Look for more information on [the health benefits of cutting back on regular soft drinks (non-diet) or other sugary drinks]
- B Look for more information on [the health benefits of being more physically active]
- C Look for more information on [the health benefits of eating more healthy meals and snacks]
- D Talk to a friend about [the health benefits of cutting back on regular soft drinks (non-diet) or other sugary drinks]
- E Talk to a friend about [the health benefits of being more physically active]
- F Talk to a friend about [the health benefits of eating more healthy meals and snacks]
- G Participate in community efforts to reduce obesity

# [Self-Efficacy Questions]

Q8. On a scale from 1 to 5, where 1 indicates that you strongly disagree and 5 indicates that you strongly agree, please indicate how much you agree or disagree with each of these statements.

1	Strongly disagree	Continue
2	Somewhat disagree	Continue
3		Continue
4	Somewhat agree	Continue
5	Strongly agree	Continue

- A I feel as though I can make a difference regarding [my risk for being overweight or obese]
- B I am confident that I can protect myself from [being overweight or obese]
- C There are many things I can do to protect myself from [being overweight or obese]
- D Generally speaking, it is possible to reduce [one's risk for being overweight or obese]

# [Behavioral Beliefs]

On a scale from 1 to 5, where 1 indicates that you strongly disagree and 5 indicates that you strongly agree, please indicate how much you agree or disagree with each of these statements.

1	Strongly disagree	Continue
2	Somewhat disagree	Continue
3	Neither agree nor disagree	
4	Somewhat agree	Continue
5	Strongly agree	Continue

Eliminating regular soft drinks (non-diet) and other sugary drinks during meals every day, would...

- A ...make me feel that I was doing something good for my health
- B ...make eating meals less enjoyable for me
- C ...help me prevent weight gain
- D ...make life more stressful for me
- E ...help me save money
- F ...make it easier for me to drink milk or water at mealtimes
- G ...help me lose weight
- H ...help me maintain a healthy weight
- Q9\_1. On a scale from 1 to 5, where 1 indicates that you strongly disagree and 5 indicates that you strongly agree, please indicate how much you agree or disagree with each of these statements.

1	Strongly disagree	Continue
2	Somewhat disagree	
3	Neither agree nor disagree	Continue
4	Somewhat agree	Continue
5	Strongly agree	Continue

Being more physically active several times per week would...

- A ...make me feel that I was doing something good for my health
- B ...give me more energy and stamina
- C ...help me prevent weight gain
- D ...make life more stressful for me
- E ...help me save money
- F ... make me feel more comfortable with the way I look
- G ...help me lose weight
- H ...help me maintain a healthy weight

Q9_2.	On a scale from 1 to 5, where 1 indicates t	hat you strongly disagree and 5 indicates that you
	strongly agree, please indicate how much	you agree or disagree with each of these statements.

1	Strongly disagree	Continue
2	Somewhat disagree	Continue
3	Neither agree nor disagree	
4	Somewhat agree	Continue
5	Strongly agree	Continue

Eating healthier meals and snacks several times per week would...

- A ...make me feel that I was doing something good for my health
- B ... give me more energy and stamina
- C ...help me prevent weight gain
- D ...make life more stressful for me
- E ...help me save money
- F ... make me feel more comfortable with the way I look
- G ...help me lose weight
- H ...help me maintain a healthy weight

# [Community Attitudes]

- Q10. Which of the following statements <u>best</u> describes how you think the problem of obesity should be solved in your community? SINGLE RESPONSE, RANDOMIZE LIST.
  - Obesity is <u>an individual problem</u> that is best solved by people taking personal responsibility for what they eat and how physically active they are......Continue
  - Obesity is <u>a community problem</u> that is best solved by people working together to make it easier for everyone to eat healthy foods and be physically active.......Continue

#### **CAMPAIGN EVALUATIONS**

# Q11. [RANDOMLY SELECT TWO CAMPAIGN SEQUENCES TO SHOW]

SHOW: Now we would like to show you a few different health-related ads, including a television, print, and/or radio ad, and then ask you to evaluate each ad. Even if an ad is from another community or city, please rate it as if it were an ad from your local community.

Please make sure the volume on your computer is turned up, so that you may both see and/or hear the TV and radio ads.

Please click "Next" to continue.

NOTE: WHEN THE TV AND RADIO ADS ARE PRESENTED, PLEASE SHOW THE FOLLOWING MESSAGE ABOVE THE SCREEN: Please be patient while the audio and/or video loads; also note that the video may stop to buffer from time to time. We do not expect buffering to continue for more than 30 seconds. If you find that it is buffering too long, you can suspend the survey at any time and return to this point in the survey simply by clicking on the original survey link.

# **Questions for Each Ad**

SHOW: Please answer the following questions about the ad you just viewed.

Q12. If you saw or heard this message, would it get your attention?

1	Yes	Continue
2	No	Continue

- Q13. Why or why not? OPEN ENDED...... Continue
- Q14. Is this message believable or not?

1	Yes	Continue
2	No	Continue

- Q15. Why or why not? OPEN ENDED...... Continue
- Q16. Did you think any of these ads was effective to motivate you or someone else to...?

  Please use a scale from 1 to 5, where 1 is not at all effective and 5 is extremely effective.

1	Not at all effective	Continue
2	Somewhat ineffective	Continue
3	Neither effective nor ineffective	Continue
4	Somewhat effective	Continue
5	Extremely effective	Continue

- A Cut back on regular soft drinks (non-diet) or other sugary drinks
- B Be more physically active
- C Eat healthier meals and snacks

Q17.	Who would you say this ad is trying to reach? Please check all that apply.						
		1 2 3 4	YouPeople like youSomeone elseNone of these	Continue Continue Continue Continue [EXCLUSIVE RESPONSE]			
Q18.	strongly	y agree,	n 1 to 5, where 1 indicates that you strongly disagree, and ! please indicate how much you agree or disagree with each ut this advertisement.	•			
		1 2 3 4 5	Strongly disagree Somewhat disagree Neither agree nor disagree Somewhat agree Strongly agree	Continue Continue Continue Continue Continue			
	A B C D E F G H I J	I am int I trust th This [ad This [ad This [ad I learne I can do	erested in this ad's topic ne information in this ad dd was confusing dd was convincing dd said something important to me dd grabbed my attention dd something new from this ad o what this ad suggests was easy to understand				
		[CHECK	C Q11. IF A PRINT OR VIDEO AD IS SHOWN, INCLUDE	K. IF NOT, OMIT]			
	K	I would	look at this ad if I saw it				
	[IF ANS	SWERE	O 4-5 TO Q18G ASK Q19. IF 1-3, SKIP TO INSTRUCTION	NS BEFORE Q20]			
Q19.	What m	nakes it s	stand out? OPEN ENDED	Continue			
evaluat your loo	e. Once cal comn	again, e nunity. P	O IS EVALUATED, UNTIL THE LAST AD, SHOW: Now you ven if an ad is from another community or city, please rate lease note that we would like your reaction to each ad inditionally to any other.	it as if it were an ad from			
		[ONI	LY ASK Q20 ONCE A WHOLE "CAMPAIGN" IS EVALUA	ATED]			

# **Campaign Summary Evaluation**

Q20. Considering the impact of these ads together, please indicate how much you agree or disagree with each statement.

1	Strongly disagree	Continue
2	Somewhat disagree	Continue
3	Neither agree nor disagree	Continue
4	Somewhat agree	Continue
5	Strongly agree	Continue

- A I trust the information in this set of ads.
- B This [set of ads] was convincing.
- C This [set of ads] grabbed my attention.
- D This [set of ads] told me something I didn't already know.
- E The [message about the health benefits of cutting back on regular soft drinks (non-diet) or other sugary drinks] was persuasive.
- F The [message about the health benefits of being more physically active in this set of ads] was persuasive.
- G The [message about the health benefits of eating more healthy meals and snacks in this set of ads] was persuasive
- H This [set of ads] gave me good reasons to [cut back on regular soft drinks (non-diet) or other sugary drinks
- This [set of ads] gave me good reasons to [stop drinking regular soft drinks (non-diet) or other sugary drinks].
- J This [set of ads] gave me good reasons to [be more physically active]
- K This [set of ads] gave me good reasons to [eat more healthy meals and snacks]

BEFORE THE SECOND CAMPAIGN SEQUENCE IS EVALUATED, SHOW: Now you will see another series of ads to evaluate. Once again, even if an ad is from another community or city, please rate it as if it were an ad from your local community.

# INDIVIDUAL SPOT EVALUATIONS

# Q21. [EACH PERSON WILL SEE 3 OF THE 9 INDIVIDUAL ADS.]

SHOW: We would now like to show you a few more ads and then gather your reactions to them. If you are watching a television or radio ad, please make sure the volume on your computer is turned up, so that you may both see and hear the video or audio.

Once again, even if an ad is from another community or city, please rate it as if it were an ad from your local community. Please note that we would like your reaction to each ad individually – we are not interested in comparing any of the ads to one another.

Please click "Next" to continue.

NOTE: WHEN TELEVISION ADS ARE SHOWN, PLEASE SHOW THE FOLLOWING MESSAGE ABOVE THE SCREEN: Please be patient while the video or audio loads; please note that the video or audio may stop to buffer from time to time."

# **Questions for Each Ad**

SHOW:	Please	answer	the	following	questions	about	the	ad v	vou	iust	viewed	l.

Q22.	If you saw or heard this message, would it get your attention?					
			YesNo			
Q23.	Why or v	vhy not?	POPEN ENDED	Continue		
Q24.	Is this me	essage	believable or not?			
			YesNo			
Q25.	Why or w	vhy not?	POPEN ENDED	Continue		
Q26.			y of these ads was effective to motivate you or someone eale from 1 to 5, where 1 is not at all effective and 5 is extre			
	A [Cutt	2 3 4 5 ting bac	Not at all effective	Continue Continue Continue Continue Continue		
			physically active] thier meals and snacks]			
Q27.	\	Who wo	ould you say this ad is trying to reach? Please check all that	at apply.		
	,	2	YouPeople like youSomeone elseNone of these	Continue Continue Continue Continue [EXCLUSIVE RESPONSE]		

Q28.	On a scale from 1 to 5, where 1 indicates that you strongly disagree, and 5 indicates that you strongly agree, please indicate how much you agree or disagree with each of the following statements about this advertisement.						
		1 2 3 4 5	Strongly disagreeSomewhat disagree Neither agree nor disagreeSomewhat agree Strongly agree		Continue Continue Continue Continue Continue		
	A B C D E F G H I J K	I am into I trust th This [ad This [ad This [ad I learned I can do This ad I would	I liked this ad rested in this ad's topic e information in this ad was confusing was convincing said something important to me grabbed my attention I something new from this ad what this ad suggests was easy to understand book at this ad if I saw it	OLICTIONS.	AETED O201		
Q29.	What m	_	and out? OPEN ENDED Conti		AFTER Q29]		
evaluat your loo	e. Once cal comm	again, ev nunity. Pl	IS EVALUATED, UNTIL THE LAST AD, SHOWN en if an ad is from another community or city, prease note that we would like your reaction to each of the ads to one another.	olease rate	it as if it were an ad from		
Pre-Po	st Ques	tions					
[Behavi	oral Inte	ntions]					
		[CH	CCK S12. IF S12 IS 1 OR MORE, ASK Q1. OT	HERS SKI	P TO Q30_2]		
Q30.	Are you next 30		to [stop drinking regular soft drinks (non-diet)	or other su	gary drinks] within the		
		1 2	Yes No F Q30=1 SKIP TO Q1_2. IF Q30=2 CONTINU		Continue Continue 1]		

Q30_1.	1. Are you planning to [cut back on regular soft drinks (non-diet) or other sugary drinks] within the next 30 days?					
	1 2	YesNo	Continue Continue			
Q30_2.	Are you plannir	ng to [be more physically active] within the next 30 days?				
	1 2	YesNo				
Q30_3.	Are you planning	ng to [eat healthier meals and snacks] within the next 30 da	ays?			
	1 2	YesNo				
	[CHECK S1	1_1. IF S11_1=1, ASK Q31. OTHERS SKIP TO INSTRUC	TIONS BEFORE Q32]			
Q31.	Are you planning	ng to [do something about your weight] within the next 30 c	lays?			
	1 2 3 4	Yes, I plan to try to lose weight Yes, I plan to try to gain weight Yes, I plan to try to maintain my current weight No, I have no plans to do anything about my weight	Continue Continue Continue Continue			
	[CHECK S12. I	F S12 IS 1 OR MORE, ASK Q32. OTHERS SKIP TO Q32	_1]			
Q32.		cale from 1 to 5, where 1 is not at all interested and 5 is extrou in [cutting back on regular soft drinks (non-diet) or other	3			
	1 2 3 4 5	Not at all interested.  A little interested.  Somewhat interested.  Very interested.  Extremely interested	Continue Continue Continue Continue Continue			
Q32_1		cale from 1 to 5, where 1 is not at all interested and 5 is extrou in [trying to be more physically active]?	remely interested, how			
	1 2 3 4 5	Not at all interested.  A little interested.  Somewhat interested.  Very interested.  Extremely interested	Continue Continue Continue Continue Continue			

Q32\_2 Overall, on a scale from 1 to 5, where 1 is not at all interested and 5 is extremely interested, how interested are you in [trying to eat healthier meals and snacks]?

1	Not at all interested	Continue
2	A little interested	Continue
3	Somewhat interested	Continue
4	Very interested	Continue
5	Extremely interested	Continue

# [THERE IS NO Q33]

Q34. Thinking about the next six months, how likely are you to...? Please use a scale from 1 to 5, where 1 is not at all likely and 5 is extremely likely. ROTATE A-C AND D-F.

1	Not at all likely	Continue
2	Somewhat unlikely	Continue
3	Neither likely nor unlikely	Continue
4	Somewhat likely	Continue
5	Extremely likely	Continue

- A Look for more information on [the health benefits of cutting back on regular soft drinks (non-diet) or other sugary drinks]
- B Look for more information on [the health benefits of being more physically active]
- C Look for more information on [the health benefits of eating more healthy meals and snacks]
- D Talk to a friend about [the health benefits of cutting back on regular soft drinks (non-diet) or other sugary drinks]
- E Talk to a friend about [the health benefits of being more physically active]
- F Talk to a friend about [the health benefits of eating more healthy meals and snacks]
- G Participate in community efforts to reduce obesity

# [Self-Efficacy Questions]

Q35. On a scale from 1 to 5, where 1 indicates that you strongly disagree and 5 indicates that you strongly agree, please indicate how much you agree or disagree with each of these statements.

1	Strongly disagree	Continue
2	Somewhat disagree	Continue
3	Neither agree nor disagree	Continue
4	Somewhat agree	Continue
5	Strongly agree	Continue

- A I feel as though I can make a difference regarding [my risk for being overweight or obese]
- B I am confident that I can protect myself from [being overweight or obese]
- C There are many things I can do to protect myself from [being overweight or obese]
- D Generally speaking, it is possible to reduce [one's risk for being overweight or obese]

Q36. On a scale from 1 to 5, where 1 indicates that you strongly disagree and 5 indicates that you strongly agree, please indicate how much you agree or disagree with each of these statements.

1	Strongly disagree	Continue
2	Somewhat disagree	Continue
3	Neither agree nor disagree	Continue
4	Somewhat agree	Continue
5	Strongly agree	Continue

Eliminating regular soft drinks (non-diet) and other sugary drinks during meals every day, would...

- A ...make me feel that I was doing something good for my health
- B ...make eating meals less enjoyable for me
- C ...help me prevent weight gain
- D ...make life more stressful for me
- E ...help me save money
- F ...make it easier for me to drink milk or water at mealtimes
- G ...help me lose weight
- H ...help me maintain a healthy weight

Q36_1. On a scale fro	om 1 to 5, where 1 i	indicates that	you strongly	disagree and	d 5 indicates	that you
strongly agree	e, please indicate h	ow much you	agree or disa	agree with ea	ach of these s	statements.

1	Strongly disagree	Continue
2	Somewhat disagree	Continue
3	Neither agree nor disagree	Continue
4	Somewhat agree	Continue
5	Strongly agree	Continue

Being more physically active several times per week would...

- A ...make me feel that I was doing something good for my health
- B ...give me more energy and stamina
- C ...help me prevent weight gain
- D ...make life more stressful for me
- E ...help me save money
- F ... make me feel more comfortable with the way I look
- G ...help me lose weight
- H ...help me maintain a healthy weight

Q36\_2. On a scale from 1 to 5, where 1 indicates that you strongly disagree and 5 indicates that you strongly agree, please indicate how much you agree or disagree with each of these statements.

1	Strongly disagree	Continue
2	Somewhat disagree	Continue
3	Neither agree nor disagree	Continue
4	Somewhat agree	Continue
5	Strongly agree	Continue

Eating healthier meals and snacks several times per week would...

- A ...make me feel that I was doing something good for my health
- B ...give me more energy and stamina
- C ...help me prevent weight gain
- D ...make life more stressful for me
- E ...help me save money
- F ... make me feel more comfortable with the way I look
- G ...help me lose weight
- H ...help me maintain a healthy weight

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Q37.	Which of the following statements <u>best</u> describes how you think the problem of obesity should be solved in your community? SINGLE RESPONSE, RANDOMIZE LIST.	
1	Obesity is <u>an individual problem</u> that is best solved by people taking personal responsibility for what they eat and how physically active they areContinue	
2	Obesity is <u>a community problem</u> that is best solved by people working together to make it easier for everyone to eat healthy foods and be physically activeContinue	
3	Obesity is <u>both an individual and community problem</u> that is best solved by people taking perresponsibility for what they eat and how physically active they are, and the community workin together to make these behaviors easier to do	

# <u>CLASSIFICATION</u>

SHOW: You're almost done! These last few questions are for classification purposes only and will be used for analyzing the results of the survey in total. They will not be identified with you personally.

C1. Has a healthcare professional ever told you that you are overweight or at risk for being overweight? SINGLE RESPONSE.

1	Yes	Continue
2	No	Continue
3	Don't know / not sure	Continue

C2. Has anyone else in your household been identified by a health care professional as being overweight or at risk for being overweight? SINGLE RESPONSE.

1	Yes	Continue
2	No	Continue
3	Don't know / not sure	Continue

C3.	What is your current occupational status? Would you say? Please select the option that be applies to you. SINGLE RESPONSE		
	1 2 3 4 5 6 7 8 9	Employed full time Employed part time Unemployed Homemaker Student Retired Disabled Other (Please specify:). Don't Know/Not Sure Refused	Continue
C4.	What is you	ur marital status?	
	1 2 3 4 5 6 7 8	Married	Continue Continue Continue Continue Continue Continue Continue Continue Continue
C5.	How many	children (under age 18) live in your household?	
	1	Enter number: [Numeric Response] Continue	
C6.	What is your household's total income from all sources before taxes? SINGLE RESPONSE, DO NOT ROTATE		
	1 2 3 4 5 6 7 8 9	Under \$20,000 \$20,000 to \$29,999 \$30,000 to \$39,999 \$40,000 to \$49,999 \$50,000 to \$74,999 \$75,000 to \$99,999 \$100,000 to \$199,999 Over \$200,000 Prefer not to say	Continue

C7. In the following list of items, please indicate which devices you currently use or own. MULTIPLE RESPONSE

1	A desktop computer	Continue
2	A laptop computer	Continue
3	A smartphone, such as an iPhone, BlackBerry, HTC EVO, Droid, etc	Continue
4	A tablet, such as an iPad, Kindle Fire, Nook Color, Motorola Xoom, etc	Continue
5	An iPod or other mp3 player	Continue

SHOW: That is the last question. Thank you for your time. Please click "OK" to confirm your participation.