The Community Transformation Grant Program Evaluation

FAQ Guide

Q14. What type of physical activity or exercise did you spend the **most** time doing during the past month?

Answer: Housework may be included as a physical activity or exercise. Some other examples of physical activity include, but are not limited, to the following list.

ACTIVE GAMING DEVICES (WII FIT, DANCE DANCE REVOLUTION)

AEROBICS VIDEO OR CLASS

BACKPACKING

BADMINTON

BASKETBALL

BICYCLING MACHINE EXERCISE

BICYCLING

BOATING (CANOEING, ROWING, KAYAKING, SAILING FOR PLEASURE OR CAMPING)

BOWLING

BOXING

CALISTHENICS

CANOEING/ROWING IN COMPETITION

CARPENTRY

DANCING-BALLET, BALLROOM, LATIN, HIP HOP, ETC

ELLIPTICAL/EFX MACHINE EXERCISE

FISHING FROM RIVER BANK OR BOAT

FRISBEE

GARDENING (SPADING, WEEDING, DIGGING, FILLING)

GOLF (WITH MOTORIZED CART)

GOLF (WITHOUT MOTORIZED CART)

HANDBALL

HIKING – CROSS-COUNTRY

HOCKEY

HORSEBACK RIDING

HUNTING LARGE GAME – DEER, ELK

HUNTING SMALL GAME – QUAIL

INLINE SKATING

JOGGING

LACROSSE

MOUNTAIN CLIMBING

MOWING LAWN

PADDLEBALL

PAINTING/PAPERING HOUSE

PILATES

RACQUETBALL

RAKING LAWN

RUNNING

ROCK CLIMBING

ROPE SKIPPING

ROWING MACHINE EXERCISE

RUGBY

SCUBA DIVING

SKATEBOARDING

SKATING – ICE OR ROLLER

SLEDDING, TOBOGGANING

SNORKELING

SNOW BLOWING

SNOW SHOVELING BY HAND

SNOW SKIING

SNOWSHOEING

SOCCER

SOFTBALL/BASEBALL

SQUASH

STAIR CLIMBING/STAIR MASTER

STREAM FISHING IN WADERS

SURFING

SWIMMING

SWIMMING IN LAPS

TABLE TENNIS

TAI CHI

TENNIS

TOUCH FOOTBALL

VOLLEYBALL

WALKING

WATERSKIING

WEIGHT LIFTING

WRESTLING

YOGA

OTHER

Q21: What should I count as Fruit Drinks?

Answer: Fruit drinks are sweetened beverages that often contain some fruit juice or flavoring. Some examples, but not all, of what to include and what not to include are listed below.

Do Include Do NOT Include

Sweetened Fruit Drinks mixed with Alcohol 100% Fruit Juice Energy drinks

 Coffee Drinks Sports drinks

Sweet Tea

Q22: What should I count as 100% Pure Fruit Juices?

Answer: Only include 100% Pure Fruit Juices, 100% Pure Juice from Concentrate and 100% Juice Blends. Do not include Vegetable Juices or Fruit Juices with added sugar. Some examples, but not all, of what to include and what not to include are listed below.

Do Include Do NOT Include

Apple Grape Cranberry Cocktail Gatorade

Grapefruit Mango Fruitopia Hi-C

Orange-Pineapple Orange-Tangerine Kool-Aid Lemonade

Papaya Pineapple Power-Ade Snapple

Sunny Delight Tampico

V8 Yogurt Drinks

Q23: What should I count as the fruit that I ate?

Answer: Include cut up fresh, frozen, or canned fruit. Do **not** include dried fruit in ready-to-eat cereals. Do **not** include fruit jams and similar products. Some examples, but not all, of what to include and what not to include are listed below.

Do Include Do NOT Include

Apples Applesauce Akee Fruit Jam Jelly

Bananas Blueberries Bread Fruit Fruit added to Cereal

Cantaloupe Carambola Figs Fruit added to Jell-o

Genip Grape fruit Grapes Fruit added to Yogurt

Fruit salad Longans Lychees Fruit Preserves

Mangos Musk Melon Oranges

Papaya Pomegranates Rambutan

Sea Grapes Soursop Star Fruit

Strawberries Sugar Apple Tamarind

Watermelon

Q24: What should I count as beans?

Answer: Include round or oval beans, soybeans, and bean burgers. Do **not** include long green beans. Some examples, but not all, of what to include and what not to include are listed below.

Do Include Do NOT Include

Black-eyed Peas Cow Peas Broad Beans Pole Beans

Edamame Falafel String Beans Winged Beans

Garden Burgers Hummus

Lentils Lima beans

Kidney Beans Navy Beans

Pinto Beans Soy Beans

Split Peas Tempeh

Tofu Veggie Burgers

White beans

Q25: What should I count as dark green vegetables?

Answer: Include all raw leafy green salads and cooked greens, but do **not** include iceberg lettuce. Some examples, but not all, of what to include and what not to include are listed below.

Do Include Do NOT Include

Arugula Bok Choy Iceburg Lettuce

Choys Collard Greens

Dandelions Kale

Komatsuna Mesclun

Mustard Greens Romaine Lettuce

Spinach Turnip greens

Watercress

Q26: What should I count as orange colored vegetables?

Answer: Include all forms of carrots and winter squash and all forms of sweet potatoes. Also include all forms of pumpkin, but do **not** include grain-based dessert-type food containing pumpkin. Some examples, but not all, of what to include and what not to include are listed below.

Do Include Do NOT Include

Acorn Squash Autumn Cup Squash Pumpkin Bars Pumpkin Bread

Baby-cut Carrots Baked Sweet Potato Pumpkin Cake

Banana Squash Buttercup Squash

Butternut Squash Carrot-Slaw

Delicata Squash Hubbard Squash

Kabocha Squash Long Carrots

Mashed Sweet Potato (mashed, casserole, pie)

Pumpkin Pumpkin Soup

Pumpkin Pie Spaghetti Squash

Sweet Potatoes Fries

Q27: What should I count as **other** vegetables not including dark green vegetables and orange-colored vegetables already listed above?

Answer: Include any form of vegetable (raw, cooked, canned, or frozen) not listed in the examples above. Do **not** include products consumed usually as condiments. Do **not** include rice or other grains. Some examples, but not all, of what to include and what not to include are listed below.

Do Include Do NOT Include

American-style cole-slaw Avocado Catsup Chutney

Bean Sprouts Beets Fried potatoes Ketchup

Broad Beans Cabbage Relish Salsa

Cauliflower Corn

Cucumber Daikon

Jicama Mushrooms

Okra Onions

Oriental cucumber Peas

Peppers (red, green, yellow, orange)

Pole-beans Snap Peas

Snow Peas String Beans

Tomatoes Tomato Juice

Wax-beans

Q73.

Would you say (other people this country usually classify you as): White, Black or African American, Hispanic or Latino, Asian, Native Hawaiian or Other Pacific Islander, American Indian or Alaska Native, or some other group?

We want to know how **other** people usually classify you in this country, which might be different from how you classify yourself

# Responses to Frequently Asked Question (FAQ)

| FAQ | Response |
| --- | --- |
| What is the purpose of this survey? | Community Transformation Grants (CTG) were awarded to several state and local governmental agencies and community-based organizations around the nation. Their purpose was to help enact changes that will increase health equity, eliminate health disparities, and improve health in the community.The purpose of this study will be to collect information from community members that can help to evaluate the impact of program activities. |
| What is the Community Transformation Grant (CTG) program? | The Community Transformation Grants (CTG) program supports communities in the development and implementation of initiatives to create healthier communities and reduce chronic disease in the United States.Approximately $103 million in prevention funding has been awarded to 61 states and communities serving approximately 120 million Americans.By promoting healthy lifestyles, especially among population groups experiencing the greatest burden of chronic disease, these grants will help improve health, reduce health disparities, and control health care spending.For more information about the Community Transformation Grants program, visit: [www.cdc.gov/communitytransformation](http://www.cdc.gov/communitytransformation) or call 800-CDC-INFO; (800) 232-4636 |
| Who is sponsoring this study? / Who uses the information? | The study is being sponsored by the Centers for Disease Control and Prevention (CDC).The information collected in this survey will be used to create a report evaluating the impact of activities and strategies of Community Transformation Grant awardees. That report will be submitted to the CDC as part of their evaluation programs. |
| Who/What is RTI International? | Research Triangle Institute is a not-for-profit research organization that provides research, development, and technical services to government and commercial clients worldwide. RTI’s mission is to improve the human condition by turning knowledge into practice. You can go to our Web site at [www.rti.org](http://www.rti.org) to learn more. |
| How do I know this information will remain private? | All project staff members, including myself, have signed confidentiality agreements and are prohibited by law from using the information for anything other than this research study. Any other use is a violation of Federal Law and is subject to fines and imprisonment.Names will be removed from all data collected prior to the analysis and reporting of results. Data are reported in summary statistical format only. If you would like, I can also direct you to my supervisor for further information. |
| Will my name be used if I participate?  | No, all data will be collapsed into categories, for example, the number of children of a certain age who have visited a doctor recently. No identifying information will be included. |
| How can I verify that this survey is legitimate or get more information about this survey? | You may call our survey manager, Brenna Muldavin, at 1-xxx-xxx-xxxx, or by sending an email to <<study-specific email address>>@rti.org. She’s available weekdays during normal working hours (9am to 5 pm EST). After you’ve called Ms. Muldavin, you can call back and complete the survey by calling 1-xxx-xxx-XXXX and refer to case id [caseid #]. |
| I have questions about my rights as a research subject. Who should I contact? | If you have questions regarding your rights as a survey participant, you may contact the Office of Research Protection at RTI International, toll free at 1-866-214-2043.If you have questions regarding your rights as a survey participant, or the protection of your privacy you may also contact Paul Garfinkel at (800) SOS-KIDS. Please refer to protocol number 230967 |
| You selected someone else in the household to complete the survey, but why can’t I take it instead? | We appreciate your willingness to take part in our study. Unfortunately, to be able to gather information about your community that is statistically representative of all members we can only survey those that have been randomly selected to participate in our study.  |
| I don't want to give out any personal information. | We understand that you may not want to give some kinds of information. However, all information collected will remain strictly private and you can skip any questions that make you feel uncomfortable. |
| Why do you need to know my race/ethnicity/income? | We would like to make sure that we obtain health information that is representative of all members of your community. This question will help us to understand if the Community Transformation Grant program is having an equal impact for all members of your community. |