

## Adult Targeted Surveillance Survey – FAQ Guide

### 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)	RACQUETBALL
AEROBICS VIDEO OR CLASS	RAKING LAWN
BACKPACKING	RUNNING
BADMINTON	ROCK CLIMBING
BASKETBALL	ROPE SKIPPING
BICYCLING MACHINE EXERCISE	ROWING MACHINE EXERCISE
BICYCLING	RUGBY
BOATING (CANOEING, ROWING, KAYAKING, SAILING FOR PLEASURE OR CAMPING)	SCUBA DIVING
BOWLING	SKATEBOARDING
BOXING	SKATING – ICE OR ROLLER
CALISTHENICS	SLEDDING, TOBOGGANING
CANOEING/ROWING IN COMPETITION	SNORKELING
CARPENTRY	SNOW BLOWING
DANCING-BALLET, BALLROOM, LATIN, HIP HOP, ETC	SNOW SHOVELING BY HAND
ELLIPTICAL/EFX MACHINE EXERCISE	SNOW SKIING
FISHING FROM RIVER BANK OR BOAT	SNOWSHOEING
FRISBEE	SOCCER
GARDENING (SPADING, WEEDING, DIGGING, FILLING)	SOFTBALL/BASEBALL
GOLF (WITH MOTORIZED CART)	SQUASH
GOLF (WITHOUT MOTORIZED CART)	STAIR CLIMBING/STAIR MASTER
HANDBALL	STREAM FISHING IN WADERS
HIKING – CROSS-COUNTRY	SURFING
HOCKEY	SWIMMING
HORSEBACK RIDING	SWIMMING IN LAPS
HUNTING LARGE GAME – DEER, ELK	TABLE TENNIS
HUNTING SMALL GAME – QUAIL	TAI CHI
INLINE SKATING	TENNIS
JOGGING	TOUCH FOOTBALL
LACROSSE	VOLLEYBALL
MOUNTAIN CLIMBING	WALKING
MOWING LAWN	WATERSKIING
PADDLEBALL	WEIGHT LIFTING
PAINTING/PAPERING HOUSE	WRESTLING
PILATES	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 Coffee Drinks Sweet Tea	Energy drinks Sports drinks

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 Grapefruit Orange-Pineapple Papaya	Grape Mango Orange-Tangerine Pineapple	Cranberry Cocktail Fruitopia Kool-Aid Power-Ade Sunny Delight V8 Gatorade Hi-C Lemonade Snapple Tampico 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 Bananas Cantaloupe Genip Fruit salad Mangos Papaya Sea Grapes Strawberries	Applesauce Blueberries Carambola Grape fruit Longans Musk Melon Pomegranates Soursop Sugar Apple	Akee Bread Fruit Figs Grapes Lychees Oranges Rambutan Star Fruit Tamarind Fruit Jam Fruit added to Cereal Fruit added to Jell-o Fruit added to Yogurt Fruit Preserves Jelly

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	Iceberg 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
<p>What is the purpose of this survey?</p>	<p>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.</p> <p>The purpose of this study will be to collect information from community members that can help to evaluate the impact of program activities.</p>
<p>What is the Community Transformation Grant (CTG) program?</p>	<p>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.</p> <p>Approximately \$103 million in prevention funding has been awarded to 61 states and communities serving approximately 120 million Americans.</p> <p>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.</p> <p>For more information about the Community Transformation Grants program, visit: <a href="http://www.cdc.gov/communitytransformation">www.cdc.gov/communitytransformation</a> or call 800-CDC-INFO; (800) 232-4636</p>
<p>Who is sponsoring this study? / Who uses the information?</p>	<p>The study is being sponsored by the Centers for Disease Control and Prevention (CDC).</p> <p>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.</p>

FAQ	Response
<p>Who/What is RTI International?</p>	<p>Research Triangle Institute is a not-for-profit research organization that provides research, development, and technical services to government and commercial clients worldwide.</p> <p>RTI's mission is to improve the human condition by turning knowledge into practice. You can go to our Web site at <a href="http://www.rti.org">www.rti.org</a> to learn more.</p>
<p>How do I know this information will remain private?</p>	<p>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.</p> <p>Names will be removed from all data collected prior to the analysis and reporting of results. Data are reported in summary statistical format only.</p> <p>If you would like, I can also direct you to my supervisor for further information.</p>
<p>Will my name be used if I participate?</p>	<p>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.</p>
<p>How can I verify that this survey is legitimate or get more information about this survey?</p>	<p>You may call our survey manager, Brenna Muldavin, at 1-xxx-xxx-xxxx, or by sending an email to &lt;&lt;study-specific email address&gt;&gt;@rti.org.</p> <p>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 #].</p>

FAQ	Response
<p>I have questions about my rights as a research subject. Who should I contact?</p>	<p>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.</p> <p>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</p>
<p>You selected someone else in the household to complete the survey, but why can't I take it instead?</p>	<p>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.</p>
<p>I don't want to give out any personal information.</p>	<p>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.</p>
<p>Why do you need to know my race/ethnicity/income?</p>	<p>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.</p>