**Sugar Shockers Health Campaign Survey**

**Education and Community Outreach (ECO) Team**

**Catawba Service Unit**

Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Age: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Tribe: Catawba None Other: \_\_\_\_\_\_\_\_\_\_

Gender: Male Female

1. How often do you drink regular soda or pop that contains sugar, such as Coke, Pepsi, or Sprite?   
   Do **NOT** include diet soda.

\_\_\_\_ per day

\_\_\_\_ per week

\_\_\_\_ per month

1. How often do you drink sugar-sweetened fruit drinks (such as Kool-aid or lemonade), sweet tea, and sports or energy drinks (such as Gatorade and Red Bull)? Do **NOT** include diet soda, sugar free drinks, or 100% juice.

\_\_\_\_ per day

\_\_\_\_ per week

\_\_\_\_ per month

1. During the past 7 days, how many times did you drink a can, bottle or glass of regular soda or pop that contains sugar? Do **NOT** include diet soda.

* None
* 1-2 times
* 3-4 times
* 5 or more

1. During the past 7 days, how many times did you drink a can, bottle or glass of sugar-sweetened fruit drinks, sweet tea, and sports or energy drinks? Do **NOT** include diet soda, sugar free drinks, or 100% juice.

* None
* 1-2 times
* 3-4 times
* 5 or more

1. Why do you drink regular sodas or sugar-sweetened drinks? (check all that apply)

* Taste
* Caffeine
* Refreshment
* Brand Loyalty
* I do not drink regular sodas or sugar-sweetened drinks

1. Are you willing to drink water as an alternative if regular sodas or sugar-sweetened beverages are not available?

* Yes
* No

If no, why not? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. In the past 3 months, have you changed how many regular sodas or sugar-sweetened beverages you drink each day?
   * Cut down
   * Increased
   * No change
   * I do not drink regular sodas or sugar-sweetened beverages

1. In the last 3 months, have you considered cutting down the number of regular sodas or sugar-sweetened beverages you drink each day?
   * Yes
   * No
   * I do not drink regular sodas or sugar-sweetened beverages

1. Do you believe that drinking regular soda or sugar-sweetened beverages can affect your health?

* Yes
* No
* I don’t know

If yes, how can it affect your health? \_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_