

The Community Transformation Grants Program Evaluation

Frequently Asked Questions Guide



**Communities
Transforming**

To make healthy living easier

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*Made possible with funding from the Centers for Disease Control and Prevention
(CDC).*

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This guide provides information to help you complete the Community Transformation Grants survey. If you need more help, please call 855-500-1437 or send an email to healthyliving@rti.org.

What Is the Purpose of This Survey?

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.

Community Transformation Grants (CTG) were awarded to several state and local governmental agencies and community-based organizations around the nation. Approximately \$103 million in prevention funding has been awarded to 61 states and communities serving approximately 120 million Americans. The purpose of these awards was to help enact changes that will increase health equity, eliminate health disparities, and improve health in the community.

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.

The purpose of this study will be to collect information from community members that can help evaluate the impact of program activities.

For more information about the Community Transformation Grants program, visit www.cdc.gov/communitytransformation or call 800-CDC-INFO: (800) 232-4636.

Instructions for Completing Survey Questions

For Question 19: What can I count as some types of physical activity or exercise?

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

For Question 30: What should I count as sweetened 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 Sweet tea
	Coffee drinks Sports drinks

For Question 31: What should I count as 100% pure fruit juices?

Answer: Include only 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 Tangerine Papaya	Cranberry cocktail Fruitopia Kool-Aid Power-Ade Sunny Delight V8
Grape Mango Orange- Pineapple	Gatorade Hi-C Lemonade Snapple Tampico Yogurt drinks

For Question 32: 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 Watermelon	Fruit jam Fruit added to cereal Fruit added to Jell-O Fruit added to yogurt Fruit preserves Jelly
Applesauce Blueberries Carambola Grapefruit Longans Musk melon Pomegranates Rambutan Soursop Sugar apple	Akee Bread fruit Figs Grapes Lychees Oranges
	Star fruit Tamarind

For Question 33: 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 Edamame Garden burgers Lentils Kidney beans Pinto beans Split peas Tofu White beans	Broad beans String beans Pole beans Winged beans
Cow peas Falafel Hummus Lima beans Navy beans Soybeans Tempeh Veggie burgers	

For Question 34: 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 Choys Dandelions Komatsuna Mustard greens Spinach Watercress	Iceberg lettuce
Bok choy Collard greens Kale Mesclun Romaine lettuce Turnip greens	

For Question 35: 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 Baby-cut carrots Banana squash Butternut squash Delicata squash Kabocha squash Mashed sweet potato (mashed, casserole, pie) Pumpkin Pumpkin pie Sweet potato fries	Pumpkin bars Pumpkin bread Pumpkin cake
Autumn cup squash Baked sweet potato Buttercup squash Carrot-Slaw Hubbard squash Long carrots Pumpkin soup Spaghetti squash	

For Question 36: 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 coleslaw	Avocado
Bean sprouts	Beets
Broad beans	Cabbage
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	
	Catsup
	Chutney
	Fried potatoes
	Ketchup
	Relish
	Salsa

For Question 47: What should I count as plain water?

Answer: Include only zero calorie waters.

Do Include	Do NOT Include
Bottled water	Crystal Light
Dasani water	Tap water
Unflavored sparkling water	

For Question 87: Why am I being asked to answer questions about my race twice in the survey?

Answer: In the previous questions we asked you how you would describe your own race. We also want to know how other people usually classify you in this country, which might be different from how you classify yourself.

Questions about the Study

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 Grants program awardees. That report will be submitted to CDC as part of its evaluation programs.

Who/What is RTI International?

RTI International is a non-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 to learn more.

How do I know this information will remain confidential?

All project staff members 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.

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 confidential, and you can skip any questions that make you feel uncomfortable.

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.

Someone else who is age 18 or older in the household has the next upcoming birthday, but why can't I take the survey 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 survey only people who have been randomly selected to participate in our study.

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 Grants program is having an equal impact for all members of your community.