

# **Community Transformation Grants Program Evaluation**

## **Frequently Asked Questions Guide**



### **Communities Transforming**

*To make healthy living easier*

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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](mailto: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](http://www.cdc.gov/communitytransformation), or call 800-CDC-INFO (800) 232-4636.

# Instructions for Completing Survey

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

**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	Orange-Pineapple	Cranberry cocktail	Powerade
Grape	Orange-Tangerine	Fruitopia	Snapple
Grapefruit	Papaya	Gatorade	Sunny
Mango	Pineapple	Delight	
		Hi-C	Tampico
		Kool-Aid	V8
		Lemonade drinks	Yogurt

**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
Akee	Genip		Fruit jam
	Pomegranates		Fruit added to cereal
Apples	Grapefruit	Rambutan	Fruit added to Jell-O
Applesauce	Grapes	Sea grapes	Fruit added to yogurt
Bananas	Longans	Soursop	Fruit preserves
Blueberries	Lychees	Star fruit	Jelly
Bread fruit	Mangos	Strawberries	
Cantaloupe	Musk melon	Sugar apple	
Carambola	Oranges	Tamarind	
Figs	Papaya	Watermelon	
Fruit salad			



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

### 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	Mesclun	Iceberg lettuce
Bok choy	Mustard greens	
Choy	Romaine lettuce	
Collard greens	Spinach	
Dandelions	Turnip greens	
Kale	Watercress	
Komatsuna		

### 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	Kabocha squash	Pumpkin bars	Pumpkin
Autumn cup squash	Long carrots	cake	
Baby-cut carrots	Mashed sweet potato	Pumpkin bread	
Baked sweet potato	(mashed, casserole,		
pie)			
Banana squash	Pumpkin		
Buttercup squash	Pumpkin pie		
Butternut squash	Pumpkin soup		
Carrot slaw	Spaghetti squash		
Delicata squash	Sweet potato fries		
Hubbard 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	Onions	Catsup	Ketchup
Avocado	Oriental	Chutney	Relish
cucumber		Fried potatoes	Salsa
Bean sprouts	Peas		
Beets	Peppers (red,		
green,			
Broad beans	yellow, orange)		
Cabbage	Pole beans		
Cauliflower	Snap peas		
Corn	Snow peas		
Cucumber	String beans		
Daikon	Tomato juice		
Jicama	Tomatoes		
Mushrooms	Wax beans		
Okra			

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

**Answer:** Include only zero calorie waters.

Do Include		Do NOT Include
Bottled water	Tap water	Water with calories
Crystal Light Dasani water	Unflavored	
sparkling	water	

**For Question 50: What are community program meals?**

**Answer:** Community program meals include those that are delivered to your home such as “Meals on Wheels” or meals prepared by a senior center, community-kitchen, or faith-related organization.

**For Question 88: 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](http://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.