

# Attachment A-10 Survey Screen Shots (English)

OMB CONTROL NO.: 0584-0523

EXPIRATION DATE: 11/30/2022





0%

You can take this survey in English or Spanish. Which do you prefer?

Usted puede completar esta encuesta en Inglés o en Español. ¿Qué idioma prefiere utilizar para esta encuesta?

 English Español Neither[NEXT](#)



**PRIVACY ACT STATEMENT:**

Legal Authority: The United States Department of Agriculture (USDA) Food and Nutrition Service (FNS) is authorized to collect this information under Section 19 of the Child Nutrition Act of 1966 (42 U.S.C. 1787), Section 5 of the Richard B. Russell National School Lunch Act (42 U.S.C. 1754) and Section 11(f) of the Food and Nutrition Act of 2008 (7U.S.C.2020).

Purpose: This information will be used in to inform FNS the 2020-2025 Dietary Guidelines for Americans about how Americans make food choices and think about health-related issues.

Routine Use: Information may be disclosed for any routine uses listed in the published System of Record Notice titled FNS-8 USDA/FNS Studies and Reports Federal Register published on April 25, 1991, Volume 56, Number 80, on pages 19078 discusses the terms of protections that will be provided to respondents.; the SORNs can be found at: <https://tile.loc.gov/storage-services/service/ll/fedreg/fr056/fr056080/fr056080.pdf>

Disclosure: All information collected will be collected privately and only reported anonymously, without any associated with your information or personal information. Any information which would permit identification of the individual will be safeguarded and will be used only by persons engaged in and for the purpose of the survey, except as otherwise required by law.

Participation in this research is voluntary and there are no penalties for refusing to answer any question. However, your cooperation in obtaining this much needed information is extremely important in order to insure the completeness of the results.

To continue, click **NEXT**.

PREVIOUS

NEXT



3%

**CONSENT FORM:** You are being invited to participate in a research study on behalf of the United States Department of Agriculture (USDA) Center for Nutrition Policy and Promotion (CNPP) to inform them about how Americans make food choices and think about health-related issues. If you agree to take part in this study, you will be asked to complete an online survey. This survey will take you approximately 20 minutes to complete.

You may not directly benefit from this research; however, we hope that your participation in the study may help the USDA determine how to best communicate ways that Americans can make healthier decisions about what they eat and drink.

To the best of our ability, your answers in this study will remain confidential. By agreeing to participate in this survey, you are allowing the USDA to use the information from this study. The information collected is for research only, and your name will not be shared with anyone else outside this study, except as otherwise required by law. Any results that come from this study will be presented as an aggregate and your name will not be identified with any statements you made.

Your participation in this study is completely voluntary and you can stop at any time. You are free to skip any question that you choose.

If you have questions about this project or if you don't understand something, you may contact Glynis Donaldson at [donaldson@edgeresearch.com](mailto:donaldson@edgeresearch.com).

By clicking "I agree" below, you are indicating that you are at least 18 years old, have read and understood this consent form and agree to participate in this research study. Please print a copy of this page for your records.

I Agree

I Do Not Agree

PREVIOUS

NEXT



5%

**OMB BURDEN STATEMENT:** According to the Paperwork Reduction Act of 1995, an agency may not conduct or sponsor, and a person is not required to respond to, a collection of information unless it displays a valid OMB control number. The valid OMB control number for this information collection is 0584-0523 and the expiration date is 11/30/2022. The time to complete this information collection is estimated at 20 minutes, including the time for reviewing instructions and completing the information. Send comments regarding this burden estimate or any other aspect of this collection of information, including suggestions for reducing this burden, to: U.S. Department of Agriculture, Food and Nutrition Services, Braddock Metro Center II, 1320 Braddock Place, Alexandria, VA 22314, ATTN: PRA (0584-0523). Do not return the completed form to this address.

To continue, click **NEXT**.

PREVIOUS

NEXT



6%

Please indicate your gender.

[PREVIOUS](#)[NEXT](#)



In what state do you currently reside?

A dropdown menu with a light gray background and a downward-pointing arrow on the right side. The text "Please select" is visible inside the menu.

PREVIOUS

NEXT



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10%

In what year were you born?

PREVIOUS

NEXT



12%

In which of the following fields do you work?

*Please select all that apply.*

 Federal government Healthcare Nutrition Fitness Marketing and Advertising None of the above[PREVIOUS](#)[NEXT](#)

13%

Are you Hispanic, Latino, or of Spanish descent?

Yes, Hispanic or Latino

No, not Hispanic or Latino

Prefer not to answer

Which of the following best describes your race?

*Please select all that apply.*

American Indian or Alaska Native

Asian

Black or African American

Native Hawaiian or Other Pacific Islander

White

Prefer not to answer

PREVIOUS

NEXT



15%

Are you currently pregnant or trying to become pregnant within the next year?

[PREVIOUS](#)[NEXT](#)



17%

Do you currently provide care for a pregnant family member? Providing care includes assisting with activities of daily life, like cooking meals, exercise, or household chores.

[PREVIOUS](#)[NEXT](#)



18%

Who is the pregnant family member you provide care for?

[PREVIOUS](#)[NEXT](#)



20%

Are you the parent/caregiver of a child 24 months or younger who lives with you, even part-time?

[PREVIOUS](#)[NEXT](#)



22%

How old is the child who lives with you?

 0 to less than 6 months 6 to less than 12 months 12 to 24 months Prefer not to say[PREVIOUS](#)[NEXT](#)



24%

How familiar are you with MyPlate?

Very familiar

Somewhat familiar

Not too familiar


Not familiar at all or only know the name

Never heard of it

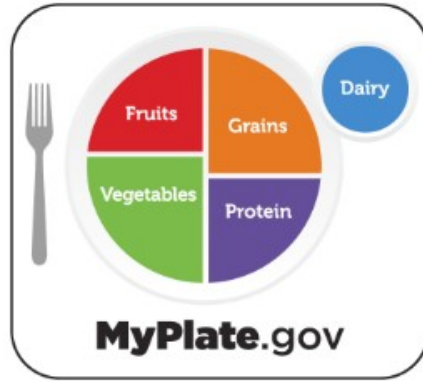
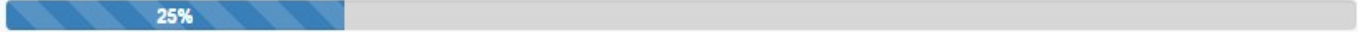
Not sure

PREVIOUS

NEXT

  
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Before today, had you seen this picture?

PREVIOUS

NEXT



How favorable is your impression of MyPlate?

Very favorable

Somewhat favorable

Neutral

Somewhat unfavorable

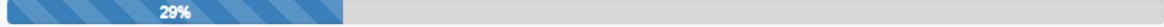
Very unfavorable

Never heard of

Not sure

PREVIOUS

NEXT



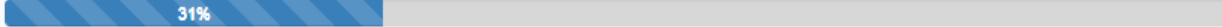
How important is each of the following when it comes to healthy eating?

	Very important	Somewhat important	Neutral	Somewhat unimportant	Very unimportant	Not sure
Choosing foods and drinks that are nutrient-dense, or high in nutritional value.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Increasing some foods and avoiding others during pregnancy.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Focusing on the long-game and developing a healthy eating pattern over time.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Making simple changes that build the habits of healthy eating.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Eating a variety of foods from all the food groups.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Introducing babies and toddlers to a variety of flavors and foods.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

PREVIOUS

NEXT





Here is a series of statements written to encourage people to eat healthy. For each one, please indicate how convincing you find the statement.

	Very convincing	Somewhat convincing	Neutral	Somewhat unconvincing	Very unconvincing	Not sure
What you eat and drink matters. Make nutrition-packed choices you enjoy from all five food groups – and make it part of your daily routine so you benefit from it now and in the future.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
What you eat and drink matters for your health, now and in the future. At every age / each stage of life, choose a variety of high-quality foods in the right amounts.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
No matter your age, what you choose to eat and drink makes a difference to your current and future health. Get into a daily routine of choosing a broad variety of healthy foods you like, and enjoy them in the right amounts.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

PREVIOUS

NEXT





32%

Here are the same statements about healthy eating. Which one do you like the most?

What you eat and drink matters for your health, now and in the future. At every age / each stage of life, choose a variety of high-quality foods in the right amounts.

What you eat and drink matters. Make nutrition-packed choices you enjoy from all five food groups – and make it part of your daily routine so you benefit from it now and in the future.

No matter your age, what you choose to eat and drink makes a difference to your current and future health. Get into a daily routine of choosing a broad variety of healthy foods you like, and enjoy them in the right amounts.

[PREVIOUS](#)[NEXT](#)

34%

Now you are going to look at something different. Please take a minute to read the information provided on the next page. This time, please use the **highlighter tool** to highlight words and phrases that you **"LIKE" and that stand out for you in a positive way**. You can highlight a single word, a phrase, or whole sentences. To select more than one word at a time, click on the highlighter icon on the top of the page. If you change your mind or click on something accidentally, you can unselect it by clicking on it again.



Healthy eating is important at every stage of life. No matter your age, making healthy eating part of your routine now can have a positive effect that adds up over the course of your life. In other words, healthy eating habits you start today can make a difference in your health now and in the future. Eat a variety of healthy foods from each food group in the right amounts. Think about how all the food groups come together as a whole over the course of your day or week. The effects of good nutrition are not from a single meal or snack but rather the pattern of healthy food choices adding up over time.

[PREVIOUS](#)[NEXT](#)

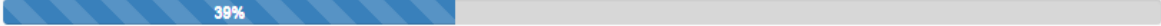


37%

Healthy eating is important at every stage of life. No matter your age, making healthy eating part of your routine now can have a positive effect that adds up over the course of your life. In other words, healthy eating habits you start today can make a difference in your health now and in the future. Eat a variety of healthy foods from each food group in the right amounts. Think about how all the food groups come together as a whole over the course of your day or week. The effects of good nutrition are not from a single meal or snack but rather the pattern of healthy food choices adding up over time.

Is there anything in the paragraph that you find confusing or have questions about?

[PREVIOUS](#)[NEXT](#)



Healthy eating is important at every stage of life. No matter your age, making healthy eating part of your routine now can have a positive effect that adds up over the course of your life. In other words, healthy eating habits you start today can make a difference in your health now and in the future. Eat a variety of healthy foods from each food group in the right amounts. Think about how all the food groups come together as a whole over the course of your day or week. The effects of good nutrition are not from a single meal or snack but rather the pattern of healthy food choices adding up over time.

Based on the information you just read, how likely are you to do the following?

	Very likely	Somewhat likely	Neutral	Somewhat unlikely	Not at all likely	Not sure
Make healthier decisions about what you eat and drink over the course of a day	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Visit the ChooseMyPlate.gov website	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Seek more information about healthier eating	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Try something new in the effort to eat healthy	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

PREVIOUS

NEXT





41%

Healthy eating is important at every stage of life. No matter your age, making healthy eating part of your routine now can have a positive effect that adds up over the course of your life. In other words, healthy eating habits you start today can make a difference in your health now and in the future. Eat a variety of healthy foods from each food group in the right amounts. Think about how all the food groups come together as a whole over the course of your day or week. The effects of good nutrition are not from a single meal or snack but rather the pattern of healthy food choices adding up over time.

How important is the information in this paragraph to you personally?

 Very important Somewhat important Neither important nor unimportant Somewhat unimportant Very unimportant Not sure[PREVIOUS](#)[NEXT](#)



43%

Based on the information you just read, how **easy** do you think it would be to start making healthier decisions about what you eat and drink?

 Very easy Somewhat easy Neutral Not very easy Not at all easy Not sure[PREVIOUS](#)[NEXT](#)

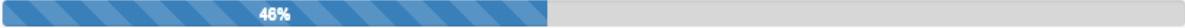


44%

Here is a list of phrases that could be used to describe this paragraph. Based on your impressions, how well does each of these describe this paragraph?

	Very well	Somewhat well	Not well	Not sure
Is positive and encouraging	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Tells me something new	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Gives me a good reason to eat healthier	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Is a helpful way to think about eating	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

[PREVIOUS](#)[NEXT](#)



Below is a list of recommendations to support healthy eating. Please rate each on how helpful the information is to you personally.

	Very helpful	Somewhat helpful	Neutral	Not very helpful	Not at all helpful	Not sure
Make half your plate fruits and vegetables.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Drink and eat less sodium, saturated fat, and added sugars.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Move to low-fat and fat-free milk or yogurt.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Focus on whole fruits.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Vary your protein routine.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Vary your veggies.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Make half your grains whole grains.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

PREVIOUS

NEXT





48%

Now you are going to look at something different. Please take a minute to read the information provided on the next page. This time, please use the **highlighter tool** to highlight words and phrases that you **"LIKE" and that stand out for you in a positive way**. You can highlight a single word, a phrase, or whole sentences. To select more than one word at a time, click on the highlighter icon on the top of the page. If you change your mind or click on something accidentally, you can unselect it by clicking on it again.



Healthy eating is important at every stage of life. Start your baby off on the right path with nutritious foods and beverages to help develop healthy habits that will stay with them throughout their life. What your baby eats and drinks today can impact your baby's health now and in the future. Every bite counts - Introduce healthy foods and new flavors to your baby or toddler and have fun together trying a variety of foods from each of the five food groups.

[PREVIOUS](#)[NEXT](#)



51%

Healthy eating is important at every stage of life. Start your baby off on the right path with nutritious foods and beverages to help develop healthy habits that will stay with them throughout their life. What your baby eats and drinks today can impact your baby's health now and in the future. Every bite counts - Introduce healthy foods and new flavors to your baby or toddler and have fun together trying a variety of foods from each of the five food groups.

Is there anything in the paragraph that you find confusing or have questions about?

[PREVIOUS](#)[NEXT](#)



53%

Healthy eating is important at every stage of life. Start your baby off on the right path with nutritious foods and beverages to help develop healthy habits that will stay with them throughout their life. What your baby eats and drinks today can impact your baby's health now and in the future. Every bite counts - Introduce healthy foods and new flavors to your baby or toddler and have fun together trying a variety of foods from each of the five food groups.

Based on the information you just read, how likely are you to do the following?

	Very likely	Somewhat likely	Neutral	Somewhat unlikely	Not at all likely	Not sure
Make healthier decisions about what you give your baby to eat and drink	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Make sure your baby tries foods from all of the food groups	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Visit the ChooseMyPlate.gov website	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Seek more information about healthier eating for your baby	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

PREVIOUS

NEXT



53%

Healthy eating is important at every stage of life. Start your baby off on the right path with nutritious foods and beverages to help develop healthy habits that will stay with them throughout their life. What your baby eats and drinks today can impact your baby's health now and in the future. Every bite counts - Introduce healthy foods and new flavors to your baby or toddler and have fun together trying a variety of foods from each of the five food groups.

Based on the information you just read, how likely are you to do the following?

	Very likely	Somewhat likely	Neutral	Somewhat unlikely	Not at all likely	Not sure
Make healthier decisions about what you give your toddler to eat and drink	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Make sure your toddler eats foods from all of the food groups.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Visit the ChooseMyPlate.gov website	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Seek more information about healthier eating for your toddler	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

PREVIOUS

NEXT







55%

Healthy eating is important at every stage of life. Start your baby off on the right path with nutritious foods and beverages to help develop healthy habits that will stay with them throughout their life. What your baby eats and drinks today can impact your baby's health now and in the future. Every bite counts - Introduce healthy foods and new flavors to your baby or toddler and have fun together trying a variety of foods from each of the five food groups.

How important is the information in this paragraph to you personally?

Very important

Somewhat important

Neither important nor unimportant

Somewhat unimportant

Very unimportant

Not sure

PREVIOUS

NEXT



56%

Healthy eating is important at every stage of life. Start your baby off on the right path with nutritious foods and beverages to help develop healthy habits that will stay with them throughout their life. What your baby eats and drinks today can impact your baby's health now and in the future. Every bite counts - Introduce healthy foods and new flavors to your baby or toddler and have fun together trying a variety of foods from each of the five food groups.

Based on the information you just read, how **easy** do you think it would be to start making healthier decisions about what you eat and drinks?

 Very easy Somewhat easy Neutral Not very easy Not at all easy Not sure[PREVIOUS](#)[NEXT](#)



50%

Healthy eating is important at every stage of life. Start your baby off on the right path with nutritious foods and beverages to help develop healthy habits that will stay with them throughout their life. What your baby eats and drinks today can impact your baby's health now and in the future. Every bite counts - Introduce healthy foods and new flavors to your baby or toddler and have fun together trying a variety of foods from each of the five food groups.

Here is a list of phrases that could be used to describe this paragraph. Based on your impressions, how well does each of these describe this paragraph?

	Very well	Somewhat well	Not well	Not sure
Tells me something new	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Is a helpful way to think about what my toddler eats	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Gives me a good reason for my toddler to eat healthier	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Is encouraging	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

PREVIOUS

NEXT

80%

Below is a list of recommendations to support healthy eating. Please rate each on how helpful the information is to you personally.

	Very helpful	Somewhat helpful	Neutral	Not very helpful	Not at all helpful	Not sure
The increased energy women need during pregnancy can best be met through the consumption of a varied, nutrient-dense diet.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Women who are pregnant should avoid eating unpasteurized milk, soft cheeses, and undercooked meats, and limit processed meats.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Women who are pregnant should follow dietary patterns that are higher in vegetables, fruits, whole grains, nuts, legumes, seafood, and vegetable oils, and lower in added sugars, refined grains, and red and processed meats. These dietary patterns protect against poor maternal-fetal outcomes in pregnancy.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Women who are pregnant can consume seafood: at least 8 and up to 12 ounces of seafood per week, from choices that are lower in methylmercury and higher in omega-3 fatty acids.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Women who are pregnant should not avoid potential allergenic foods during pregnancy, unless it is recommended by their doctor/healthcare provider.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Women who are pregnant should consume foods and beverages that are good sources of iron, folate, calcium, choline, magnesium, protein, and fiber.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Women who are pregnant should not drink alcoholic beverages. Drinking during pregnancy, especially in the first few months of pregnancy, may result in negative behavioral or neurological consequences in the children. No safe level of alcohol consumption during pregnancy has been established.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
When it comes to weight gain during pregnancy, women should aim for a specific goal that their health care provider sets for them.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

PREVIOUS

NEXT



Below is a list of recommendations to support healthy eating of babies and toddlers up to 2 years old. Please rate each on how helpful the information is to you personally.

	Very helpful	Somewhat helpful	Neutral	Not very helpful	Not at all helpful	Not sure
Avoid foods and beverages with added sugars during the first 2 years of life.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Provide a variety of animal-source foods (meat, poultry, seafood, eggs, and dairy), fruits, and vegetables, nuts and seeds, and whole grain products, beginning at ages 6 to 12 months and continuing thereafter, to provide key nutrients, foster acceptance of a variety of nutritious foods, and build healthy dietary habits.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Provide good sources of omega-3 and omega-6 fatty acids, such as seafood, beginning at ages 6 to 12 months.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
For infants fed human milk at ages 6 to 12 months, consider providing iron-fortified infant cereals or similar products to ensure adequate iron intake.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Introduce peanut products and egg between ages 6 and 12 months. Be careful to choose forms of peanut that do not present a choking risk. Evidence regarding benefits of introducing other potentially allergenic foods (e.g., tree nuts, shellfish, fish) in the first year of life is limited, but there is no reason to avoid them.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

PREVIOUS

NEXT



63%

Now that you have read more information, how important is each of the following when it comes to healthy eating?

	Very important	Somewhat important	Neutral	Somewhat unimportant	Very unimportant	Not sure
Choosing foods and drinks that are nutrient-dense, or high in nutritional value.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Increasing some foods and avoiding others during pregnancy.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Focusing on the long-game and developing a healthy eating pattern over time.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Making simple changes that build the habits of healthy eating.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Eating a variety of foods from all the food groups.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Introducing babies and toddlers to a variety of flavors and foods.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

[PREVIOUS](#)
[NEXT](#)




On the next screen, you will see a picture designed to help share information about healthy eating. Please look at the picture and then answer the questions below.

PREVIOUS

NEXT





How appealing did you find this picture?

Very appealing

Somewhat appealing

Neither appealing nor unappealing

Somewhat unappealing

Very unappealing

Not sure


PREVIOUS

NEXT





00%

A square logo with a teal background. In the center is a white circle containing the text "birth to 24 months" in a colorful, lowercase font. To the left of the circle is a small illustration of a blue spoon with a white bowl. Below the circle, the text "MyPlate.gov" is written in a smaller, white font.


What do you like about this picture? Please be as specific as possible in your response.

PREVIOUS NEXT

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66%

A square logo with a teal background. In the center is a white circle containing a colorful fork and knife icon. To the right of the icon, the text "birth to 24 months" is written in a playful, multi-colored font. Below the circle, the text "MyPlate.gov" is written in a smaller, dark font.

What do you dislike about this picture? Please be as specific as possible in your response.

PREVIOUS NEXT

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Here is a list of words and phrases that could be used to describe this picture. Based on your impressions, how well does each of these describe this picture?

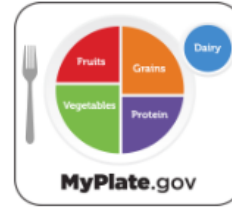
	Very well	Somewhat well	Not well	Not sure
Memorable	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Boring	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Age-appropriate	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Parent-friendly	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Joyful	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Confusing	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

[PREVIOUS](#)

[NEXT](#)

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72%



Here is the same image, together with the image you saw earlier. How well do these images go together?

- Very well
- Somewhat well
- Neutral
- Not very well
- Not well at all
- Not sure

What makes you say that?

PREVIOUS

NEXT



In general, how motivated are you to live a healthy lifestyle?

Very motivated

Motivated

Neither motivated or unmotivated

Not motivated

PREVIOUS

NEXT



How often do you read the nutritional labels on food packages?

Always

Frequently

Sometimes

Never

PREVIOUS

NEXT



Please indicate how much you agree with the following statements:

	Strongly agree	Somewhat agree	Neither agree nor disagree	Somewhat disagree	Strongly disagree
I eat whatever I want, whenever I want	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I'm more focused on what my enjoys eating, than the variety and flavors of foods right now	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I find the advice about what to eat and drink during pregnancy confusing	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I find myself eating un-healthy, because that's what my friends and family want to eat	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
The people closest to me have nutritious eating habits	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am confident in my ability to make nutritious eating choices	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I find the advice about what my should eat and drink confusing	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am confident in my ability to make nutritious choices for my	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I know where to find/purchase nutritious foods near me	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

PREVIOUS

NEXT




79%

Please indicate how much you agree with the following statements:

	Strongly agree	Somewhat agree	Neither agree nor disagree	Somewhat disagree	Strongly disagree
I use websites or apps to help me shop and eat healthy	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I use an app or device to help me eat healthy	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I regularly go online to find information on nutrition and healthy eating	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I wish I knew more about healthy eating	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I follow social media accounts or hashtags that promote healthy eating	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I'm following a weight loss or nutrition plan right now	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

[PREVIOUS](#) [NEXT](#)

  
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81%

In the past month have you...

	Yes	No	Not sure
Searched online for health or wellness information	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Used an app to track your eating or exercise	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Followed or contributed to a discussion about health on social media	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Read a book about health or fitness	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Followed a social media account about health or fitness	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Watched a television program about health	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Read a newspaper or magazine article about health	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

[PREVIOUS](#) [NEXT](#)

  
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82%

In the past year have you...

	Yes	No	Not sure
Started a diet to lose weight	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Been advised by a health care provider to change your diet	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Begun a fitness regimen	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

PREVIOUS

NEXT

  
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84%

How do you currently feed your child who is 24 months of age or younger? Select all that apply.

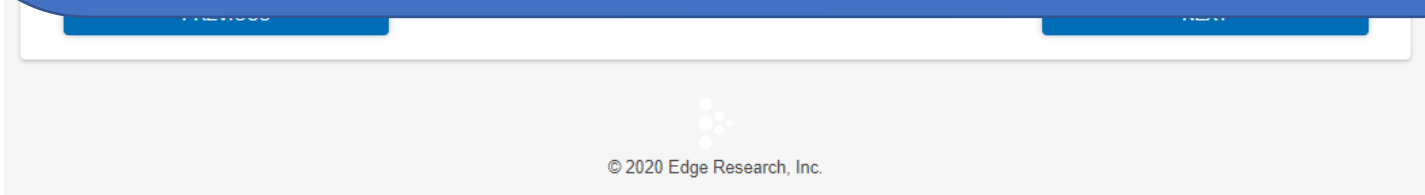
 Breastfeeding (including pumping) Formula/Breast-milk substitutes Pureed food Solid food Other, please describe:[PREVIOUS](#)[NEXT](#)



Have you ever breastfed your child who is 24 months of age or younger?

PREVIOUS

NEXT





Can you tell me how tall you are in feet and inches?

*Please provide your best estimate*

Feet:

Inches:

PREVIOUS

NEXT




89%

Can you tell me how much you weighed pre-pregnancy, in pounds?  
*Your best estimate pre-pregnancy is fine.*

Pounds:

PREVIOUS

NEXT

  
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The form is a survey question with a progress bar at the top showing 89% completion. The question asks for pre-pregnancy weight in pounds. Below the question is a text input field. At the bottom of the form are two blue buttons labeled "PREVIOUS" and "NEXT". The footer contains the Edge Research logo and copyright information.



91%

Including yourself, how many household members are there in your home? Exclude any roommates, boarders, etc.

 1 (yourself only) 2 3 4 5 6 7 8 or more[PREVIOUS](#)[NEXT](#)





93%

Are you the parent/caregiver of a child 18 years old or younger who lives with you, even part-time?


Yes

No

Prefer not to say

PREVIOUS

NEXT

  
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The form is presented within a light gray container. At the top of the container is a blue progress bar with a white diagonal hatching pattern, showing 93% completion. Below the progress bar is the question text. Three white input fields with rounded corners and thin gray borders are stacked vertically, containing the text "Yes", "No", and "Prefer not to say". At the bottom of the form area are two blue rectangular buttons with white text: "PREVIOUS" on the left and "NEXT" on the right. The footer of the container features a logo of five white dots arranged in a cross pattern, followed by the text "© 2020 Edge Research, Inc."



94%

In your household, who is responsible for making choices regarding the food you/your household eats?

**I am primarily responsible** for making choices regarding the food I/my household eats

**I share the responsibility equally** for making choices regarding the food I/my household eats

**Someone else is primarily responsible** for making choices regarding the food I/my household eats

PREVIOUS

NEXT



88%

Thinking of everyone in your household who receives income, what is the total yearly income for your household before taxes, including salaries, Social Security, pension, interest, and investment earnings?

 Under \$25,000 \$25,000 to just below \$30,000 \$30,000 to just below \$37,000 \$37,000 to just below \$45,000 \$45,000 to just below \$52,000 \$52,000 to just below \$60,000 \$60,000 to just below \$67,000 \$67,000 to just below \$75,000 \$75,000 to just below \$100,000 \$100,000 or more[PREVIOUS](#)[NEXT](#)



What is the highest level of education you have completed?

Less than high school

High school

Some college

College degree

Graduate degree or above

PREVIOUS

NEXT



Thank you for your feedback! This concludes the questionnaire. You may now close the survey window.



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