**Sizing Up America**

Now that you’ve had the chance to participate in a forum on the issue of obesity, please complete both sides of this questionnaire. For this page, please indicate your level of agreement about the statements that follow by marking the appropriate box.

### Approach One: Prevent the Obesity Epidemic

<table>
<thead>
<tr>
<th></th>
<th>Strongly Agree</th>
<th>Somewhat Agree</th>
<th>Somewhat Disagree</th>
<th>Strongly Disagree</th>
<th>Not Sure</th>
</tr>
</thead>
<tbody>
<tr>
<td>a)</td>
<td>Provide educational programs for the general public.</td>
<td>□</td>
<td>□</td>
<td>□</td>
<td>□</td>
</tr>
<tr>
<td>b)</td>
<td>Require nutrition education in public schools.</td>
<td>□</td>
<td>□</td>
<td>□</td>
<td>□</td>
</tr>
<tr>
<td>c)</td>
<td>Increase consumer awareness of nutritional content of foods.</td>
<td>□</td>
<td>□</td>
<td>□</td>
<td>□</td>
</tr>
<tr>
<td>d)</td>
<td>Implement government policies to promote health.</td>
<td>□</td>
<td>□</td>
<td>□</td>
<td>□</td>
</tr>
<tr>
<td>e)</td>
<td>Make physical education mandatory in schools.</td>
<td>□</td>
<td>□</td>
<td>□</td>
<td>□</td>
</tr>
</tbody>
</table>

### Approach Two: Change Our Lifestyle

<table>
<thead>
<tr>
<th></th>
<th>Strongly Agree</th>
<th>Somewhat Agree</th>
<th>Somewhat Disagree</th>
<th>Strongly Disagree</th>
<th>Not Sure</th>
</tr>
</thead>
<tbody>
<tr>
<td>a)</td>
<td>Support community groups that promote exercise and healthy eating.</td>
<td>□</td>
<td>□</td>
<td>□</td>
<td>□</td>
</tr>
<tr>
<td>b)</td>
<td>Create an interactive web-site so people can help each other. Each one teaches one.</td>
<td>□</td>
<td>□</td>
<td>□</td>
<td>□</td>
</tr>
<tr>
<td>c)</td>
<td>Reduce lifestyle stress.</td>
<td>□</td>
<td>□</td>
<td>□</td>
<td>□</td>
</tr>
<tr>
<td>d)</td>
<td>Improve exercise habits.</td>
<td>□</td>
<td>□</td>
<td>□</td>
<td>□</td>
</tr>
<tr>
<td>e)</td>
<td>Offer healthier options, put nutritional values of food on menus and serve smaller portion sizes in restaurants.</td>
<td>□</td>
<td>□</td>
<td>□</td>
<td>□</td>
</tr>
<tr>
<td>f)</td>
<td>Eliminate advertising for non-nutritious foods and increase advertising for healthy living.</td>
<td>□</td>
<td>□</td>
<td>□</td>
<td>□</td>
</tr>
</tbody>
</table>

### Approach Three: Protect Your Pocketbook

<table>
<thead>
<tr>
<th></th>
<th>Strongly Agree</th>
<th>Somewhat Agree</th>
<th>Somewhat Disagree</th>
<th>Strongly Disagree</th>
<th>Not Sure</th>
</tr>
</thead>
<tbody>
<tr>
<td>a)</td>
<td>Hold people accountable for their lifestyle choices, increasing insurance premiums and costs for health care for those considered obese.</td>
<td>□</td>
<td>□</td>
<td>□</td>
<td>□</td>
</tr>
<tr>
<td>b)</td>
<td>Give health care premium incentives for being healthy and not obese.</td>
<td>□</td>
<td>□</td>
<td>□</td>
<td>□</td>
</tr>
<tr>
<td>c)</td>
<td>Have work place incentives for exercising and living healthy.</td>
<td>□</td>
<td>□</td>
<td>□</td>
<td>□</td>
</tr>
<tr>
<td>d)</td>
<td>Offer grants for walkable, healthy lifestyle communities.</td>
<td>□</td>
<td>□</td>
<td>□</td>
<td>□</td>
</tr>
<tr>
<td>e)</td>
<td>Fund government research on obesity.</td>
<td>□</td>
<td>□</td>
<td>□</td>
<td>□</td>
</tr>
<tr>
<td>f)</td>
<td>Fund government parks and public exercise areas.</td>
<td>□</td>
<td>□</td>
<td>□</td>
<td>□</td>
</tr>
</tbody>
</table>
Post-Forum Questionnaire: Sizing Up America

As a result of this forum, are you thinking differently?  Yes  No  If so, how?
___________________________________________________________________________________________________

What, if anything, could citizens do differently to address the issue of obesity as a result of this forum?
___________________________________________________________________________________________________

How many deliberative forums have you attended (including this one)? ____________

Rate your involvement in public policy BEFORE this forum on a scale of 0-5, with 0 = no involvement and
5 = totally focused on, and extensively doing, public policy work. _______

Rate your expected involvement in public policy AFTER this forum on a scale of 0-5, with 0 = no involvement and
5 = totally focused on, and extensively doing public policy work. _______

About You:

Ethnicity
☐ Caucasian/White
☐ Black or African-American
☐ Hispanic
☐ Asian
☐ Native American
☐ Pacific Islander
☐ Other (please specify): ________________

Education
☐ Less than 9th grade
☐ 9th to 12th grade, no diploma
☐ High school graduate
☐ Technical school graduate (includes equivalency)
☐ Some college, no degree
☐ Associate degree
☐ Bachelor’s degree
☐ Graduate or professional degree

Where do you live?
☐ Rural area
☐ Small town
☐ Suburbia
☐ Large City

State
______________

Zip Code
______________

Gender
☐ Male
☐ Female

Income
☐ Less than $10,000
☐ $10,000-$24,999
☐ $25,000-$39,999
☐ $40,000-$59,999
☐ $60,000-$124,999
☐ $125,000-$199,999
☐ $200,000 or more

Age
☐ 17 or less
☐ 18-24
☐ 25-44
☐ 45-59
☐ 60-74
☐ over 75

If a member of AAFCS, please answer the following:

Rate AAFCS in regard to its involvement in public policy on a scale of 0-5, with 0 = no involvement and 5 = totally focused on, and extensively doing public policy work.
________

Rate your state/regional/local affiliate/chapter's involvement in public policy work on the same scale _________

What could AAFCS members do as a result of this forum? What are YOU willing to do?
___________________________________________________________________________________________________

Thank you for your participation! Please return to your moderator or convener to be mailed to:
Dr. Sue Williams, 333 HES, Oklahoma State University, Stillwater, OK, 74-78-6111 11/14/05