

# Waltham Healthy Food Access Survey

This survey is brought to you by the Waltham Healthy Food Access Coalition, coordinated by Healthy Waltham. It is our goal that through this survey we will be able to best address the challenges that those who live and work in Waltham face in accessing healthy food. Using the information gathered, we hope to take action to make the healthy choice the easy choice. Thank you very much for taking the time to take this survey. We appreciate your feedback! (Please complete the survey only once and only if you live, work, and/or study in Waltham.)

\* Required

## 1. In what zip code do you live? \*

*Mark only one oval.*

- 02451
- 02452
- 02453
- 02454
- I do not live in Waltham, but I work / go to school in Waltham.
- I don't know

## 2. Please check the option that best describes you. \*

*Mark only one oval.*

- Male
- Female
- Other
- I prefer not to answer.

## 3. How old are you? \*

*Mark only one oval.*

- Under 18
- 18 - 25
- 26 - 39
- 40 - 64
- 65 - 75
- Over 75

**4. What is your annual household income? \***

*Mark only one oval.*

- less than \$10,000
- \$10,000 - \$29,000
- \$30,000 - \$49,000
- \$50,000 - \$69,000
- \$70,000 - \$89,000
- \$90,000 - \$125,000
- more than \$125,000
- I prefer not to answer.
- I don't know.

**5. How often do you eat healthy snacks and meals? \***

Healthy snacks and meals emphasize fruits, vegetables, whole grains, and lean meats, poultry, fish, beans, eggs, nuts and seeds and are low in salt (sodium) and added sugars.

*Mark only one oval.*

- 0 times per day
- 1-2 times per day
- 3-4 times per day
- 5 or more times per day

**6. When you do not eat healthy snacks and meals, what is the MAIN reason / obstacle? \***

Please select one

*Mark only one oval.*

- Cost
- Convenience
- Taste
- Not having the information you need
- Time for shopping
- Distance to store
- Ease / Ability to use transportation
- Cultural tradition
- Not applicable (I always eat healthy snacks and meals)
- Other: .....

*Skip to question 8.*

**7. When you do not eat healthy snacks and meals, how important are the following factors for you? \***

Please rank the factors below based on how important they are to you when making food choices.

Mark only one oval per row.

|                                      | Very important        | Somewhat important    | Neutral               | Somewhat unimportant  | Very unimportant      |
|--------------------------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| Cost                                 | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Convenience                          | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Taste                                | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Not having the information you need  | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Time for shopping                    | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Distance to store                    | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Ease / Ability to use transportation | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Cultural tradition                   | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |

**8. How often do you eat fast food? \***

examples: McDonald's, Burger King, Subway, Wendy's, Taco Bell

Mark only one oval.

- Never
- One or two times a year
- One or two times a month
- One or two times a week
- Three or more times a week

**9. How often do you eat home-cooked meals? \***

Mark only one oval.

- Never
- One or two times a year
- One or two times a month
- One or two times a week
- Three or more times a week

**10. In the last 12 months, how often were you not able to eat a healthy meal because your family didn't have enough money? \***

Mark only one oval.

- A lot
- Sometimes
- Never
- Not sure

11. In the last 12 months, how often did your meals only include a few kinds of cheap foods because your family was running out of money to buy food? \*

Mark only one oval.

- A lot
- Sometimes
- Never
- Not sure

12. In the last 12 months, were you ever hungry because there was not enough money to buy food for your home? \*

Mark only one oval.

- Yes
- No
- Not sure

13. Which of the following would make healthier food choices easier choices for you?

select all that apply  
Check all that apply.

- Another grocery store
- More farmers markets
- Better quality and variety of produce at grocery store
- More stores accepting SNAP vouchers
- More stores accepting WIC vouchers
- Free or low cost shuttle to stores
- More community gardens
- Classes on cooking / food preparation
- Classes on canning / preserving food
- Workshops on gardening
- More food distribution agencies (for example: food pantries, soup kitchens, shelters, meals on wheels)
- Other: .....

14. How important do you think it is to eat healthy snacks and meals? \*


Mark only one oval.

- 1      2      3      4
- 
- Not at all important                    Very important
-

15. **What is the one thing you would like to improve about your health? \***

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