

Survey for patients ages 2 to 8

We are interested in providing the best care possible to our community. This includes telling them about steps that they can take to improve their families' health. Please take a few minutes to answer the following questions. We understand how difficult it is to follow health lifestyle recommendations, but these questions will help you decide the best way to start making small changes to improve your families' health.

- | | | Yes | No |
|--|---|---|-----------------------|
| 5 | My child eats fruits and vegetables 5 or more times on most days _____ | <input type="radio"/> | <input type="radio"/> |
| | My child eats breakfast every day _____ | <input type="radio"/> | <input type="radio"/> |
| | My child eats dinner at the table with the family at least two times per week _____ | <input type="radio"/> | <input type="radio"/> |
| | My child eats takeout (fast food places, restaurants) less than two times per week _____ | <input type="radio"/> | <input type="radio"/> |
| 2 | My child watches TV, videos or plays computer games less than two hours per day _____ | <input type="radio"/> | <input type="radio"/> |
| | My child does not have a TV in the bedroom _____ | <input type="radio"/> | <input type="radio"/> |
| 1 | My child participates in some type of moderate physical activity
for at least one hour every day _____ | <input type="radio"/> | <input type="radio"/> |
| | 0 | My child does not regularly drink fruit drinks, sports drinks soda or punch _____ | <input type="radio"/> |
| My child drinks fat-free/skim or 1% rather than 2% or whole milk _____ | | <input type="radio"/> | <input type="radio"/> |

