

VETERANS WALK FOR HEALTH



Dear Participant,

Thank you for your participation in this walking and nutrition study.

If you have questions or would like the study coordinator to read the questions to you, please don't hesitate to ask. This survey should take approximately 10 – 20 minutes to complete.

If we publish results from the study, your individual responses will not be published, nor will your name be revealed. However, if you feel uncomfortable answering any of the questions, even knowing that your name will not be revealed, please skip those questions.

Thank you for your help with this important study.

Sincerely,

PARTICIPANT SATISFACTION

Please place an **X** in the box of the most appropriate response.

S1. When you had important questions to ask your dietitian, did you get answers you could understand?

- [1] Yes, always
- [2] Yes, sometimes
- [3] No
- [4] Didn't have questions

S2. Did you have confidence and trust in the dietitian treating you?

- [1] Yes, always
- [2] Yes, sometimes
- [3] No

S3. How would you rate the courtesy of your dietitian?

- [1] Poor
- [2] Fair
- [3] Good
- [4] Very Good
- [5] Excellent

S4. How would you rate the availability of your dietitian?

- [1] Poor
- [2] Fair
- [3] Good
- [4] Very good
- [5] Excellent

S5. Did you feel like you were treated with respect and dignity during your nutritional counseling sessions?

- [1] Yes, always
- [2] Yes, sometimes
- [3] No

S6. Did your dietitian explain recommended changes in your diet in a way you could understand?

- [1] Yes, completely
- [2] Yes, somewhat
- [3] No

S7. Did you have enough to say about your dietary treatment?

- [1] Yes, definitely
- [2] Yes, somewhat
- [3] No

S8. Did you find the nutritional counseling handouts helpful?

- [1] Yes, very helpful
- [2] Yes, somewhat helpful
- [3] No, not helpful
- [4] I did not get any nutritional counseling handouts.

S9. Did you feel that the nutritional counseling sessions helped you improve your diet?

- [1] Yes, helped a lot
- [2] Yes, helped somewhat
- [3] No

S10. Did your dietitian explain how to start a walking program in a way that you could understand?

- [1] Yes, completely
- [2] Yes, somewhat
- [3] No

S11. Did you have enough to say about your walking program including, setting walking goals?

- [1] Yes, definitely
- [2] Yes, somewhat
- [3] No

S12. Did you feel that the walking helped increase your overall level of physical activity?

- [1] Yes, helped a lot
- [2] Yes, helped somewhat
- [3] No

S13. Did anyone (family, friends, coworkers) who learned about your walking program start their own walking program?

- [1] Yes, several people – About how many? _____
- [2] Yes, at least one person
- [3] Not that I know of.

S14. Did you talk to a healthcare provider (a doctor or nurse) other than your dietitian about your walking program?

[1] No



Go to Question S15.

[2] Yes



<i>NAME OF PROVIDER</i>	<i>SPECIALTY</i>

IF YOU DID NOT USE A PEDOMETER TO COUNT YOUR STEPS, SKIP TO QUESTION NUMBER S23 ON PAGE 9.

S15. How comfortable was wearing the pedometer?

- [1] Very comfortable
- [2] Somewhat comfortable
- [3] Not comfortable

S16. Did you have trouble remembering to put the pedometer on in the morning?

- [1] Yes, often had trouble remembering
- [2] Yes, sometimes had trouble remembering
- [3] No

S17. Did you feel that the pedometer was accurately counting your steps throughout the day?

- [1] Yes, always
- [2] Yes, sometimes
- [3] No

S18. Did you have any problems using the pedometer?

S19. What did you like most about using the pedometer?

S20. How much money would you consider paying to continue using the pedometer for one more year?

IF YOU DID NOT USE A COMPUTER TO LOOK AT YOUR PEDOMETER RESULTS, SKIP TO QUESTION S23 BELOW.

S21. How often did you upload your pedometer step- count data to a computer?

- [1] Almost every day or more often
- [2] A few times a week
- [3] Once a week
- [4] Less than once a week

S22. Did viewing your step- count data help you increase your walking?

- [1] Yes, helped a lot
- [2] Yes, helped somewhat
- [3] No

S23. How would you rate the overall quality of the nutritional counseling and walking program that you received as a part of this study?

- [1] Poor
- [2] Fair
- [3] Good
- [4] Very Good
- [5] Excellent

S24. Did you have any problems with or complaints about the nutritional counseling and walking program?

S25. What was the thing you liked the most about the nutritional counseling and walking program?

S26. If you could change one thing to improve the nutritional counseling and walking program, what would it be?

Thank you for completing this survey!



All finished!!
Thanks for your
participation!!