

[illegible]

Diet and Physical Activity

10. How many cups of fruit and vegetables do you eat on an average day?

Number of Cups ____ ☐ None

11. Do you eat fish at least two times a week?

☐ Yes ☐ No

12. Thinking about all of the servings of grain products you eat in a typical day, how many are whole grains?

☐ Less than half ☐ About half ☐ More than half

13. Do you drink less than 36 ounces (450 calories) of sugar sweetened beverages weekly?

☐ Yes ☐ No

14. Are you currently watching or reducing your sodium or salt intake?

☐ Yes ☐ No

15. In the past 7 days, how often have you had a drink containing alcohol?

Number of days ____ ☐ None

16. How many alcoholic drinks, on average, do you consume during a day?

Number of drinks ____ ☐ None

17. How many minutes of physical activity (exercise) do you get in a week?

Number of minutes ____ ☐ None

18. Do you smoke? Includes cigarettes, pipes, or cigars (smoked tobacco in any form)?

- ☐ Current Smoker
☐ Quit (more than 1-12 months ago)
☐ Quit (more than 12 months ago)
☐ Never smoked

19. Over the past 2 weeks, how often have you been bothered by any of the following problems?

I. Little Interest or Pleasure In Doing Things?

- ☐ Not at all
☐ Several days
☐ More than half
☐ Nearly every day

II. Feeling down, depressed, or hopeless?

- ☐ Not at all
☐ Several days
☐ More than half
☐ Nearly every day