

NDPP Follow Up Survey

This survey will be used to improve the NDPP program in the Panhandle. Your responses will be sent directly to the NDPP coordinator, not reviewed by your lifestyle coach. Please be as honest as possible.

Name: _____

Date: _____

Lifestyle coach: _____

1. Did you meet the 5% weight loss goal?

☐ Yes

☐ No

2. Did you meet the recommended 150 minutes of physical activity weekly?

☐ Yes

☐ No

Please answer the following questions on a scale of 1 to 5, where 1 is the worst and 5 is the best:

3. The core sessions were the beginning of the NDPP program, when you had a class every week. How well did NDPP meet your needs at the end of the core sessions?	1	2	3	4	5
4. The post-core sessions were the last half of the NDPP program, where you had a class once per month. How well did NDPP meet your needs at the end of the post-core sessions?	1	2	3	4	5
5. Overall, how satisfied were you with your lifestyle coach?	1	2	3	4	5
6. Overall, how would you rate the quality of the program you attended?	1	2	3	4	5

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The following questions are about the time since you finished the NDPP class, from the end of the class until now:

7. Have you been able to maintain your weight loss?

☐ Yes

☐ No

8. What is your current weight? _____

9. Do you currently meet the recommended 150 minutes of physical activity weekly?

☐ Yes

☐ No

☐ Sometimes

10. If you are not physically active 150 minutes each week, how many minutes, on average, are you physically active each week?

☐ Less than 30 minutes

☐ 30-60 minutes

☐ 60-120 minutes

☐ 120-150 minutes

11. Would you recommend NDPP to a family member, friend, or colleague?

☐ Yes

☐ No

12. Do you eat 2 or more servings of fish weekly? Yes ____ No ____ Don't know ____

13. Do you eat 3 or more servings of whole grains daily? Yes ____ No ____ Don't know ____

14. Do you drink less than 36 ounces of sweetened beverages weekly? Yes ____ No ____ Don't know ____

15. Are you currently reducing your sodium or salt intake? Yes ____ No ____ Don't know ____

16. How much moderate physical activity do you get in a week? 30 min. ____ 60 min. ____ 90 min. ____ 150 min. ____ more ____ don't know ____

17. How much vigorous physical activity do you get in a week? 0 ____ 30 min. ____ 60 min. ____ 75 min. or more ____ don't know ____

18. How much fruit do you eat in an average day? (1 serving = 1 banana, 1 apple, or a cup of berries) 0 ____ 1 ____ 2 ____ 3 ____ 4 ____ 5 ____ 6 or more ____ don't know ____

19. How many vegetables do you eat in a typical day? (1 serving = 12 baby carrots or 1 cup of broccoli) 0__ 1__ 2__ 3__ 4__ 5__ 6 or more__ don't know__

20. Thinking about your physical health, which includes physical illness and injury, how many days of the past 30 was your health not good? 0__ 1-5__ 6-10__ 11-20__ 21 or more__

21. What could the program have offered that would have made it more beneficial to you?

22. Do you have any other comments or suggestions?

Thank you so much for completing the survey! We appreciate your valuable input on the NDPP program.