



NH Fit WIC Participant Survey

Staff use only: RCA
<input type="checkbox"/> Cert./re-cert. <input type="checkbox"/> Voucher
Town: _____
Today's Date: _____
Participant ID: _____
Child's DOB : _____
BMI/(& BMI %tile): _____

Fit WIC is a program for 3 and 4 year old children on the WIC Program. Please take a few minutes to answer some questions about you and your 3 – 4 year old child. This survey will help us so we can learn how we are doing and how to make Fit WIC better. Your answers will be kept private and will not affect your WIC participation. Thank you.

*If Fit WIC is new to you, answer the questions on page 1 only.
If you are not new to Fit WIC, answer all of the questions on page 1 and 2.*

Section A: Fit WIC Participant Information

1. **Is your child:** 3 years old 4 years old

2. **Is your child:** Male Female

3. **Is your child of Hispanic origin?** Yes, child is Hispanic No, child is not Hispanic

4. **What is your relationship to the child?**
 Parent Grandparent Other family member Other _____
(specify)

5. **Have you ever been told that your child is overweight by any healthcare provider?** Yes No

6. **Do you think your child is overweight or at risk of becoming overweight?** Yes No

7. **On a typical day, is your 3 – 4 year old child active in 1 or more hours of active play?** *(Active play takes a lot of energy, like walking, running, jumping rope, skipping and climbing. Active play uses the legs and arms and gets heart rates pumping)* Yes No

8. **On a typical day, do you spend 30 – 60 minutes teaching your 3 – 4 year old child physical play skills?** *(Physical play skills include throwing and catching a ball; kicking a ball; balancing on one foot; somersaults; hopscotch; or walking and balance on a beam)* Yes No

9. **In the past week, did your family visit public places like parks, playgrounds (indoor or outdoor), playgrounds, libraries, or museums in your community?** Yes No

10. **About how many hours does your child sit and watch television or videos on a typical day?**
 None less than 1 hour 1 – 2 hours 3 – 4 hours 5 or more hours

Did you receive a Fit WIC Activity Kit today?

<input type="checkbox"/> Yes ↓ This is the end of the survey. Thank you!	<input type="checkbox"/> No ↓ Please continue survey on the back of this page
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