

## POST-JIFF Family Questionnaire

Thank you for enrolling your family member in a Jump Into Foods and Fitness program/class (JIFF). Your feedback is important to us – it will help us provide programming that best meets the needs of you and your family members.

### Changes in Family Member’s Behavior

<i>Please check ‘yes,’ ‘no,’ or ‘unsure’ next to changes that your family member/son/daughter may have made since being part of JIFF YDD programs.</i>	Have you <b>observed</b> this change in your family member?			Has your family member <b>talked</b> about this change?		
	Yes	No	Unsure	Yes	No	Unsure
1. More aware of the importance of good nutrition.						
2. Makes healthier meal and/or snack choices.						
3. Eats breakfast more often.						
4. More willing to try new foods.						
5. Improved hand washing.						
6. Improved food safety.						
7. More aware of the importance of exercise.						
8. Increased physical activity.						
9. Please share any comments about changes your family has made.						

### Changes in Your Behavior

<i>Please check ‘yes,’ ‘no,’ or ‘already practicing’ to show what changes you have made since JIFF YDD. Check ‘already practicing’ if you were engaging in this behavior prior to JIFF.</i>	Have <b>you</b> made this change since JIFF?			Do you <b>talk about</b> or <b>model</b> this behavior in your family?		
	Yes	No	Already practicing	Yes	No	Already practicing
10. More aware of the importance of good nutrition.						
11. Make healthier meal and/or snack choices.						
12. Eat breakfast more often.						
13. More willing to try new foods.						

Please check 'yes,' 'no,' or 'already practicing' to show what changes you have made since JIFF YDD. Check 'already practicing' if you were engaging in this behavior prior to JIFF.	Have <b>you</b> made this change since JIFF?			Do you <b>talk about</b> or <b>model</b> this behavior with your family?		
	Yes	No	Already practicing	Yes	No	Already practicing
<b>14.</b> Improved hand washing.						
<b>15.</b> Improved food safety (other than hand washing).						
<b>16.</b> More aware of the importance of exercise.						
<b>17.</b> Our family took walks (or engaged in other forms of physical activity) together.						
<b>18.</b> I cooked healthy recipes with my son/daughter/family member enrolled in the JIFF program.						
<b>19.</b> Please share any comments about changes your family has made.						

Please indicate your level of agreement with each of the statements below	Strongly agree	Agree	Neutral	Disagree	Strongly disagree
<b>20.</b> Jump Into Foods and Fitness was a positive experience for my son/daughter/family member.					
<b>21.</b> I think this program should be offered to more young people.					
<b>22.</b> I think it is important that families support and encourage healthy habits.					

**23.** Do you have any requests, suggestions, ideas for improvement or other comments?

**THANK YOU FOR PARTICIPATING IN THE FAMILY SURVEY FOR  
JUMP INTO FOODS AND FITNESS FOR YOUTH WITH DEVELOPMENTAL DISABILITIES!**