

Congratulations on completing to the Stepping Up to Health program! We would like to ask you some questions that will help us to know how and why this program works or does not work for you. Some of the questions here we asked you at the beginning of the program, but we would like to know if your answers have changed over time.

This survey must be taken in one sitting, so you might want to set aside some time to take this survey. If you quit before the end of the survey, your answers will not be saved, and you will have to start over when you return. It takes most people 20-30 minutes to complete this survey.

Please answer each question. Your honest answers will provide the keys we need to create a program that meets your individual needs. The more we know, the more we can develop tools that make sense to you. You are not required to answer any question.

{THEREAREXQUESTIONS}

Section 1

Question Code: 8X16X105

Short Desc: 1part

Do you participate in any of the following social or recreational activities? Check any that apply.

Check any that apply

- Bowling (8X16X105Bowling)
- Gardening (8X16X105Gardening)
- Golfing (8X16X105Golf)
- Shuffleboard (8X16X105Shuf)
- Reading (8X16X105read)
- Watching television (8X16X105TV)
- Bicycling (8X16X105Bicycling)
- Fishing (8X16X105Fishing)
- Tennis (8X16X105Tennis)
- Swimming (8X16X105Swimming)
- Bingo (8X16X105Bingo)
- Playing cards (8X16X105cards)
- Attending church or social clubs (8X16X105church)
- Going to lunch or coffee with friends (8X16X105friends)
- I do not partake in any recreational activities (8X16X105rec)

Question Code: 8X16X106

Short Desc: 2aleisure

Over the past 7 days, in your leisure time, how often did you participate in sitting activities such as reading, watching TV or doing handcrafts?

Choose only one of the following

- Never (never)
- Seldom (1-2 days) (Seldom)
- Sometimes (3-4 days) (Sometimes)
- Often (5-7 days) (Often)

Question Code: 8X16X107
Short Desc: 2bact

What were these activities?
SEE QUESTIONCODE ABOVE

Question Code: 8X16X108
Short Desc: 2chours

On average, how many hours per day did you engage in these sitting activities in your leisure time?

Choose only one of the following

- Less than 1 hour (Less)
- 1 but less than 2 hours (1)
- 2-4 hours (2-4)
- More than 4 hours (more4)

Question Code: 8X16X109
Short Desc: 3awalk

Over the past 7 days, how often did you take a walk outside your home or yard for any reason? For example, for fun or exercise, walking to work, walking the dog, etc.?

Choose only one of the following

- Never (Never)
- Seldom (1-2 days) (sel)
- Sometimes (3-4 days) (Sometimes)
- Often (5-7 days) (Often)

Question Code: 8X16X110
Short Desc: 3bactivities

What were these activities?
SEE QUESTIONCODE ABOVE

Question Code: 8X16X111
Short Desc: 3hours

On average, how many hours (minutes) per day did you spend walking?

Choose only one of the following

- Less than 1 hour (less1)
- 1 but less than 2 hours (1)
- 2-4 hours (2-4)
- More than 4 hours (More4)

Question Code: 8X16X112
Short Desc: 4asport

Over the past 7 days, how often did you engage in light sport or recreational activities such as bowling, golf with a cart, shuffleboard, fishing from a boat or pier or other similar activities?

Choose only one of the following

- Never (Never)
- Seldom (1-2 days) (Seldom)
- Sometimes (3-4 days) (Sometimes)
- Often (5-7 days) (Often)

Question Code: 8X16X113
Short Desc: 4bact

What were these activities?
SEE QUESTIONCODE ABOVE

Question Code: 8X16X114
Short Desc: 4hours

On average, how many hours per day did you engage in these light sport or recreational activities?

Choose only one of the following

- Less than 1 hour (less1)
- 1 but less than 2 hours (1)
- 2-4 hours (2-4)
- More than 4 hours (more4)

Question Code: 8X16X115
Short Desc: 5amodsport

Over the past 7 days, how often did you engage in moderate sport and recreational activities such as doubles tennis, ballroom dancing, hunting, ice skating, golf without a cart, softball or similar activities?

Choose only one of the following

- Never (never)
- Seldom (1-2 days) (Seldom)
- Sometimes (3-4 days) (Sometimes)
- Often (5-7 days) (Often)

Question Code: 8X16X116

Short Desc: 5bact

What were these activities?
SEE QUESTIONCODE ABOVE

Question Code: 8X16X117

Short Desc: 5hours

On average, how many hours per day did you engage in these moderate sport or recreational activities?

Choose only one of the following

- Less than 1 hour (less1)
- 1 but less than 2 hours (1)
- 2-4 hours (2-4)
- More than 4 hours (Mor4)

Question Code: 8X16X118

Short Desc: 6astrenuous

Over the past 7 days, how often did you engage in strenuous sport and recreational activities such as jogging, swimming, cycling, singles tennis, aerobic dance, skiing (downhill or cross-country) or other similar activities?

Choose only one of the following

- Never (nev)
- Seldom (1-2 days) (Seldom)
- Sometimes (3-4 days) (Some)
- Often (5-7 days) (Often)

Question Code: 8X16X149

Short Desc: 6bact

What were these activities?
SEE QUESTIONCODE ABOVE

Question Code: 8X16X150
Short Desc: 6chours

On average, how many hours per day did you engage in those strenuous sport and recreational activities?
Choose only one of the following

- Less than 1 hour (a)
- 1 but less than 2 hours (b)
- 2-4 hours (c)
- More than 4 hours (d)

Question Code: 8X16X119
Short Desc: 7amucle

Over the past 7 days, how often did you do any exercises specifically to increase muscle strength and endurance, such as lifting weights or pushups, etc.?
Choose only one of the following

- Never (nev)
- Seldom (1-2 days) (Seld)
- Sometimes (3-4 days) (Some)
- Often (5-7 days) (Often)

Question Code: 8X16X151
Short Desc: 7bact

What were these activities?
SEE QUESTIONCODE ABOVE

Question Code: 8X16X152
Short Desc: 7chours

On average, how many hours per day did you engage in exercises to increase muscle strength and endurance?
Choose only one of the following

- Less than 1 hour (a)
- 1 but less than 2 hours (b)
- 2-4 hours (c)

More than 4 hours (d)

Section 2

Question Code: 8X17X120

Short Desc: 8past7days

During the past 7 days, did you engage in any of the following activities?

- | | Yes | No |
|---|---------------------------|--------------------------|
| a) Light housework, such as dusting or washing dishes? 8X17X120a | Yes <input type="radio"/> | No <input type="radio"/> |
| b) Heavy housework or chores, such as vacuuming, scrubbing floors, washing windows, or carrying wood? 8X17X120b | Yes <input type="radio"/> | No <input type="radio"/> |
| c) Home repairs like painting, wallpapering, electrical work, etc.? 8X17X120c | Yes <input type="radio"/> | No <input type="radio"/> |
| d) Lawn work or yard care, including snow or leaf removal, wood chopping, etc.? 8X17X120d | Yes <input type="radio"/> | No <input type="radio"/> |
| e) Outdoor gardening? 8X17X120e | Yes <input type="radio"/> | No <input type="radio"/> |
| f) Caring for another person, such as children, grandchildren, dependent spouse, or another adult? 8X17X120f | Yes <input type="radio"/> | No <input type="radio"/> |

Question Code: 8X17X121

Short Desc: 9motivated

Overall, how MOTIVATED are you to walk each day?

Use the scale below.

Choose only one of the following

- 1 - Not Motivated
- 2
- 3
- 4
- 5
- 6
- 7
- 8
- 9

10 - Extremely Motivated

Question Code: 8X17X122

Short Desc: 10thought

How much have you THOUGHT about your reasons for exercising? Use the scale below.

Choose only one of the following

- 1 - No thought at all
- 2
- 3
- 4
- 5
- 6
- 7
- 8
- 9
- 10 - A great deal of thought

Question Code: 8X17X123

Short Desc: 11reasons

There are many REASONS people decide to walk. Please tell us how important each reason is for YOU.

	1 - Not at all important	2	3	4	5	6	7 - Very Important
To prevent future health problems 8X17X123a	1 <input type="radio"/>	2 <input type="radio"/>	3 <input type="radio"/>	4 <input type="radio"/>	5 <input type="radio"/>	6 <input type="radio"/>	7 <input type="radio"/>
I feel guilty for not exercising more 8X17X123b	1 <input type="radio"/>	2 <input type="radio"/>	3 <input type="radio"/>	4 <input type="radio"/>	5 <input type="radio"/>	6 <input type="radio"/>	7 <input type="radio"/>
Other people want me to 8X17X123c	1 <input type="radio"/>	2 <input type="radio"/>	3 <input type="radio"/>	4 <input type="radio"/>	5 <input type="radio"/>	6 <input type="radio"/>	7 <input type="radio"/>
To take responsibility for my own health 8X17X123d	1 <input type="radio"/>	2 <input type="radio"/>	3 <input type="radio"/>	4 <input type="radio"/>	5 <input type="radio"/>	6 <input type="radio"/>	7 <input type="radio"/>

<p>Exercise sets a good example for my family 8X17X123e</p>	<p>1 <input type="radio"/></p>		<p>2 <input type="radio"/></p>	<p>3 <input type="radio"/></p>	<p>4 <input type="radio"/></p>	<p>5 <input type="radio"/></p>	<p>6 <input type="radio"/></p>		<p>7 <input type="radio"/></p>
<p>To improve my physical health 8X17X123f</p>	<p>1 <input type="radio"/></p>		<p>2 <input type="radio"/></p>	<p>3 <input type="radio"/></p>	<p>4 <input type="radio"/></p>	<p>5 <input type="radio"/></p>	<p>6 <input type="radio"/></p>		<p>7 <input type="radio"/></p>
<p>My doctor told me to exercise more 8X17X123g</p>	<p>1 <input type="radio"/></p>		<p>2 <input type="radio"/></p>	<p>3 <input type="radio"/></p>	<p>4 <input type="radio"/></p>	<p>5 <input type="radio"/></p>	<p>6 <input type="radio"/></p>		<p>7 <input type="radio"/></p>
<p>I enjoy exercise 8X17X123h</p>	<p>1 <input type="radio"/></p>		<p>2 <input type="radio"/></p>	<p>3 <input type="radio"/></p>	<p>4 <input type="radio"/></p>	<p>5 <input type="radio"/></p>	<p>6 <input type="radio"/></p>		<p>7 <input type="radio"/></p>
<p>I want to set a good example for my community 8X17X123i</p>	<p>1 <input type="radio"/></p>		<p>2 <input type="radio"/></p>	<p>3 <input type="radio"/></p>	<p>4 <input type="radio"/></p>	<p>5 <input type="radio"/></p>	<p>6 <input type="radio"/></p>		<p>7 <input type="radio"/></p>
<p>I believe it is a good thing 8X17X123j</p>	<p>1 <input type="radio"/></p>		<p>2 <input type="radio"/></p>	<p>3 <input type="radio"/></p>	<p>4 <input type="radio"/></p>	<p>5 <input type="radio"/></p>	<p>6 <input type="radio"/></p>		<p>7 <input type="radio"/></p>
<p>If I don't exercise, I know I will regret it 8X17X123k</p>	<p>1 <input type="radio"/></p>		<p>2 <input type="radio"/></p>	<p>3 <input type="radio"/></p>	<p>4 <input type="radio"/></p>	<p>5 <input type="radio"/></p>	<p>6 <input type="radio"/></p>		<p>7 <input type="radio"/></p>
<p>Others would be upset with me if I didn't 8X17X123l</p>	<p>1 <input type="radio"/></p>		<p>2 <input type="radio"/></p>	<p>3 <input type="radio"/></p>	<p>4 <input type="radio"/></p>	<p>5 <input type="radio"/></p>	<p>6 <input type="radio"/></p>		<p>7 <input type="radio"/></p>
<p>To manage my own weight 8X17X123m</p>	<p>1 <input type="radio"/></p>		<p>2 <input type="radio"/></p>	<p>3 <input type="radio"/></p>	<p>4 <input type="radio"/></p>	<p>5 <input type="radio"/></p>	<p>6 <input type="radio"/></p>		<p>7 <input type="radio"/></p>
<p>I don't want to let others down 8X17X123n</p>	<p>1 <input type="radio"/></p>		<p>2 <input type="radio"/></p>	<p>3 <input type="radio"/></p>	<p>4 <input type="radio"/></p>	<p>5 <input type="radio"/></p>	<p>6 <input type="radio"/></p>		<p>7 <input type="radio"/></p>
<p>To improve my ability to do daily activities 8X17X123o</p>	<p>1 <input type="radio"/></p>		<p>2 <input type="radio"/></p>	<p>3 <input type="radio"/></p>	<p>4 <input type="radio"/></p>	<p>5 <input type="radio"/></p>	<p>6 <input type="radio"/></p>		<p>7 <input type="radio"/></p>

To increase my energy levels 8X17X123p	1 <input type="radio"/>	2 <input type="radio"/>	3 <input type="radio"/>	4 <input type="radio"/>	5 <input type="radio"/>	6 <input type="radio"/>	7 <input type="radio"/>
I want others to see that I can 8X17X123q	1 <input type="radio"/>	2 <input type="radio"/>	3 <input type="radio"/>	4 <input type="radio"/>	5 <input type="radio"/>	6 <input type="radio"/>	7 <input type="radio"/>
It is easier to do what I am told 8X17X123r	1 <input type="radio"/>	2 <input type="radio"/>	3 <input type="radio"/>	4 <input type="radio"/>	5 <input type="radio"/>	6 <input type="radio"/>	7 <input type="radio"/>
I would feel bad about myself if I didn't 8X17X123s	1 <input type="radio"/>	2 <input type="radio"/>	3 <input type="radio"/>	4 <input type="radio"/>	5 <input type="radio"/>	6 <input type="radio"/>	7 <input type="radio"/>
To control an existing health problem 8X17X123t	1 <input type="radio"/>	2 <input type="radio"/>	3 <input type="radio"/>	4 <input type="radio"/>	5 <input type="radio"/>	6 <input type="radio"/>	7 <input type="radio"/>
It will give me a sense of accomplishment 8X17X123u	1 <input type="radio"/>	2 <input type="radio"/>	3 <input type="radio"/>	4 <input type="radio"/>	5 <input type="radio"/>	6 <input type="radio"/>	7 <input type="radio"/>
To feel tension and stress 8X17X123v	1 <input type="radio"/>	2 <input type="radio"/>	3 <input type="radio"/>	4 <input type="radio"/>	5 <input type="radio"/>	6 <input type="radio"/>	7 <input type="radio"/>
To feel more attractive 8X17X123w	1 <input type="radio"/>	2 <input type="radio"/>	3 <input type="radio"/>	4 <input type="radio"/>	5 <input type="radio"/>	6 <input type="radio"/>	7 <input type="radio"/>

Question Code: 8X17X124
Short Desc: 12confident

Overall, how CONFIDENT are you that you can walk each day? Use the scale below.
Choose only one of the following

- 1 Not at all Confident
- 2
- 3
- 4
- 5
- 6

- 7
- 8
- 9
- 10 Extremely Confident

Question Code: 8X17X125
 Short Desc: 13difficult

Listed below are issues that some people feel make it DIFFICULT to exercise. Thinking of a range of numbers between one and seven, with one being "not at all a problem" and seven being "a huge problem," please tell us how much each of these issues is a problem for you.

	1 - Not at all a problem	2	3	4	5	6	7 - A huge problem
You feel you don't have the time to exercise 8X17X125a	1 <input type="radio"/>	2 <input type="radio"/>	3 <input type="radio"/>	4 <input type="radio"/>	5 <input type="radio"/>	6 <input type="radio"/>	7 <input type="radio"/>
The weather is hot 8X17X125b	1 <input type="radio"/>	2 <input type="radio"/>	3 <input type="radio"/>	4 <input type="radio"/>	5 <input type="radio"/>	6 <input type="radio"/>	7 <input type="radio"/>
The weather is cold 8X17X125c	1 <input type="radio"/>	2 <input type="radio"/>	3 <input type="radio"/>	4 <input type="radio"/>	5 <input type="radio"/>	6 <input type="radio"/>	7 <input type="radio"/>
Health issues make it difficult 8X17X125d	1 <input type="radio"/>	2 <input type="radio"/>	3 <input type="radio"/>	4 <input type="radio"/>	5 <input type="radio"/>	6 <input type="radio"/>	7 <input type="radio"/>
You're afraid of getting hurt 8X17X125e	1 <input type="radio"/>	2 <input type="radio"/>	3 <input type="radio"/>	4 <input type="radio"/>	5 <input type="radio"/>	6 <input type="radio"/>	7 <input type="radio"/>
It takes too much effort 8X17X125f	1 <input type="radio"/>	2 <input type="radio"/>	3 <input type="radio"/>	4 <input type="radio"/>	5 <input type="radio"/>	6 <input type="radio"/>	7 <input type="radio"/>
It's too expensive to join a club or gym 8X17X125g	1 <input type="radio"/>	2 <input type="radio"/>	3 <input type="radio"/>	4 <input type="radio"/>	5 <input type="radio"/>	6 <input type="radio"/>	7 <input type="radio"/>
You don't feel you have a safe place to exercise 8X17X125h	1 <input type="radio"/>	2 <input type="radio"/>	3 <input type="radio"/>	4 <input type="radio"/>	5 <input type="radio"/>	6 <input type="radio"/>	7 <input type="radio"/>
You might sweat 8X17X125i	1 <input type="radio"/>	2 <input type="radio"/>	3 <input type="radio"/>	4 <input type="radio"/>	5 <input type="radio"/>	6 <input type="radio"/>	7 <input type="radio"/>

You don't have anyone to exercise with 8X17X125j	1 <input type="radio"/>	2 <input type="radio"/>	3 <input type="radio"/>	4 <input type="radio"/>	5 <input type="radio"/>	6 <input type="radio"/>	7 <input type="radio"/>
You feel self-conscious about your looks during exercise 8X17X125k	1 <input type="radio"/>	2 <input type="radio"/>	3 <input type="radio"/>	4 <input type="radio"/>	5 <input type="radio"/>	6 <input type="radio"/>	7 <input type="radio"/>
You don't have energy 8X17X125l	1 <input type="radio"/>	2 <input type="radio"/>	3 <input type="radio"/>	4 <input type="radio"/>	5 <input type="radio"/>	6 <input type="radio"/>	7 <input type="radio"/>
You feel tired 8X17X125m	1 <input type="radio"/>	2 <input type="radio"/>	3 <input type="radio"/>	4 <input type="radio"/>	5 <input type="radio"/>	6 <input type="radio"/>	7 <input type="radio"/>
You're in a bad mood 8X17X125n	1 <input type="radio"/>	2 <input type="radio"/>	3 <input type="radio"/>	4 <input type="radio"/>	5 <input type="radio"/>	6 <input type="radio"/>	7 <input type="radio"/>

Question Code: 8X17X126

Short Desc: 14GET

Do you currently GET support from your family or friends in getting enough physical activity?
Choose only one of the following

Yes (yes)
 No (no)

Question Code: 8X17X127

Short Desc: 15WANT

Do you WANT support from your family or friends in getting enough physical activity?
Choose only one of the following

Yes (yes)
 No (no)

Question Code: 8X17X128

Short Desc: 16WHO

Section 3

Question Code: 8X18X129

Short Desc: 17dog

Do you own a dog?
Choose only one of the following

- Yes (yes)
- No (no)

Question Code: 8X18X130
 Short Desc: 18walk
 Question Code: 8X18X131
 Short Desc: 19time

Section 4

Question Code: 8X19X132
 Short Desc: 20ratehealth

In general, how would you rate your health?
Choose only one of the following

- Excellent (exc)
- Very good (vgood)
- Good (good)
- Fair (fair)
- Poor (poor)

Question Code: 8X19X133
 Short Desc: 21limits

Please rate how much your health currently limits you in the following activities.

	Not at all Limited	Somewhat Limited	Significantly Limited
Low intensity activities, such as casual walking, golf, home maintenance, or gardening 8X19X133Low	NoLimit <input type="radio"/>	SomeLimit <input type="radio"/>	SigLimit <input type="radio"/>
Moderate intensity activities, such as racquet sports, pushing a vacuum cleaner, bowling, golf, bicycling, swimming, or fast walking 8X19X133Mod	NoLimit <input type="radio"/>	SomeLimit <input type="radio"/>	SigLimit <input type="radio"/>
Climbing one flight of stairs 8X19X133Clim	NoLimit <input type="radio"/>	SomeLimit <input type="radio"/>	SigLimit <input type="radio"/>

Climbing several flights of stairs 8X19X133Clims NoLimit SomeLimit SigLimit

Question Code: 8X19X134
Short Desc: 22feel

For each question below, please give the one answer that comes closest to the way you have been feeling in the last 4 weeks. How much of the time:

	None of the time	A little of the time	A good bit of the time	Most of the time	All of the time
Have you felt calm and peaceful? 8X19X134calm	1 <input type="radio"/>	2 <input type="radio"/>	3 <input type="radio"/>	4 <input type="radio"/>	5 <input type="radio"/>
Did you have a lot of energy? 8X19X134energy	1 <input type="radio"/>	2 <input type="radio"/>	3 <input type="radio"/>	4 <input type="radio"/>	5 <input type="radio"/>
Have you felt downhearted and blue? 8X19X134down	1 <input type="radio"/>	2 <input type="radio"/>	3 <input type="radio"/>	4 <input type="radio"/>	5 <input type="radio"/>

Question Code: 8X19X135
Short Desc: 23belief

Each item below is a belief statement about your health with which you may agree or disagree. Please choose a response along the scale that best represents how you feel.

	1 - Strongly disagree	2	3	4	5	6	7 - Strongly agree
The main thing that affects my health is what I myself do. 8X19X135myself	1 <input type="radio"/>	2 <input type="radio"/>	3 <input type="radio"/>	4 <input type="radio"/>	5 <input type="radio"/>	6 <input type="radio"/>	7 <input type="radio"/>
If I take care of myself, I can avoid illness. 8X19X135avoid	1 <input type="radio"/>	2 <input type="radio"/>	3 <input type="radio"/>	4 <input type="radio"/>	5 <input type="radio"/>	6 <input type="radio"/>	7 <input type="radio"/>
If I take the right	1 <input type="radio"/>	2 <input type="radio"/>	3 <input type="radio"/>	4 <input type="radio"/>	5 <input type="radio"/>	6 <input type="radio"/>	7 <input type="radio"/>

actions, I can stay healthy.
8X19X135action

Question Code: 8X19X136
Short Desc: 24lose

Are you currently trying to lose weight?
Choose only one of the following

- Yes (yes)
- No (no)

Question Code: 8X19X137
Short Desc: 25cigs

Do you currently smoke cigarettes?
Choose only one of the following

- Yes (yes)
- No, but I am a former smoker (noformer)
- No, I have never smoked (nonever)

Question Code: 8X19X138
Short Desc: 26numbercigs
Question Code: 8X19X139
Short Desc: 27quit

Section 5

Question Code: 8X28X181
Short Desc: 28resp

Please respond to the following statements:

Strongly Disagree

Strongly Agree

I found Stepping Up to Health useful.
8X28X181useful

- D b c d e

Using Stepping Up to Health enables me to monitor my walking more quickly.
8X28X181monitor

- D b c d e

	<p>Using Stepping Up to Health increases the amount I walk. 8X28X181increase</p> <p>D <input type="radio"/> b <input type="radio"/> c <input type="radio"/> d <input type="radio"/> e <input type="radio"/></p>	
	<p>My interaction with Stepping Up to Health was clear and understandable. 8X28X181interact</p> <p>D <input type="radio"/> b <input type="radio"/> c <input type="radio"/> d <input type="radio"/> e <input type="radio"/></p>	
	<p>It would be easy for me to become skillful at using Stepping Up to Health. 8X28X181skill</p> <p>D <input type="radio"/> b <input type="radio"/> c <input type="radio"/> d <input type="radio"/> e <input type="radio"/></p>	
	<p>I found Stepping Up to Health easy to use. 8X28X181easy</p> <p>D <input type="radio"/> b <input type="radio"/> c <input type="radio"/> d <input type="radio"/> e <input type="radio"/></p>	
	<p>Learning to operate Stepping Up to Health is easy for me. 8X28X181operate</p> <p>D <input type="radio"/> b <input type="radio"/> c <input type="radio"/> d <input type="radio"/> e <input type="radio"/></p>	
	<p>Using Stepping Up to Health is a bad idea. 8X28X181bad</p> <p>D <input type="radio"/> b <input type="radio"/> c <input type="radio"/> d <input type="radio"/> e <input type="radio"/></p>	
	<p>Stepping Up to Health makes physical activity more interesting. 8X28X181interest</p> <p>D <input type="radio"/> b <input type="radio"/> c <input type="radio"/> d <input type="radio"/> e <input type="radio"/></p>	
	<p>Working with Stepping Up to Health is fun. 8X28X181fun</p> <p>D <input type="radio"/> b <input type="radio"/> c <input type="radio"/> d <input type="radio"/> e <input type="radio"/></p>	
	<p>I like working with Stepping Up to Health. 8X28X181like</p> <p>D <input type="radio"/> b <input type="radio"/> c <input type="radio"/> d <input type="radio"/> e <input type="radio"/></p>	

	<p>I have the resources necessary to use Stepping Up to Health. 8X28X181resource</p>	<p>D <input type="radio"/></p>	<p>b <input type="radio"/></p>	<p>c <input type="radio"/></p>	<p>d <input type="radio"/></p>	<p>e <input type="radio"/></p>	
	<p>I have the knowledge necessary to use Stepping Up to Health. 8X28X181know</p>	<p>D <input type="radio"/></p>	<p>b <input type="radio"/></p>	<p>c <input type="radio"/></p>	<p>d <input type="radio"/></p>	<p>e <input type="radio"/></p>	
	<p>Stepping Up to Health is not compatible with other systems I use. 8X28X181sys</p>	<p>D <input type="radio"/></p>	<p>b <input type="radio"/></p>	<p>c <input type="radio"/></p>	<p>d <input type="radio"/></p>	<p>e <input type="radio"/></p>	
	<p>A specific person (or group) is available for assistance with Stepping Up to Health difficulties. 8X28X181assist</p>	<p>D <input type="radio"/></p>	<p>b <input type="radio"/></p>	<p>c <input type="radio"/></p>	<p>d <input type="radio"/></p>	<p>e <input type="radio"/></p>	
	<p>I feel apprehensive about using Stepping Up to Health. 8X28X181app</p>	<p>D <input type="radio"/></p>	<p>b <input type="radio"/></p>	<p>c <input type="radio"/></p>	<p>d <input type="radio"/></p>	<p>e <input type="radio"/></p>	
	<p>It scares me to think that I could lose a lot of information using Stepping Up to Health by hitting the wrong key. 8X28X181scare</p>	<p>D <input type="radio"/></p>	<p>b <input type="radio"/></p>	<p>c <input type="radio"/></p>	<p>d <input type="radio"/></p>	<p>e <input type="radio"/></p>	
	<p>I hesitate to use Stepping Up to Health for fear of making mistakes I cannot correct. 8X28X181hesitate</p>	<p>D <input type="radio"/></p>	<p>b <input type="radio"/></p>	<p>c <input type="radio"/></p>	<p>d <input type="radio"/></p>	<p>e <input type="radio"/></p>	
	<p>Stepping Up to</p>	<p>D <input type="radio"/></p>	<p>b <input type="radio"/></p>	<p>c <input type="radio"/></p>	<p>d <input type="radio"/></p>	<p>e <input type="radio"/></p>	

Health is somewhat intimidating to me.
8X28X181intimid

Question Code: 8X28X182
Short Desc: 29comp

I could complete a job or task using Stepping Up to Health...

Strongly Disagree

Strongly Agree

If there was no one around to tell me what to do as I go.
8X28X182none

D b c d e

If I could call someone for help if I got stuck.
8X28X182someone

D b c d e

If I had a lot of time to complete the job for which Stepping Up to Health was provided.
8X28X182time

D b c d e

If I had just the built-in help facility for assistance.
8X28X182facility

D b c d e

Section 6

Post-Survey Study Satisfaction Survey

Question Code: 8X27X172
Short Desc: 2graphs

The graphs of my walking on the Stepping Up to Health website were:

Choose only one of the following

- Very useful (a)
- Somewhat useful (b)
- Not very useful (c)
- Not useful at all (d)

Question Code: 8X27X173

Short Desc: 3diabetes

I would recommend Stepping Up to Health to a friend with diabetes.

Choose only one of the following

- Very useful (a)
- Somewhat useful (b)
- Not very useful (c)
- Not useful at all (d)

Question Code: 8X27X174

Short Desc: 4cad

I would recommend Stepping Up to Health to a friend with coronary artery disease.

Choose only one of the following

- Definitely (def)
- Maybe (b)
- Probably not (c)
- Definitely not (d)

Question Code: 8X27X175

Short Desc: 5overweight

I would recommend Stepping Up to Health to a friend who is overweight.

Choose only one of the following

- Definitely (def)
- Maybe (b)
- Probably not (c)
- Definitely not (d)

Question Code: 8X27X176

Short Desc: 6three

What three things did you enjoy the MOST about Stepping Up to Health?

Question Code: 8X27X177

Short Desc: 7least

What three things did you enjoy LEAST about Stepping Up to Health?

Question Code: 8X27X178

Short Desc: 8pay

I would consider paying up to \$_____ to be able to continue using something like the Stepping Up to Health program for one year.

SEE QUESTIONCODE ABOVE

Question Code: 8X27X179

Short Desc: 9other

Other comments.

next >>

[\[Exit and Clear Survey\]](#)