



Healthy Foods – Survey Questions

Questions were answered by parents with children age 4-18.

Q1. How important is it to you that your child...

	Extremely important	Very important	Somewhat important	Not important
Limit junk food				
Eat fruits & vegetables every day				
Learn to eat different foods				
Limit sugary drinks				
Limit fast food				

Q2. What are the challenges of getting your children ages 4-18 to eat a healthy diet?

	Major challenge	Minor challenge	Not a challenge
Healthy food costs too much			
My kids don't like healthy food			
Healthy food is not available where I shop			
Hard to tell which foods are really healthy			
Healthy food is not convenient			

Q3. How much do you agree with the following?

	Strongly agree	Somewhat agree	Disagree
Eating habits during childhood will have a lifelong impact on health			
I am confident that I am doing a good job shaping my child's eating habits			

Q4. Overall, my child's diet is...

1. Very healthy
2. Mostly healthy
3. Somewhat healthy
4. Not healthy

All information is the sole property of the University of Michigan C.S. Mott Children's Hospital National Poll on Children's Health. It can only be used if there is an acknowledgment that "The information came from, is copyright by and is owned by and belongs to the Regents of the University of Michigan and their C.S. Mott Children's Hospital National Poll on Children's Health. It cannot be republished or used in any format without prior written permission from the University."



C.S. Mott Children's Hospital National Poll on Children's Health

Co-Director: Sarah J. Clark, MPH

Co-Director: Gary L. Freed, MD, MPH

Poll Manager: Dianne C. Singer, MPH

Data Analyst: Acham Gebremariam, MS

Web Editor: Anna Daly Kauffman, BA

Research Associate: Sara L. Schultz, BA

For survey questions or to contact us: <http://MottNPCH.org>

Facebook: <http://www.facebook.com/mottnpch> **Twitter:** [@MottNPCH](https://twitter.com/MottNPCH)

**Child Health Evaluation
and Research Center**



University of Michigan