POMP Final: Congregate Meals Survey Instrument

(Telephone Version)

Hello. My name is _____. I am calling from the (name of AAA). I understand that you participate in the meal program. We would like to ask you a few questions about the meals that you receive. The interview will take about 15 to 30 minutes. We are interested in the length of time you have attended the meal program, what you like about the meals, and if the meals have helped you. Your answers will help us make sure that the service meets your needs. Participation in the interview is voluntary and you may skip any question. Your answers will be kept confidential and will not influence the services that you receive.

Now we are going to talk about the meal program you attend at (agency/provider name).

CM1. When was the last time you ate at the senior center or meal site?

Today or yesterday	1	
More than 1 day, but not more than a week ago	2	
More than 1 week, but not more than a month ago	3	
More than 1 month ago	4	
Over 1 year ago	5	Thank you, but the focus of this survey is on people who have used the service within the past year. END INTERVIEW
Refused	-7	END INTERVIEW
Don't Know	-8	END INTERVIEW

CM2. How long have you been attending the meal program? Would you say…

6 months or less	1
More than 6 months, but less than 1 year	2
At least 1 year, but less than 2 years	3
2 to 5 years	4
More than 5 years	5
Refused	-7
Don't Know	-8

CM3. How many <u>days each week</u> do you eat at the senior center or meal site?

|___|___| Number of Days

Refused	-7
Don't Know	-8

Office Use Only:

Client ID: _____

Service Enrollment Date: _____

Date of Survey Administration: _____

The following questions are about your eating habits.

CM4. On the days when you eat at the meal site or senior center, how many meals do you usually eat?

|___|___| . |___|
Refused ..... -7
Don't Know ..... -8

CM5. On the days when you don't eat at the meal site or senior center, how many meals do you usually eat?

|___|___| . |___|
Refused ..... -7
Don't Know ..... -8

CM6. Please consider all the food you eat in a day on the days you attend the meal program or senior center. What percentage of all the food you eat in a day is eaten at the meal program or senior center? Would you say…

Less than one-third 1
Between one-third and one-half 2
About one-half 3
More than one-half 4
Refused ..... -7
Don't Know ..... -8

For the next set of questions, I will tell you the standard serving size for a particular food or group of foods. Please tell me how many total servings of each food or group of foods you usually eat each day.

CM7. One serving of fruit is one small piece of fruit, about one-half cup of chopped fruit, or one-half cup of juice.

How many servings of **fruit** do you usually eat every day?

|___|___| . |___|
Refused ..... -7
Don't Know ..... -8

CM8. One serving of potatoes is one small baked potato or one-half cup mashed or boiled potatoes.

How many servings of **potatoes** do you usually eat every day?

|___|___| . |___|
Refused ..... -7
Don't Know ..... -8

CM9. One serving of vegetables is about one cup raw vegetables, one-half cup of cooked vegetables, or one-half cup of juice.

Other than potatoes, how many servings of **vegetables** do you usually eat every day?

|___|___| . |___|
Refused ..... -7
Don't Know ..... -8

CM10. One serving of milk or yogurt, including soy milk or yogurt, is one cup of milk or yogurt. One serving of cheese is 1.5 slices or 1.5 ounces of cheese.

How many servings of **milk, cheese, yogurt, or soy milk, soy cheese, or soy yogurt** do you usually eat every day?

|___|___| . |___|
Refused ..... -7
Don't Know ..... -8

CM11. Beans, nuts, eggs, and tofu are sources of protein in the diet. One serving of beans or tofu is about one-half cup; one serving of peanut butter is two tablespoons; one serving of nuts is one ounce, and a serving of eggs is two eggs.

How many servings of **beans, nuts, tofu, or eggs** do you usually eat every day?

|___|___| . |___|
Refused ..... -7
Don't Know ..... -8

CM12. One serving of meat, chicken, turkey, or fish is a two to three ounce hamburger patty, chicken breast, or fish fillet.

How many servings of **meat, chicken, turkey, or fish** do you usually eat every day?

|___|___| . |___|
Refused ..... -7
Don't Know ..... -8

CM13. One serving of bread is one piece of bread, one tortilla, or one small pancake.

How many servings of **bread, tortillas, or pancakes** do you usually eat every day?

|___|___| . |___|
Refused ..... -7
Don't Know ..... -8

CM14. Cereal, rice, pasta, and noodles are sources of grains in the diet. A serving of cereal is one cup of cold cereal or one-half cup hot cereal; a serving of rice, pasta, or noodles is one-half cup.

How many servings of **cereal, rice, pasta, or noodles** do you usually eat every day?

|___|___| . |___|
Refused ..... -7
Don't Know ..... -8

CM15. A serving of dessert is one-half slice of pie or cake or two medium cookies.

How many servings of **dessert** do you usually eat every day?

|___|___| . |___|
Refused ..... -7
Don't Know ..... -8

For the next set of questions, I am going to ask about foods or groups of foods that you eat when you attend the meal program or senior center. Please tell me if you usually eat each food or group of foods when you are at the senior center or meal program.

CM16. When you eat at the senior center or meal site, do you usually eat the **fruit** when it is provided?

Yes 1
No 2
Refused ..... -7
Don't Know ..... -8

CM17. When you eat at the senior center or meal site, do you usually eat the **potatoes** when they are provided?

Yes 1
No 2
Refused ..... -7
Don't Know ..... -8

CM18. When you eat at the senior center or meal site, do you usually eat the **vegetables** that are provided?

Yes 1
No 2
Refused ..... -7
Don't Know ..... -8

CM19. When you eat at the senior center or meal site, do you usually eat or drink the **milk, cheese, yogurt, or soy milk, soy cheese, or soy yogurt** that are provided?

Yes 1
No 2
Refused ..... -7
Don't Know ..... -8

CM20. When you eat at the senior center or meal site, do you usually eat the **beans, nuts, eggs, or tofu** when they are provided?

Yes 1
No 2
Refused ..... -7
Don't Know ..... -8

CM21. When you eat at the senior center or meal site, do you usually eat the **meat, turkey, chicken, or fish** that is provided?

Yes 1
No 2
Refused ..... -7
Don't Know ..... -8

CM22. When you eat at the senior center or meal site, do you usually eat the **bread, tortillas, or pancakes** that are provided?

Yes 1
No 2
Refused ..... -7
Don't Know ..... -8

CM23. When you eat at the senior center or meal site, do you usually eat the **cereal, rice, pasta, or noodles** when they are provided?

Yes 1
No 2
Refused ..... -7
Don't Know ..... -8

CM24. When you eat at the senior center or meal site, do you usually eat the **dessert** when it is provided?

Yes 1
No 2
Refused ..... -7
Don't Know ..... -8

Now I am going to ask about the services you receive at the meal program.

CM25. How would you rate the meal program overall? Would you say…

Excellent 1
Very good 2
Good 3
Fair 4
Poor 5
Refused ..... -7
Don't Know ..... -8

Think about all the foods that you receive from the meal program. Now tell me, how often are you satisfied…

	Always	Usually	Some-times	Rarely	Never	Refused	Don't Know	Not Applicable
CM26. With the way the food smells Would you say…	1	2	3	4	5	-7	-8	-9
CM27. With the way the food looks	1	2	3	4	5	-7	-8	-9
CM28. With the way the food tastes	1	2	3	4	5	-7	-8	-9
CM29. With the variety of foods	1	2	3	4	5	-7	-8	-9
CM30. That the hot foods are hot and cold foods are cold	1	2	3	4	5	-7	-8	-9
CM31. With the way the food is cooked	1	2	3	4	5	-7	-8	-9

Please answer the following questions about the meal program. Do services received at the meal program help you to…

	Yes	No	Refused	Don't Know
CM32. Eat healthier foods	1	2	-7	-8
CM33. Achieve or maintain a healthy weight	1	2	-7	-8
CM34. Improve your health	1	2	-7	-8
CM35. Feel better	1	2	-7	-8
CM36. See your friends more often	1	2	-7	-8
CM37. Continue to live at home	1	2	-7	-8

Please tell me:

		Yes	No	Refused	Don't Know
CM38.	Do you like the meals you get from the meal program?	1	2	-7	-8
CM39.	Would you recommend the meal program to a friend?	1	2	-7	-8
CM40.	As a result of attending the meal program, do you have a better idea of where to get information about other services?	1	2	-7	-8

CM41. While you are there, do you learn food safety tips for cooking and storing food?

Yes 1
No 2
Refused ..... -7
Don't Know ..... -8

CM42. While you are there, do you learn how to eat more healthful and nutritious foods?

Yes 1
No 2
Refused ..... -7
Don't Know ..... -8

The next questions are about resources.

CM43. Do you know that the congregate meal donation is voluntary?

Yes 1
No 2
Refused ..... -7
Don't Know ..... -8

CM44. How do you get to the meal program or senior center?

Public Transportation 1
Senior Center/Nutrition Program Transportation 2
Walk 3
Drive 4
Driven by someone 5
Other 6
(Specify) _____
Refused ..... -7
Don't Know ..... -8

CM45. Are there times when you have not been able to attend the meal program or senior center because you have no way to get there?

Yes..... 1
No..... 2
Refused ..... -7
Don't Know ..... -8

CM46. Do you always have enough money or food assistance/food stamps/SNAP to buy the food you need?

Yes..... 1
No..... 2
Refused ..... -7
Don't Know ..... -8

CM47. During the past month, did you have to choose between buying food or buying medication?

Yes..... 1
No..... 2
Refused ..... -7
Don't Know ..... -8

CM48. During the past month did you have to choose between buying food or paying your rent or utility bills?

Yes..... 1
No..... 2
Refused ..... -7
Don't Know ..... -8

CM49. On one or more days during the past month, did you skip meals because you had no food and no money or food assistance/food stamps/SNAP to buy food?

Yes..... 1
No..... 2
Refused ..... -7
Don't Know ..... -8

CM50. In general, would you say that the meal program has helped you?

Yes..... 1
No..... 2
Refused ..... -7 } GO TO CM51
Don't Know ..... -8

CM50a. How has the meal program helped you?

_____

_____

_____

_____

_____

CM51. Do you have any recommendations to improve the meal program?

Yes	1	
No	2	GO TO ADDITIONAL MODULES OR CLOSE
Refused	-7	
Don't Know	-8	

CM51a. What recommendations do you have for improving the service?

_____

_____

_____

_____

_____

Note to Interviewer:

Additional modules may be used with this survey:

1. **Additional Services Received Module**
2. **Physical Functioning and Health Module**
3. **Social and Emotional Well-Being Module**
4. **Demographics Module**

Thank you very much for your time and cooperation. Your answers are very important to us in improving the meal program.