

# POMP Home-Delivered Meals

(Version: April 1, 2011)

Now we are going to talk about home-delivered meals you receive from (Agency/Provider Name).

HDM1. When was the last time you received a home-delivered meal?

- |  |    |                        |
|--|----|------------------------|
| 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  |                        |
| I only received home-delivered meals once .....      | 5  | → Thank you, but the   |
| Over 1 year ago.....                                 | 6  | → focus of this survey |
| Refused .....  | -7 | → is on people who     |
| Don't Know .....                                     | -8 | → have used the        |
|  |    | service within the     |
|  |    | past year.             |
|  |    | GO TO CLOSE            |

HDM2. How long have you been receiving home-delivered meals? 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 |

HDM3. How many days each week do you receive home-delivered meals?

- |                       |    |
|-----------------------|----|
| __ __  Number of Days |    |
| Refused .....         | -7 |
| Don't Know .....      | -8 |

HDM3a. How many meals do you receive during an average week?

- |                        |    |
|------------------------|----|
| __ __  Number of Meals |    |
| 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.

- HDM4. On the days that you eat the home-delivered meal, how many meals do you usually eat?

|\_\_|\_\_| . |\_\_|

Refused ..... -7

Don't Know ..... -8

- HDM5. On the days you don't eat the home-delivered meal, how many meals do you usually eat?

|\_\_|\_\_| . |\_\_|

Refused ..... -7

Don't Know ..... -8

- HDM6. Think about the amount of food you eat from home-delivered meals. On the days you eat a meal from home-delivered meals, what proportion of all the foods you eat in a day does this meal represent? 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.

- HDM7. 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

HDM8. 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

HDM9. 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

HDM10. 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

HDM11. 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

HDM12. 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

HDM13. 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

HDM14. 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

HDM15. 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 from your home-delivered meals. Please tell me if you usually eat each food or group of foods when you eat the home-delivered meals.

HDM16. When you eat the home-delivered meals, do you usually eat the **fruit** when it is provided?

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

HDM17. When you eat the home-delivered meals, do you usually eat the **potatoes** when they are provided?

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

HDM18. When you eat the home-delivered meals, do you usually eat the **vegetables** that are provided?

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

HDM19. When you eat the home-delivered meals, 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

HDM20. When you eat the home-delivered meals, do you usually eat the **beans, nuts, eggs, or tofu** when they are provided?

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

HDM21. When you eat the home-delivered meals, do you usually eat the **meat, turkey, chicken, or fish** that is provided?

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

HDM22. When you eat the home-delivered meals, do you usually eat the **bread, tortillas, or pancakes** that are provided?

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

HDM23. When you eat the home-delivered meals, do you usually eat the **cereal, rice, pasta, or noodles** when they are provided?

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

HDM24. When you eat the home-delivered meals, 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 quality of the meals you receive.

HDM25. How would you rate the quality of home-delivered meals overall? Would you say...

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

HDM26. Do the home-delivered meals arrive when expected?

Always.....	1
Usually .....	2
Sometimes .....	3
Seldom .....	4
Never .....	5
Refused .....	-7
Don't Know .....	-8

Think about all the foods that you receive from home-delivered meals. Now tell me, how often are you satisfied...

	<u>Always</u>	<u>Usually</u>	<u>Some- times</u>	<u>Rarely</u>	<u>Never</u>	<u>Refused</u>	<u>Don't Know</u>	<u>Not Applicable</u>
HDM27. With the way the food smells Would you say...	1	2	3	4	5	-7	-8	-9
HDM28. With the way the food looks	1	2	3	4	5	-7	-8	-9
HDM29. With the way the food tastes	1	2	3	4	5	-7	-8	-9
HDM30. With the variety of foods	1	2	3	4	5	-7	-8	-9
HDM31. That the hot foods are hot and cold foods are cold	1	2	3	4	5	-7	-8	-9
HDM32. With the way the food is cooked	1	2	3	4	5	-7	-8	-9

Please answer the following questions about the home-delivered meals program. Do services received at the home-delivered meals program help you to...

	<u>Yes</u>	<u>No</u>	<u>Refused</u>	<u>Don't Know</u>
HDM33. Eat healthier foods .....	1	2	-7	-8
HDM34. Achieve or maintain a healthy weight .....	1	2	-7	-8
HDM35. Improve your health.....	1	2	-7	-8
HDM36. Feel better .....	1	2	-7	-8
HDM37. See your friends more often .....	1	2	-7	-8
HDM38. Continue to live at home.....	1	2	-7	-8

Please tell me:

	<u>Yes</u>	<u>No</u>	<u>Refused</u>	<u>Don't Know</u>
HDM39. Do you like the meals you get from the home-delivered meals?.....	1	2	-7	-8
HDM40. Would you recommend the home-delivered meals to a friend? .....	1	2	-7	-8
HDM41. As a result of receiving home-delivered meals, do you have a better idea of where to get information about other services.....	1	2	-7	-8

The next set of questions I am going to ask are about resources.

HDM42. Do you know that the home-delivered meal donation is voluntary?

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

HDM43. Do you always have enough money or food stamps (SNAP) to buy the food you need?

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

HDM44. 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

HDM45. 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

HDM46. On 1 or more days during the past month, did you skip meals because you had no food and no money or food stamps to buy food?

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

HDM47. In general, would you say that the home-delivered meals service has helped you?

Yes..... 1  
No..... 2 → GO TO HDM48  
Refused ..... -7  
Don't Know ..... -8

HDM47a. How has the home-delivered meals service helped you?

---

---

---

---

---

---

---

HDM48. Do you have any recommendations to improve the home-delivered meals service?

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

HDM48a. 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**
- 3. Social and Emotional Well-Being**
- 4. Demographics**

Thank you very much for your time and cooperation. Your answers are very important to us in improving the home-delivered meals services.

## *Additional Survey Questions 2011 – Holly Greuling*

We have a few additional questions especially designed to help us work with your meals provider to improve the service. Our goal is that you receive nutritious food that you *like* to eat. Please answer the following questions about the meals you receive.

1. How do you usually receive your meals? [Check all that apply]
  - a. Weekday delivery of a hot meal
  - b. Weekday delivery of a hot meal and snack
  - c. Weekly delivery of multiple or frozen meals
  - d. Friday delivery of frozen meal(s) for the weekend
  - e. Other Specify: \_\_\_\_\_
2. Do you ever avoid eating a meal or a portion of a meal for any of the following reasons? [Check all that apply.]
  - a. Food allergies
  - b. Food not compatible with chronic conditions diet
  - c. You are a vegan or vegetarian
  - d. Religious beliefs
  - e. Other \_\_\_\_\_
3. Are there any items from your home delivered meal that you don't eat right away and save for later? [Such as milk cartons, pats of margarine, bread or rolls, etc.]
  - a. Yes
    - i. If yes: What? \_\_\_\_\_
    - ii. If yes: Why? \_\_\_\_\_
  - b. No
4. Is milk usually included with your meal?
  - a. Yes (go to 5 and 6)
  - b. No (conclude survey)
5. What do you usually do with your milk when it is delivered? [Check all that apply]
  - a. You drink all of it with your meal.
  - b. You drink part of it and save the rest for later.
  - c. You save it all for later.
  - d. You drink some and give the rest to other people or to your pet.
  - e. You drink some and throw away the rest.
  - f. Throw most or all of it away
  - g. Other \_\_\_\_\_
6. How many cartons of milk delivered with your meals are in your refrigerator at this time? \_\_\_\_\_

# POMP Demographic Module

(Version: March 25, 2011)

We are interested in knowing more about the demographic characteristics of our clients. We would appreciate if you would answer a few questions about yourself. All this information will be kept confidential.

D1. What is your gender? **(Record sex of respondent. Don't ask if obvious.)**

Male ..... 1  
Female ..... 2

D2. In what year were you born?

|\_|\_|\_|\_| Year  
Refused ..... -7  
Don't Know ..... -8

D3. What is your highest education level?

Less than high school diploma ..... 1  
High school diploma ..... 2  
Some college, including associate degree ..... 3  
Bachelor's degree..... 4  
Some post-graduate work or advanced degree ..... 5  
Refused ..... -7  
Don't Know ..... -8

D4. Are you Spanish, Hispanic or Latino?

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

D5. What is your race? **(Mark all that apply.)**

a. American Indian or Alaskan Native ..... 1  
b. Asian..... 2  
c. Black or African-American ..... 3  
d. White/Caucasian ..... 4  
e. Native Hawaiian/Other Pacific Islander..... 5  
f. Other Race..... 6  
g. Refused ..... -7  
h. Don't Know ..... -8

Office Use Only:

Client ID: \_\_\_\_\_

Service Enrollment Date: \_\_\_\_\_

Date of Survey Administration: \_\_\_\_\_

D6. What is your marital status?

Now married.....	1
Widowed .....	2
Divorced .....	3
Separated .....	4
Never married .....	5
Refused .....	-7
Don't Know .....	-8

D7. Where is your home located? Would you say...

In a city .....	1
In a suburban area .....	2
In a rural area .....	3
Refused .....	-7
Don't Know .....	-8

D8. We'd like to ask about who lives in your household. Do you...

	<u>Yes</u>	<u>No</u>
a. Live alone .....	1	2
		<u>IF "Yes,"</u>
		<u>GO TO D10</u>
b. Live with your spouse .....	1	2
c. Live with your children .....	1	2
d. Live with other relatives.....	1	2
e. Live with domestic partner .....	1	2
f. Live with non-relatives other than domestic partner ..	1	2
Refused .....		-7
Don't Know .....		-8

D9. How many people live in your household, including yourself?

__ __  Number of Household Members	
Refused .....	-7
Don't Know .....	-8

D10. Thinking about the total combined income from all sources for all persons in your household, including income from jobs, Social Security, retirement income, public assistance, and all other sources was your total household annual income during the last calendar year above or below \$20,000?

At or below \$20,000 (\$1,666 per month or less) .....	1	→ GO TO D10a
Above \$20,000 (\$1,667 per month or more) .....	2	→ GO TO D10b
Refused .....	-7	
Don't Know .....	-8	

D10a. Which category best describes your total household annual income during the last calendar year? Would you say...

\$5,000 or less (\$417 or less per month).....	1
\$5,001 - \$10,000 (\$418 to \$833 per month) .....	2
\$10,001 - \$15,000 (\$834 to \$1,250 per month).....	3
\$15,001 - \$20,000 (\$1,251 to \$1,666 per month) .....	4
Refused.....	-7
Don't Know.....	-8

D10b. Which category best describes your total household annual income during the last calendar year? Would you say...

\$20,001 - \$25,000 (\$1,667 to \$2,083 per month) .....	1
\$25,001 - \$30,000 (\$2,084 to \$2,500 per month) .....	2
\$30,001 - \$35,000 (\$2,501 to \$2,917 per month) .....	3
\$35,001 - \$40,000 (\$2,918 to \$3,333 per month) .....	4
\$40,001 - \$50,000 (\$3,334 to \$4,167 per month) .....	5
Over \$50,000 (\$4,168 per month or more).....	6
Refused.....	-7
Don't Know.....	-8

**Thank you!**