



Wisconsin Association for
Home and Community Education, Inc.

HCE Healthy Lifestyle

February 18 to May 12, 2018

HCE Family and Community Life will focus on all members being active, and eating healthy and using local food as a state-wide activity. The five question survey will cover 13 weeks. This survey **replaces** the "On the Move and In the Groove" form which has been used for several years.

Compile the results for your county using the same form, being sure to include the name, address, phone number, email address (if available) and name of county. Individual surveys may also be sent if there is no county coordinator.

In 2017 **30** counties participated in "On the Move and In the Groove" with the most points reported by **Kewaunee, Brown** and **Waukesha** counties. Congratulations to all who participated!

Please mail all 2018 survey results by June 15, 2018. Counties with the greatest percentage of members participating will be recognized at the WAHCE state conference in September. These results are also used in a report given by the Wisconsin WAHCE President at the NVON Conference in July.

Questions may be emailed to Veronica Sustar at **va914@yahoo.com**, phone **608-847-1140**. Tallied County surveys or individual surveys need to be mailed by June 15, 2018.

Thank you to all of you for your participation. Looking forward to 2018!!

Send survey results to: VP Family and Community Life
Veronica Sustar
N2894 Overgaard Road
Mauston, WI 53948



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HCE Healthy Lifestyle Survey

(formerly On the Move and in the Groove)

Get moving and eat healthy with HCE members across Wisconsin. Please reply to this five question survey about maintaining your healthy lifestyle between February 18 and May 12, 2018.

Name (optional) _____

County _____, Wisconsin

1. Which activities do you usually participate in weekly? Check all that apply.

- | | | | |
|--|---------------------------------|---|---------------------------------------|
| <input type="checkbox"/> walking | <input type="checkbox"/> hiking | <input type="checkbox"/> running | <input type="checkbox"/> dancing |
| <input type="checkbox"/> bowling | <input type="checkbox"/> biking | <input type="checkbox"/> spinning | <input type="checkbox"/> rowing |
| <input type="checkbox"/> swimming | <input type="checkbox"/> skiing | <input type="checkbox"/> tennis | <input type="checkbox"/> exercise DVD |
| <input type="checkbox"/> Tai Chi | <input type="checkbox"/> yoga | <input type="checkbox"/> Strong Bones class | |
| <input type="checkbox"/> Other (please list) _____ | | | |

2. How many times a week are you usually active for ½ hour or more?

5 or more 3 or 4 1 or 2 zero

3. Do you exercise alone or with a group? Explain _____

4. How many ½ cup servings of fruits or vegetables do you usually eat daily?

8 or more 5-7 1-4 zero

5. How much of your diet is raised, grown or made within 100 miles of you?

Most About half Some Very little Unsure

Questions? Email Veronica at va914@yahoo.com or phone **608-847-1140**. Tallied County surveys or individual surveys need to be mailed by June 15, 2018.

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