



Holiday Trimmings Enrollment Assessment

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This survey will be sent to all participants by email. To request a paper form of this survey, please contact Holly Glaubitz. For confidentiality reasons, we request the collection of these surveys be done through our online survey or in person by one of our project staff members.

Date: ____ / ____ / ____

Participant's name:

Associated worksite:

1.	What is your current age ?	<input type="radio"/> Under 20 <input type="radio"/> 20-29 <input type="radio"/> 30-39 <input type="radio"/> 40-49 <input type="radio"/> 50-59 <input type="radio"/> 60-69 <input type="radio"/> 70-79 <input type="radio"/> 80 or older <input type="radio"/> Don't know or choose not to answer
2.	What is your sex ?	<input type="radio"/> Male <input type="radio"/> Female <input type="radio"/> Don't know or choose not to answer
3.	What best describes the nature of your job ?	<input type="radio"/> Administrative support <input type="radio"/> Labor or production <input type="radio"/> Management <input type="radio"/> Sales <input type="radio"/> Service <input type="radio"/> Skilled craft <input type="radio"/> Technician <input type="radio"/> Other: _____ <input type="radio"/> Don't know or choose not to answer
4.	What is your current weight ?	_____ (lbs.)
5.	How tall are you?	_____ ft., _____ in.
6.	How supported do you feel by other friends and/or family members in maintaining your weight during the holiday season?	<input type="radio"/> Very supported <input type="radio"/> Somewhat supported <input type="radio"/> Not supported at all <input type="radio"/> Don't know or choose not to answer



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<p>7. Compared to what you weigh now, how much do you expect to weigh after completing the <i>Holiday Trimmings</i> program?</p>	<p> <input type="radio"/> About the same <input type="radio"/> Somewhat less <input type="radio"/> Somewhat more <input type="radio"/> Don't know or choose not to answer </p>
<p>8. In a typical week, how many days do you eat 3 meals?</p>	<p> <input type="radio"/> 0 <input type="radio"/> 4 <input type="radio"/> 1 <input type="radio"/> 5 <input type="radio"/> 2 <input type="radio"/> 6 <input type="radio"/> 3 <input type="radio"/> 7 </p>
<p>9. How many servings of fruits and vegetables do you usually eat each day?</p> <p><i>(A serving is 1 piece of fruit, ½ cup of fruit or cooked vegetables, 1 cup of raw leafy vegetables or ¾ cup of juice.)</i></p>	<p> <input type="radio"/> 0 <input type="radio"/> 7 <input type="radio"/> 1 <input type="radio"/> 8 <input type="radio"/> 2 <input type="radio"/> 9 <input type="radio"/> 3 <input type="radio"/> 10 <input type="radio"/> 4 <input type="radio"/> 11 <input type="radio"/> 5 <input type="radio"/> 12 or more <input type="radio"/> 6 <input type="radio"/> Don't know or choose not to answer </p>
<p>Think about your eating habits over the past month or so. About how often do you eat the following foods? Remember to consider breakfast, lunch, dinner, snacks and eating out.</p>	
<p>10. Hamburgers, cheeseburgers, ground beef, meat burritos, tacos</p>	<p> <input type="radio"/> Less than once per MONTH <input type="radio"/> 2-3 times per MONTH <input type="radio"/> 1-2 times per WEEK <input type="radio"/> 3-4 times per WEEK <input type="radio"/> 5+ times per WEEK <input type="radio"/> Don't know or choose not to answer </p>
<p>11. Beef or pork, such as steaks, roasts, ribs, including in sandwiches</p>	<p> <input type="radio"/> Less than once per MONTH <input type="radio"/> 2-3 times per MONTH <input type="radio"/> 1-2 times per WEEK <input type="radio"/> 3-4 times per WEEK <input type="radio"/> 5+ times per WEEK <input type="radio"/> Don't know or choose not to answer </p>
<p>12. Fried chicken</p>	<p> <input type="radio"/> Less than once per MONTH <input type="radio"/> 2-3 times per MONTH <input type="radio"/> 1-2 times per WEEK <input type="radio"/> 3-4 times per WEEK <input type="radio"/> 5+ times per WEEK <input type="radio"/> Don't know or choose not to answer </p>



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Think about your eating habits over the past month or so. About how often do you eat the following foods? Remember to consider breakfast, lunch, dinner, snacks and eating out.

<p>13. Hot dogs, brats, Polish sausage, Italian sausage</p>	<p> <input type="radio"/> Less than once per MONTH <input type="radio"/> 2-3 times per MONTH <input type="radio"/> 1-2 times per WEEK <input type="radio"/> 3-4 times per WEEK <input type="radio"/> 5+ times per WEEK <input type="radio"/> Don't know or choose not to answer </p>
<p>14. Cold cuts, lunch meats, ham (NOT low-fat)</p>	<p> <input type="radio"/> Less than once per MONTH <input type="radio"/> 2-3 times per MONTH <input type="radio"/> 1-2 times per WEEK <input type="radio"/> 3-4 times per WEEK <input type="radio"/> 5+ times per WEEK <input type="radio"/> Don't know or choose not to answer </p>
<p>15. Salad dressings (NOT low-fat)</p>	<p> <input type="radio"/> Less than once per MONTH <input type="radio"/> 2-3 times per MONTH <input type="radio"/> 1-2 times per WEEK <input type="radio"/> 3-4 times per WEEK <input type="radio"/> 5+ times per WEEK <input type="radio"/> Don't know or choose not to answer </p>
<p>16. Margarine, butter or mayo on bread or potatoes</p>	<p> <input type="radio"/> Less than once per MONTH <input type="radio"/> 2-3 times per MONTH <input type="radio"/> 1-2 times per WEEK <input type="radio"/> 3-4 times per WEEK <input type="radio"/> 5+ times per WEEK <input type="radio"/> Don't know or choose not to answer </p>
<p>17. Eggs (NOT Egg Beaters or just egg whites)</p>	<p> <input type="radio"/> Less than once per MONTH <input type="radio"/> 2-3 times per MONTH <input type="radio"/> 1-2 times per WEEK <input type="radio"/> 3-4 times per WEEK <input type="radio"/> 5+ times per WEEK <input type="radio"/> Don't know or choose not to answer </p>
<p>18. Bacon or breakfast sausage</p>	<p> <input type="radio"/> Less than once per MONTH <input type="radio"/> 2-3 times per MONTH <input type="radio"/> 1-2 times per WEEK <input type="radio"/> 3-4 times per WEEK <input type="radio"/> 5+ times per WEEK <input type="radio"/> Don't know or choose not to answer </p>



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Think about your eating habits over the past month or so. About how often do you eat the following foods? Remember to consider breakfast, lunch, dinner, snacks and eating out.

19. Cheese, cheese spread (NOT low-fat)	<input type="radio"/> Less than once per MONTH <input type="radio"/> 2-3 times per MONTH <input type="radio"/> 1-2 times per WEEK <input type="radio"/> 3-4 times per WEEK <input type="radio"/> 5+ times per WEEK <input type="radio"/> Don't know or choose not to answer
20. Whole milk	<input type="radio"/> Less than once per MONTH <input type="radio"/> 2-3 times per MONTH <input type="radio"/> 1-2 times per WEEK <input type="radio"/> 3-4 times per WEEK <input type="radio"/> 5+ times per WEEK <input type="radio"/> Don't know or choose not to answer
21. French fries, fried potatoes	<input type="radio"/> Less than once per MONTH <input type="radio"/> 2-3 times per MONTH <input type="radio"/> 1-2 times per WEEK <input type="radio"/> 3-4 times per WEEK <input type="radio"/> 5+ times per WEEK <input type="radio"/> Don't know or choose not to answer
22. Corn chips, potato chips, popcorn, crackers	<input type="radio"/> Less than once per MONTH <input type="radio"/> 2-3 times per MONTH <input type="radio"/> 1-2 times per WEEK <input type="radio"/> 3-4 times per WEEK <input type="radio"/> 5+ times per WEEK <input type="radio"/> Don't know or choose not to answer
23. Doughnuts, pastries, cake, cookies (NOT low-fat)	<input type="radio"/> Less than once per MONTH <input type="radio"/> 2-3 times per MONTH <input type="radio"/> 1-2 times per WEEK <input type="radio"/> 3-4 times per WEEK <input type="radio"/> 5+ times per WEEK <input type="radio"/> Don't know or choose not to answer
24. Ice cream (NOT sherbet or non-fat)	<input type="radio"/> Less than once per MONTH <input type="radio"/> 2-3 times per MONTH <input type="radio"/> 1-2 times per WEEK <input type="radio"/> 3-4 times per WEEK <input type="radio"/> 5+ times per WEEK <input type="radio"/> Don't know or choose not to answer



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<p>25. How many days in a typical week do you do vigorous physical activities for at least 10 minutes at a time?</p> <p><i>(Vigorous physical activities refer to activities that take hard effort and make your heart rate and breathing much harder than normal. They include things like heavy lifting, digging, aerobic exercise, jogging or bicycling at a fast pace.)</i></p>	<p> <input type="radio"/> 0 <input type="radio"/> 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"/> Don't know or choose not to answer </p>
<p>26. How many minutes do you usually spend doing vigorous physical activities on any one of those days?</p>	<p> <input type="radio"/> 0 <input type="radio"/> 70-79 <input type="radio"/> 1-9 <input type="radio"/> 80-89 <input type="radio"/> 10-19 <input type="radio"/> 90-99 <input type="radio"/> 20-29 <input type="radio"/> 100-109 <input type="radio"/> 30-39 <input type="radio"/> 110-119 <input type="radio"/> 40-49 <input type="radio"/> 120 or more <input type="radio"/> 50-59 <input type="radio"/> I do not do vigorous activities <input type="radio"/> 60-69 <input type="radio"/> Don't know or choose not to answer </p>
<p>27. How many days in a typical week do you do moderate physical activities for at least 10 minutes at a time?</p> <p><i>(Moderate physical activities refer to activities that take modest effort and make you breathe somewhat harder than normal. They include things like brisk walking, carrying light loads, vacuuming, gardening, dancing or bicycling at a regular pace.)</i></p>	<p> <input type="radio"/> 0 <input type="radio"/> 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"/> Don't know or choose not to answer </p>



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<p>28. How many minutes do you usually spend doing moderate physical activities on any one of those days?</p>	<p> <input type="radio"/> 0 <input type="radio"/> 70-79 <input type="radio"/> 1-9 <input type="radio"/> 80-89 <input type="radio"/> 10-19 <input type="radio"/> 90-99 <input type="radio"/> 20-29 <input type="radio"/> 100-109 <input type="radio"/> 30-39 <input type="radio"/> 110-119 <input type="radio"/> 40-49 <input type="radio"/> 120 or more <input type="radio"/> 50-59 <input type="radio"/> I do not do moderate activities <input type="radio"/> 60-69 <input type="radio"/> Don't know or choose not to answer </p>
<p>29. In the last month, how stressful has your life felt?</p>	<p> <input type="radio"/> Very stressful <input type="radio"/> Somewhat stressful <input type="radio"/> Not stressful at all <input type="radio"/> Don't know or choose not to answer </p>
<p>30. How often do you weigh yourself?</p>	<p> <input type="radio"/> Rarely or never <input type="radio"/> Yearly <input type="radio"/> Monthly <input type="radio"/> Weekly <input type="radio"/> Daily <input type="radio"/> More than once a day <input type="radio"/> Don't know or choose not to answer </p>
<p>31. How often do you keep a record of your eating and/or physical activity habits (like counting calories, journaling food, wearing a pedometer, etc.)?</p>	<p> <input type="radio"/> Rarely or never <input type="radio"/> Yearly <input type="radio"/> Monthly <input type="radio"/> Weekly <input type="radio"/> Daily <input type="radio"/> Don't know or choose not to answer </p>
<p>32. Other comments or concerns?</p>	<p> _____ _____ _____ _____ </p>

Thank you. Please return this survey to a HONU staff member.





Holiday Trimmings Follow-up Assessment

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Date: ____ / ____ / ____

Participant's name:

Associated worksite:

1.	What is your current weight ?	_____ (lbs.)
2.	How supported do you feel by other friends and/or family members in maintaining your weight during the holiday season?	<input type="radio"/> Very supported <input type="radio"/> Somewhat supported <input type="radio"/> Not supported at all <input type="radio"/> Don't know or choose not to answer
3.	In a typical week, how many days do you eat 3 meals ?	<input type="radio"/> 0 <input type="radio"/> 4 <input type="radio"/> 1 <input type="radio"/> 5 <input type="radio"/> 2 <input type="radio"/> 6 <input type="radio"/> 3 <input type="radio"/> 7
4.	How many servings of fruits and vegetables do you usually eat each day? (A serving is 1 piece of fruit, ½ cup of fruit or cooked vegetables, 1 cup of raw leafy vegetables or ¾ cup of juice.)	<input type="radio"/> 0 <input type="radio"/> 7 <input type="radio"/> 1 <input type="radio"/> 8 <input type="radio"/> 2 <input type="radio"/> 9 <input type="radio"/> 3 <input type="radio"/> 10 <input type="radio"/> 4 <input type="radio"/> 11 <input type="radio"/> 5 <input type="radio"/> 12 or more <input type="radio"/> 6 <input type="radio"/> Don't know or choose not to answer



Holiday Trimmings Follow-up Assessment

Think about your eating habits over the past month or so. About how often do you eat the following foods? Remember to consider breakfast, lunch, dinner, snacks and eating out.

<p>5. Hamburgers, cheeseburgers, ground beef, meat burritos, tacos</p>	<p> <input type="radio"/> Less than once per MONTH <input type="radio"/> 2-3 times per MONTH <input type="radio"/> 1-2 times per WEEK <input type="radio"/> 3-4 times per WEEK <input type="radio"/> 5+ times per WEEK <input type="radio"/> Don't know or choose not to answer </p>
<p>6. Beef or pork, such as steaks, roasts, ribs, including in sandwiches</p>	<p> <input type="radio"/> Less than once per MONTH <input type="radio"/> 2-3 times per MONTH <input type="radio"/> 1-2 times per WEEK <input type="radio"/> 3-4 times per WEEK <input type="radio"/> 5+ times per WEEK <input type="radio"/> Don't know or choose not to answer </p>
<p>7. Fried chicken</p>	<p> <input type="radio"/> Less than once per MONTH <input type="radio"/> 2-3 times per MONTH <input type="radio"/> 1-2 times per WEEK <input type="radio"/> 3-4 times per WEEK <input type="radio"/> 5+ times per WEEK <input type="radio"/> Don't know or choose not to answer </p>
<p>8. Hot dogs, brats, Polish sausage, Italian sausage</p>	<p> <input type="radio"/> Less than once per MONTH <input type="radio"/> 2-3 times per MONTH <input type="radio"/> 1-2 times per WEEK <input type="radio"/> 3-4 times per WEEK <input type="radio"/> 5+ times per WEEK <input type="radio"/> Don't know or choose not to answer </p>
<p>9. Cold cuts, lunch meats, ham (NOT low-fat)</p>	<p> <input type="radio"/> Less than once per MONTH <input type="radio"/> 2-3 times per MONTH <input type="radio"/> 1-2 times per WEEK <input type="radio"/> 3-4 times per WEEK <input type="radio"/> 5+ times per WEEK <input type="radio"/> Don't know or choose not to answer </p>



Holiday Trimmings Follow-up Assessment

Think about your eating habits over the past month or so. About how often do you eat the following foods? Remember to consider breakfast, lunch, dinner, snacks and eating out.

<p>10. Salad dressings (NOT low-fat)</p>	<p> <input type="radio"/> Less than once per MONTH <input type="radio"/> 2-3 times per MONTH <input type="radio"/> 1-2 times per WEEK <input type="radio"/> 3-4 times per WEEK <input type="radio"/> 5+ times per WEEK <input type="radio"/> Don't know or choose not to answer </p>
<p>11. Margarine, butter or mayo on bread or potatoes</p>	<p> <input type="radio"/> Less than once per MONTH <input type="radio"/> 2-3 times per MONTH <input type="radio"/> 1-2 times per WEEK <input type="radio"/> 3-4 times per WEEK <input type="radio"/> 5+ times per WEEK <input type="radio"/> Don't know or choose not to answer </p>
<p>12. Eggs (NOT Egg Beaters or just egg whites)</p>	<p> <input type="radio"/> Less than once per MONTH <input type="radio"/> 2-3 times per MONTH <input type="radio"/> 1-2 times per WEEK <input type="radio"/> 3-4 times per WEEK <input type="radio"/> 5+ times per WEEK <input type="radio"/> Don't know or choose not to answer </p>
<p>13. Bacon or breakfast sausage</p>	<p> <input type="radio"/> Less than once per MONTH <input type="radio"/> 2-3 times per MONTH <input type="radio"/> 1-2 times per WEEK <input type="radio"/> 3-4 times per WEEK <input type="radio"/> 5+ times per WEEK <input type="radio"/> Don't know or choose not to answer </p>
<p>14. Cheese, cheese spread (NOT low-fat)</p>	<p> <input type="radio"/> Less than once per MONTH <input type="radio"/> 2-3 times per MONTH <input type="radio"/> 1-2 times per WEEK <input type="radio"/> 3-4 times per WEEK <input type="radio"/> 5+ times per WEEK <input type="radio"/> Don't know or choose not to answer </p>
<p>15. Whole milk</p>	<p> <input type="radio"/> Less than once per MONTH <input type="radio"/> 2-3 times per MONTH <input type="radio"/> 1-2 times per WEEK <input type="radio"/> 3-4 times per WEEK <input type="radio"/> 5+ times per WEEK <input type="radio"/> Don't know or choose not to answer </p>



Holiday Trimmings Follow-up Assessment

Think about your eating habits over the past month or so. About how often do you eat the following foods? Remember to consider breakfast, lunch, dinner, snacks and eating out.

<p>16. French fries, fried potatoes</p>	<p> <input type="radio"/> Less than once per MONTH <input type="radio"/> 2-3 times per MONTH <input type="radio"/> 1-2 times per WEEK <input type="radio"/> 3-4 times per WEEK <input type="radio"/> 5+ times per WEEK <input type="radio"/> Don't know or choose not to answer </p>
<p>17. Corn chips, potato chips, popcorn, crackers</p>	<p> <input type="radio"/> Less than once per MONTH <input type="radio"/> 2-3 times per MONTH <input type="radio"/> 1-2 times per WEEK <input type="radio"/> 3-4 times per WEEK <input type="radio"/> 5+ times per WEEK <input type="radio"/> Don't know or choose not to answer </p>
<p>18. Doughnuts, pastries, cake, cookies (NOT low-fat)</p>	<p> <input type="radio"/> Less than once per MONTH <input type="radio"/> 2-3 times per MONTH <input type="radio"/> 1-2 times per WEEK <input type="radio"/> 3-4 times per WEEK <input type="radio"/> 5+ times per WEEK <input type="radio"/> Don't know or choose not to answer </p>
<p>19. Ice cream (NOT sherbet or non-fat)</p>	<p> <input type="radio"/> Less than once per MONTH <input type="radio"/> 2-3 times per MONTH <input type="radio"/> 1-2 times per WEEK <input type="radio"/> 3-4 times per WEEK <input type="radio"/> 5+ times per WEEK <input type="radio"/> Don't know or choose not to answer </p>
<p>20. How many days in a typical week do you do vigorous physical activities for at least 10 minutes at a time?</p> <p>(Vigorous physical activities refer to activities that take hard effort and make your heart rate and breathing much harder than normal. They include things like heavy lifting, digging, aerobic exercise, jogging or bicycling at a fast pace.)</p>	<p> <input type="radio"/> 0 <input type="radio"/> 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"/> Don't know or choose not to answer </p>



Holiday Trimmings Follow-up Assessment

<p>21. How many minutes do you usually spend doing vigorous physical activities on any one of those days?</p>	<p> <input type="radio"/> 0 <input type="radio"/> 70-79 <input type="radio"/> 1-9 <input type="radio"/> 80-89 <input type="radio"/> 10-19 <input type="radio"/> 90-99 <input type="radio"/> 20-29 <input type="radio"/> 100-109 <input type="radio"/> 30-39 <input type="radio"/> 110-119 <input type="radio"/> 40-49 <input type="radio"/> 120 or more <input type="radio"/> 50-59 <input type="radio"/> I do not do vigorous activities <input type="radio"/> 60-69 <input type="radio"/> Don't know or choose not to answer </p>
<p>22. How many days in a typical week do you do moderate physical activities for at least 10 minutes at a time?</p> <p><i>(Moderate physical activities refer to activities that take modest effort and make you breathe somewhat harder than normal. They include things like brisk walking, carrying light loads, vacuuming, gardening, dancing or bicycling at a regular pace.)</i></p>	<p> <input type="radio"/> 0 <input type="radio"/> 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"/> Don't know or choose not to answer </p>
<p>23. How many minutes do you usually spend doing moderate physical activities on any one of those days?</p>	<p> <input type="radio"/> 0 <input type="radio"/> 70-79 <input type="radio"/> 1-9 <input type="radio"/> 80-89 <input type="radio"/> 10-19 <input type="radio"/> 90-99 <input type="radio"/> 20-29 <input type="radio"/> 100-109 <input type="radio"/> 30-39 <input type="radio"/> 110-119 <input type="radio"/> 40-49 <input type="radio"/> 120 or more <input type="radio"/> 50-59 <input type="radio"/> I do not do vigorous activities <input type="radio"/> 60-69 <input type="radio"/> Don't know or choose not to answer </p>
<p>24. In the last month, how stressful has your life felt?</p>	<p> <input type="radio"/> Very stressful <input type="radio"/> Somewhat stressful <input type="radio"/> Not stressful at all <input type="radio"/> Don't know or choose not to answer </p>



Holiday Trimmings Follow-up Assessment

<p>25. How often do you weigh yourself?</p>	<p> <input type="radio"/> Rarely or never <input type="radio"/> Yearly <input type="radio"/> Monthly <input type="radio"/> Weekly <input type="radio"/> Daily <input type="radio"/> More than once a day <input type="radio"/> Don't know or choose not to answer </p>
<p>26. How often do you keep a record of your eating and/or physical activity habits (like counting calories, journaling food, wearing a pedometer, etc.)?</p>	<p> <input type="radio"/> Rarely or never <input type="radio"/> Yearly <input type="radio"/> Monthly <input type="radio"/> Weekly <input type="radio"/> Daily <input type="radio"/> Don't know or choose not to answer </p>
<p>27. What were the biggest challenges you faced in trying to maintain your weight during the holidays?</p>	<p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p>
<p>28. Overall, how satisfied are you with the <i>Holiday Trimmings</i> program?</p>	<p> <input type="radio"/> Very dissatisfied <input type="radio"/> Somewhat dissatisfied <input type="radio"/> Neutral <input type="radio"/> Somewhat satisfied <input type="radio"/> Very satisfied <input type="radio"/> Don't know or choose not to answer </p>
<p>29. Would you recommend the <i>Holiday Trimmings</i> program to others?</p>	<p> <input type="radio"/> Definitely not <input type="radio"/> Probably not <input type="radio"/> Maybe/maybe not <input type="radio"/> Probably would <input type="radio"/> Definitely would <input type="radio"/> Don't know or choose not to answer </p>



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30. Would you participate in the <i>Holiday Trimmings</i> program again (if it were available next year)?	<input type="radio"/> Definitely not <input type="radio"/> Probably not <input type="radio"/> Maybe/maybe not <input type="radio"/> Probably would <input type="radio"/> Definitely would <input type="radio"/> Don't know or choose not to answer
31. What part(s) of the <i>Holiday Trimmings</i> program were most helpful for you?	<hr/> <hr/> <hr/> <hr/> <hr/>
32. What changes would you recommend to improve the <i>Holiday Trimmings</i> program?	<hr/> <hr/> <hr/> <hr/> <hr/>
33. Other comments or concerns?	<hr/> <hr/> <hr/> <hr/> <hr/>

Thank you. Please return this survey to a HONU staff member.