

**POMP 5 HOME DELIVERED MEALS  
CORE AND EXTENDED CORE QUESTIONS  
CODEBOOK  
April 19, 2004**

**CODERS: ONLY ENTER DATA FOR QUESTIONNAIRES THAT HAVE THE OFFICE USE ONLY BOX FILLED IN. CHECK BELOW FOR REQUIRED FIELDS.**

**ENTER A VALUE FOR ALL QUESTIONS UNLESS "BLANK IS VALID" IS NOTED, OTHERWISE CODE -9 FOR MISSING OR INVALID VALUES. CHECK THE SURVEY MARGIN FOR REMARKS. IF REFUSED (RF) CODE -7. IF DON'T KNOW (DK), CODE -8.**

**IF YOU ARE CODING THE CORE QUESTIONNAIRE, THEN LEAVE THE EXTENDED CORE QUESTIONS BLANK.**

**OFFICE USE ONLY BOX**

<b>Variable Name</b>	<b>Variable Description and Codes</b>
ClientID	Unique client identifier (REQUIRED)  XXXXXXXXXXXXXXXXX(Maximum of 50 Characters)
Agency	Name of agency that the client is enrolled with (REQUIRED)  XXXXXXXXXXXXXXXXX(Maximum of 255 Characters)
State	State that the agency is in (REQUIRED)  XX (State abbreviation)
Date	Date the interview was completed (REQUIRED)  xx/xx/2004
Method	Method of administration (REQUIRED)  S = Self administered T = Telephone O = Other -9 = Missing
Module	Nutrition Module (REQUIRED)  C = Core E = Extended Core
Comments	XXXXXXXXXXXXXXXXX(Maximum 65,000 Characters) BLANK IS VALID

## QUESTIONNAIRE

### Variable Name

### Question And Codes

MEALS

How many home delivered meals do you receive each day?

1 – 9 = MEALS PER DAY  
-7 = REFUSED  
-8 = DON'T KNOW  
-9 = MISSING OR INVALID

DAYS

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

1 – 7 = DAYS PER WEEK  
-7 = REFUSED  
-8 = DON'T KNOW  
-9 = MISSING OR INVALID

MEALSPERDAY

How many meals do you eat every day including home delivered meals?

1 = 1 MEAL  
2 = 2 MEALS  
3 = 3 MEALS  
4 = MORE THAN 3 MEALS  
5 = OTHER  
-7 = REFUSED  
-8 = DON'T KNOW  
-9 = MISSING OR INVALID

<b>CODER: IF MEALSPERDAY = 5, THEN GOTO MEALSOTHER, ELSE GOTO PROPORTION.</b>
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MEALSOTHER

Other Please describe

XXXXXXXXXX (Maximum 255 Characters)

-7 = REFUSED  
-8 = DON'T KNOW  
-9 = MISSING

BLANK IS VALID (If MEALSPERDAY <> 5)

PROPORTION

The meal I get from the home delivered meals program is:

1 = LESS THAN 1/3 OF THE FOOD I USUALLY EAT EACH DAY  
2 = ABOUT 1/3 OF THE FOOD I USUALLY EAT EACH DAY  
3 = ABOUT 1/2 OF THE FOOD I USUALLY EAT EACH DAY  
4 = MORE THAN 1/2 OF THE FOOD I USUALLY EAT EACH DAY  
-7 = REFUSED  
-8 = DON'T KNOW  
-9 = MISSING OR INVALID

NOHDM

Now think about the days when you don't get a home delivered meal. Do you eat

- 1 = ABOUT THE SAME AMOUNT OF FOOD
- 2 = MORE FOOD
- 3 = LESS FOOD
- 7 = REFUSED
- 8 = DON'T KNOW
- 9 = MISSING OR INVALID

**IF RESPONDENT CHECKED BOX THAT SAID THEY DON'T REMEMBER, CODED ALL VARIABLES FROM BFRCOOKED TO BFRSITE AS -8, DON'T KNOW.**

In the month before you started getting home delivered meals, what did you do for meals?

BFRCOOKED

I cooked for myself.

- 1 = MOST OF THE TIME
- 2 = SOMETIMES
- 3 = ALMOST NEVER
- 7 = REFUSED
- 8 = DON'T KNOW
- 9 = MISSING OR INVALID

BFRFAMILY

Family or friends provided me with meals.

- 1 = MOST OF THE TIME
- 2 = SOMETIMES
- 3 = ALMOST NEVER
- 7 = REFUSED
- 8 = DON'T KNOW
- 9 = MISSING OR INVALID

BFRRESTRANT

I ate at restaurants.

- 1 = MOST OF THE TIME
- 2 = SOMETIMES
- 3 = ALMOST NEVER
- 7 = REFUSED
- 8 = DON'T KNOW
- 9 = MISSING OR INVALID

BFREASY

I ate meals that were easy to fix like sandwiches, microwavable meals, or soup.

- 1 = MOST OF THE TIME
- 2 = SOMETIMES
- 3 = ALMOST NEVER
- 7 = REFUSED
- 8 = DON'T KNOW
- 9 = MISSING OR INVALID

BFRREADY I ate meals that were ready to eat right out of the package.

- 1 = MOST OF THE TIME
- 2 = SOMETIMES
- 3 = ALMOST NEVER
- 7 = REFUSED
- 8 = DON'T KNOW
- 9 = MISSING OR INVALID

BFRSKIPPED I skipped meals or ate less food.

- 1 = MOST OF THE TIME
- 2 = SOMETIMES
- 3 = ALMOST NEVER
- 7 = REFUSED
- 8 = DON'T KNOW
- 9 = MISSING OR INVALID

BFRSAVED I saved food from other meals.

- 1 = MOST OF THE TIME
- 2 = SOMETIMES
- 3 = ALMOST NEVER
- 7 = REFUSED
- 8 = DON'T KNOW
- 9 = MISSING OR INVALID

BFRSITE I ate at a nutrition site.

- 1 = MOST OF THE TIME
- 2 = SOMETIMES
- 3 = ALMOST NEVER
- 7 = REFUSED
- 8 = DON'T KNOW
- 9 = MISSING OR INVALID

BFROTHER Other, please explain

XXXXXXXXXX (Maximum 255 Characters)

- 7 = REFUSED
  - 8 = DON'T KNOW
  - 9 = MISSING
- BLANK IS VALID

What do you do for meals on the days when home delivered meals are not delivered (such as on weekends or holidays)?

FAMILY Family or friends provide me with meals.

- 1 = MOST OF THE TIME
- 2 = SOMETIMES
- 3 = ALMOST NEVER
- 7 = REFUSED
- 8 = DON'T KNOW
- 9 = MISSING OR INVALID

EASY I eat meals that are easy for me to fix like sandwiches, microwavable meals, or soup.

- 1 = MOST OF THE TIME
- 2 = SOMETIMES
- 3 = ALMOST NEVER
- 7 = REFUSED
- 8 = DON'T KNOW
- 9 = MISSING OR INVALID

READY I eat meals that are ready to eat right out of the package.

- 1 = MOST OF THE TIME
- 2 = SOMETIMES
- 3 = ALMOST NEVER
- 7 = REFUSED
- 8 = DON'T KNOW
- 9 = MISSING OR INVALID

PACKS I use the emergency packs they provide.

- 1 = MOST OF THE TIME
- 2 = SOMETIMES
- 3 = ALMOST NEVER
- 7 = REFUSED
- 8 = DON'T KNOW
- 9 = MISSING OR INVALID

SKIPPED I skip meals or eat less food.

- 1 = MOST OF THE TIME
- 2 = SOMETIMES
- 3 = ALMOST NEVER
- 7 = REFUSED
- 8 = DON'T KNOW
- 9 = MISSING OR INVALID

SAVED I save food from other meals.

- 1 = MOST OF THE TIME
- 2 = SOMETIMES
- 3 = ALMOST NEVER
- 7 = REFUSED
- 8 = DON'T KNOW
- 9 = MISSING OR INVALID

OTHER Other, please explain

XXXXXXXXXX (Maximum 255 Characters)

- 7 = REFUSED
- 8 = DON'T KNOW
- 9 = MISSING

BLANK IS VALID

**IF MODULE = C (CORE) SKIP TO MONEY. OTHERWISE, ASK THE FOLLOWING EXTENDED CORE QUESTIONS.**

FRUIT

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

- 1 = 0 SERVINGS
- 2 = 1 SERVING
- 3 = 2 SERVINGS
- 4 = 3 OR MORE SERVINGS
- 7 = REFUSED
- 8 = DON'T KNOW
- 9 = MISSING OR INVALID

HDMFRUIT

When you eat the home delivered meals, do you usually eat the fruit that is provided?

- 1 = YES
- 2 = NO
- 7 = REFUSED
- 8 = DON'T KNOW
- 9 = MISSING OR INVALID

POTATOES

How many servings of potatoes do you usually eat each day?

- 1 = 0 SERVINGS
- 2 = 1 SERVING
- 3 = 2 SERVINGS
- 4 = 3 OR MORE SERVINGS
- 7 = REFUSED
- 8 = DON'T KNOW
- 9 = MISSING OR INVALID

HDMPOTATOES

When you eat the home delivered meals, do you usually eat the potatoes that are provided?

- 1 = YES
- 2 = NO
- 7 = REFUSED
- 8 = DON'T KNOW
- 9 = MISSING OR INVALID

VEGGIES

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

- 1 = 0 SERVINGS
- 2 = 1 SERVING
- 3 = 2 SERVINGS
- 4 = 3 OR MORE SERVINGS
- 7 = REFUSED
- 8 = DON'T KNOW
- 9 = MISSING OR INVALID

HDMVEGGIES Other than potatoes, when you eat the home delivered meals, do you usually eat the vegetables that are provided?

- 1 = YES
- 2 = NO
- 7 = REFUSED
- 8 = DON'T KNOW
- 9 = MISSING OR INVALID

BREAD How many servings of bread, cereal, rice, pasta, noodles, and tortillas do you usually eat every day?

- 1 = 0 SERVINGS
- 2 = 1-2 SERVINGS
- 3 = 3-5 SERVINGS
- 4 = 6 OR MORE SERVINGS
- 7 = REFUSED
- 8 = DON'T KNOW
- 9 = MISSING OR INVALID

HDMBREAD When you eat the home delivered meals, do you usually eat the bread, cereal, rice, pasta, noodles, or tortillas that are provided?

- 1 = YES
- 2 = NO
- 7 = REFUSED
- 8 = DON'T KNOW
- 9 = MISSING OR INVALID

MILK How many servings of milk, cheese, yogurt, and calcium rich soy products do you usually eat every day?

- 1 = 0 SERVINGS
- 2 = 1 SERVING
- 3 = 2 SERVINGS
- 4 = 3 OR MORE SERVINGS
- 7 = REFUSED
- 8 = DON'T KNOW
- 9 = MISSING OR INVALID

HDMMILK When you eat the home delivered meals, do you usually eat the milk, cheese, yogurt, or calcium rich soy products that are provided?

- 1 = YES
- 2 = NO
- 7 = REFUSED
- 8 = DON'T KNOW
- 9 = MISSING OR INVALID

MEAT How many servings of meat, chicken, fish, and eggs do you usually eat every day?

- 1 = 0 SERVINGS
- 2 = 1 SERVING
- 3 = 2 SERVINGS
- 4 = 3 OR MORE SERVINGS
- 7 = REFUSED

- 8 = DON'T KNOW
- 9 = MISSING OR INVALID

HDMMEAT

When you eat the home delivered meals, do you usually eat the meat, chicken, fish, or eggs that are provided?

- 1 = YES
- 2 = NO
- 7 = REFUSED
- 8 = DON'T KNOW
- 9 = MISSING OR INVALID

NUTS

How many servings of nuts, soy products, and beans do you usually eat every day.

- 1 = 0 SERVINGS
- 2 = 1 SERVING
- 3 = 2 SERVINGS
- 4 = 3 OR MORE SERVINGS
- 7 = REFUSED
- 8 = DON'T KNOW
- 9 = MISSING OR INVALID

HDMNUTS

When you eat the home delivered meals, do you usually eat the nuts, soy products, or beans if they are provided?

- 1 = YES
- 2 = NO
- 7 = REFUSED
- 8 = DON'T KNOW
- 9 = MISSING OR INVALID

WATER

Think about all the water or other non-alcoholic fluids you usually drink. How many glasses do you usually drink per day?

- 1 = 0 SERVINGS
- 2 = 1-4 GLASSES
- 3 = 5-7 GLASSES
- 4 = 8 OR MORE GLASSES
- 7 = REFUSED
- 8 = DON'T KNOW
- 9 = MISSING OR INVALID

**ASK THE FOLLOWING QUESTIONS FOR BOTH CORE AND EXTENDED CORE MODULES.**

MONEY

Do you always have enough money or food stamps to buy the food you need?

- 1 = YES
- 2 = NO
- 7 = REFUSED
- 8 = DON'T KNOW
- 9 = MISSING OR INVALID

Read the following statements and circle the number that best represents how you feel about the home delivered meals program. As a result of the home delivered meals program...

VARIETY

I eat a healthier variety of food.

- 1 = YES, DEFINITELY
- 2 = YES, I THINK SO
- 3 = I'M NOT SURE
- 4 = NO, I DON'T THINK SO
- 5 = NO, DEFINITELY NOT
- 1 = NOT APPLICABLE
- 7 = REFUSED
- 8 = DON'T KNOW
- 9 = MISSING OR INVALID

SPECIAL

I am better able to follow the special diet that is prescribed by my doctor or dietitian.

- 1 = YES, DEFINITELY
- 2 = YES, I THINK SO
- 3 = I'M NOT SURE
- 4 = NO, I DON'T THINK SO
- 5 = NO, DEFINITELY NOT
- 1 = NOT APPLICABLE
- 7 = REFUSED
- 8 = DON'T KNOW
- 9 = MISSING OR INVALID

LESSSALT

I eat less salt (sodium).

- 1 = YES, DEFINITELY
- 2 = YES, I THINK SO
- 3 = I'M NOT SURE
- 4 = NO, I DON'T THINK SO
- 5 = NO, DEFINITELY NOT
- 1 = NOT APPLICABLE
- 7 = REFUSED
- 8 = DON'T KNOW
- 9 = MISSING OR INVALID

LESSFAT

I eat less high fat foods.

- 1 = YES, DEFINITELY
- 2 = YES, I THINK SO
- 3 = I'M NOT SURE
- 4 = NO, I DON'T THINK SO
- 5 = NO, DEFINITELY NOT
- 1 = NOT APPLICABLE
- 7 = REFUSED
- 8 = DON'T KNOW
- 9 = MISSING OR INVALID

WEIGHT I can achieve or maintain a healthy weight.

- 1 = YES, DEFINITELY
- 2 = YES, I THINK SO
- 3 = I'M NOT SURE
- 4 = NO, I DON'T THINK SO
- 5 = NO, DEFINITELY NOT
- 1 = NOT APPLICABLE
- 7 = REFUSED
- 8 = DON'T KNOW
- 9 = MISSING OR INVALID

FEEL I believe my health has improved and I feel better.

- 1 = YES, DEFINITELY
- 2 = YES, I THINK SO
- 3 = I'M NOT SURE
- 4 = NO, I DON'T THINK SO
- 5 = NO, DEFINITELY NOT
- 1 = NOT APPLICABLE
- 7 = REFUSED
- 8 = DON'T KNOW
- 9 = MISSING OR INVALID

HUNGRY I am less hungry throughout the day.

- 1 = YES, DEFINITELY
- 2 = YES, I THINK SO
- 3 = I'M NOT SURE
- 4 = NO, I DON'T THINK SO
- 5 = NO, DEFINITELY NOT
- 1 = NOT APPLICABLE
- 7 = REFUSED
- 8 = DON'T KNOW
- 9 = MISSING OR INVALID

HOME I can continue to live in my own home.

- 1 = YES, DEFINITELY
- 2 = YES, I THINK SO
- 3 = I'M NOT SURE
- 4 = NO, I DON'T THINK SO
- 5 = NO, DEFINITELY NOT
- 1 = NOT APPLICABLE
- 7 = REFUSED
- 8 = DON'T KNOW
- 9 = MISSING OR INVALID

Read the following statements and circle the number that best represents how you feel for each statement. As a result of the nutrition education information I have received through the home delivered meals program...

CHOICES

I make healthier food choices.

- 1 = YES, DEFINITELY
- 2 = YES, I THINK SO
- 3 = I'M NOT SURE
- 4 = NO, I DON'T THINK SO
- 5 = NO, DEFINITELY NOT
- 1 = NOT APPLICABLE
- 7 = REFUSED
- 8 = DON'T KNOW
- 9 = MISSING OR INVALID

SAFELY

I handle or store food more safely.

- 1 = YES, DEFINITELY
- 2 = YES, I THINK SO
- 3 = I'M NOT SURE
- 4 = NO, I DON'T THINK SO
- 5 = NO, DEFINITELY NOT
- 1 = NOT APPLICABLE
- 7 = REFUSED
- 8 = DON'T KNOW
- 9 = MISSING OR INVALID

OUTSIDE

I have shortened the time I let cooked food stay outside the refrigerator.

- 1 = YES, DEFINITELY
- 2 = YES, I THINK SO
- 3 = I'M NOT SURE
- 4 = NO, I DON'T THINK SO
- 5 = NO, DEFINITELY NOT
- 1 = NOT APPLICABLE
- 7 = REFUSED
- 8 = DON'T KNOW
- 9 = MISSING OR INVALID

CONDITION

I know what to eat for my health conditions.

- 1 = YES, DEFINITELY
- 2 = YES, I THINK SO
- 3 = I'M NOT SURE
- 4 = NO, I DON'T THINK SO
- 5 = NO, DEFINITELY NOT
- 1 = NOT APPLICABLE
- 7 = REFUSED
- 8 = DON'T KNOW
- 9 = MISSING OR INVALID

RECOMMEND

Would you recommend this program to your friends, neighbors, and relatives?

- 1 = YES
- 2 = NO
- 3 = NOT SURE
- 7 = REFUSED
- 8 = DON'T KNOW
- 9 = MISSING OR INVALID

Following is a list of services that you may have received. Please circle every service that you have received through the home delivered meals program.

RCVCM

Case Management

- 1 = YES
- 2 = NO
- 7 = REFUSED
- 8 = DON'T KNOW
- 9 = MISSING OR INVALID

RCVLEGAL

Legal Help

- 1 = YES
- 2 = NO
- 7 = REFUSED
- 8 = DON'T KNOW
- 9 = MISSING OR INVALID

RCVNC

Nutrition Counseling

- 1 = YES
- 2 = NO
- 7 = REFUSED
- 8 = DON'T KNOW
- 9 = MISSING OR INVALID

RCVTR

Transportation

- 1 = YES
- 2 = NO
- 7 = REFUSED
- 8 = DON'T KNOW
- 9 = MISSING OR INVALID

RCVSHOP

Help with shopping

- 1 = YES
- 2 = NO
- 7 = REFUSED
- 8 = DON'T KNOW
- 9 = MISSING OR INVALID

RCVPC

Help with personal care

- 1 = YES
- 2 = NO
- 7 = REFUSED
- 8 = DON'T KNOW
- 9 = MISSING OR INVALID

RCVHK Help with housekeeping  
1 = YES  
2 = NO  
-7 = REFUSED  
-8 = DON'T KNOW  
-9 = MISSING OR INVALID

RCVCOOK Help with cooking  
1 = YES  
2 = NO  
-7 = REFUSED  
-8 = DON'T KNOW  
-9 = MISSING OR INVALID

RCVBENEFITS Help getting benefits like food stamps and other public assistance  
1 = YES  
2 = NO  
-7 = REFUSED  
-8 = DON'T KNOW  
-9 = MISSING OR INVALID

RCVDRUGS Help paying for prescription drugs  
1 = YES  
2 = NO  
-7 = REFUSED  
-8 = DON'T KNOW  
-9 = MISSING OR INVALID

**CODER: IF RCVNONE = 1, THEN ALL OTHER RCV QUESTIONS SHOULD HAVE BEEN CODED AS A 2. IF THIS IS NOT THE CASE, CODE RCVNONE=2.**

RCVNONE None  
1 = YES  
2 = NO  
-7 = REFUSED  
-8 = DON'T KNOW  
-9 = MISSING OR INVALID

RCVOTHER Other  
1 = YES  
2 = NO  
-7 = REFUSED  
-8 = DON'T KNOW  
-9 = MISSING OR INVALID

**CODER: IF RCVOTHER=1, THEN GOTO RCVDESCRIBE, ELSE GOTO RATE.**

RCVDESCRIBE Other: Describe

XXXXXXXXXX (Maximum 255 Characters)

- 7 = REFUSED
- 8 = DON'T KNOW
- 9 = MISSING

BLANK IS VALID (If RCVOTHER <> 1)

RATE

How would you rate the home delivered meals program overall?

- 1 = EXCELLENT
- 2 = VERY GOOD
- 3 = GOOD
- 4 = FAIR
- 5 = POOR
- 7 = REFUSED
- 8 = DON'T KNOW
- 9 = MISSING OR INVALID

HEALTH

In general, would you say your health is excellent, very good, good, fair, or poor?

- 1 = EXCELLENT
- 2 = VERY GOOD
- 3 = GOOD
- 4 = FAIR
- 5 = POOR
- 7 = REFUSED
- 8 = DON'T KNOW
- 9 = MISSING OR INVALID

SUGGESTIONS

Do you have any suggestions that would make the home delivered meals program better? Please write your suggestions on the lines below.

XXXXXXXXXX (Maximum 26,000 Characters)

- 7 = REFUSED
- 8 = DON'T KNOW
- 9 = MISSING