



QUESTIONS

RESPONSES

53

Research Report Survey on Obesity in the CNMI

Form description

Please select your gender:

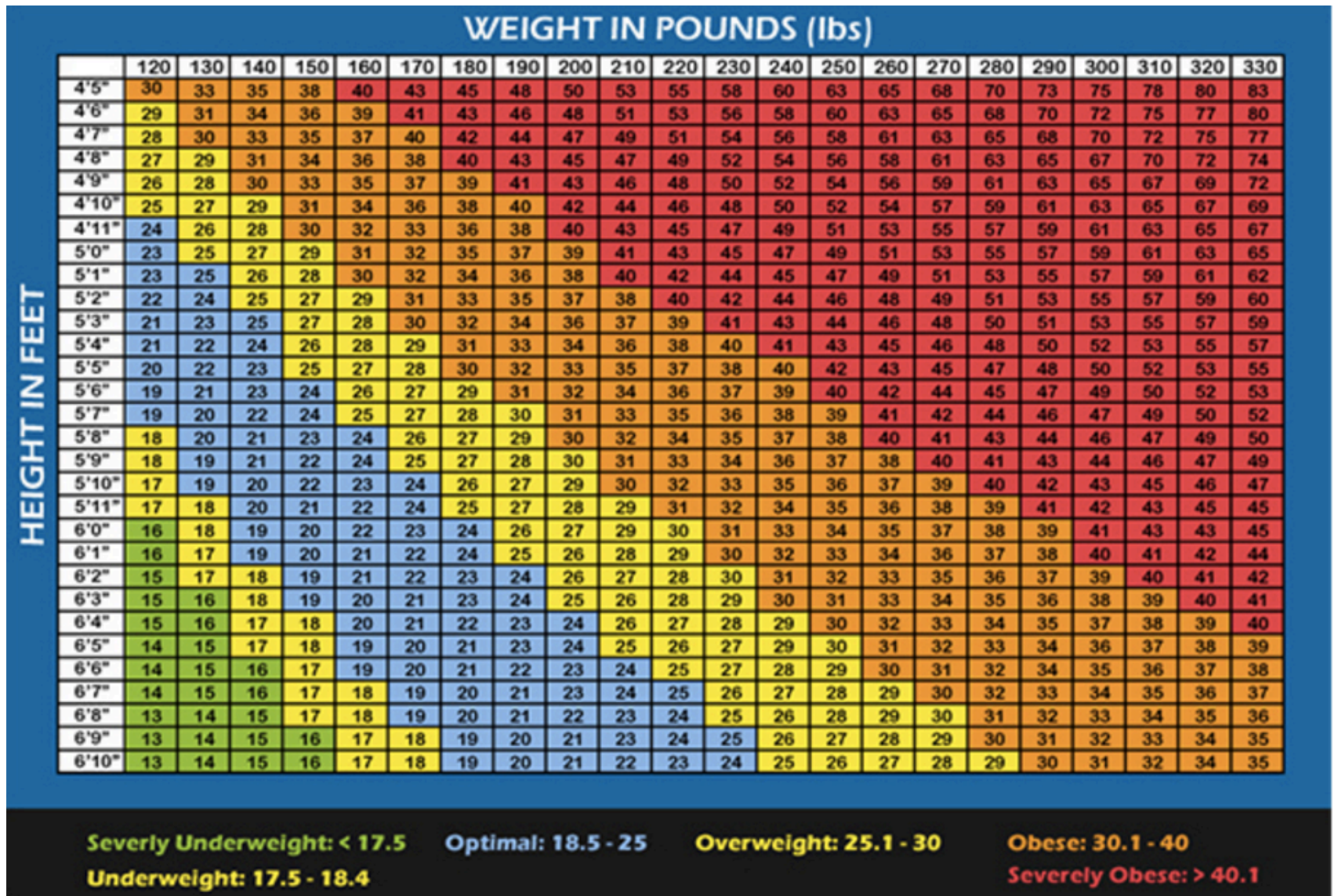
- Male
- Female

Select your age range:

- 16-24
- 25-32
- 32-40
- 40 or older

Please describe or define obesity in your own words:

Body Mass Index Chart



Take a look at the BMI Chart above and indicate which category you fall into: (First find your height, then your weight in range according to the color code category)

- Severly Underweight < 17.5
- Underweight: 17.5 - 18.4
- Optimal/Normal Average Weight: 18.5 - 25
- Overweight: 25.1 - 30
- Obese 30.1 - 40

Severely Obese: > 40.1

Do you think obesity is a serious issue in the CNMI?

Yes

No

Please explain why you think obesity is a serious issue in the CNMI, or

Long answer text

Do you have family members or friends who are obese?

Yes

No

How often do you eat fast-food or eat out at restaurants? (This question is optional and does not need to be answered.)

0 times a week

1-2 times a week

3-4 times a week

4-6 times a week

6 or more times a week

Do you eat any type of junk food or unhealthy snacks/food?

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Yes

No

Please check any of the following items of junk food or fast-foods that you consume. Check all that apply:

Cookies

Chips

Icecream

Cake

Soda

Cheeseburgers/Hamburgers

Deep Fried Foods

Pizza

Other...

How often do you exercise?

0 times a week

1-2 times a week

3 times a week

4 or more times a week

Place a check next to each category if you think it has an influence in being obese or links to obesity. Check all that apply:

- Poor Eating Habits (Overeating/Skipping Breakfast/Inconsistency in Meal Schedules/Late Night Snacks)
- Lack of Awareness
- Cultural Beliefs & Influences
- Lack of Parental Guidance & Encouragement
- Lack of Exercise or Inactivity
- Disease (Diabetes, Cardiovascular Disease such as Heart Attacks and Stroke, Cancers...etc)
- Other...

Rate your daily schedule or prioritization of work/family and other outside influences on a scale of 1 to 5 on how it affects your lifestyle (in the way you eat, sleep, exercise) from 1 being not at all to 5 being extremely:

| | | | | | | |
|------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------|
| | 1 | 2 | 3 | 4 | 5 | |
| Not at All | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | Extremely |

What are some places that you know that may help people who are struggling with obesity?

Long answer text

Please list down types of recreations that can be created or built that you

think will help or prevent obesity in the CNMI:

Long answer text

