***Breast cancer survivors Questionnaire***

Red is the number of respondents reply

#### 1. Which category below includes your age?

30- 40 < 1

41-50 1

51-60 5

61-70 9

71- 80 4

**2**. ***How many years ago were they you first diagnosed with breast cancer?***

Less than 1 year 1

1-2years 8

3-4 years 9

Just under 5 years 1

**3***.* ***Did cancer return after you completed treatment?***

Yes 3

No 16

#### 4. Are you more than 30 pounds overweight?

Yes 12 out of 19

No 7

#### 5. Do you think what you eat is related to health problems such as breast cancer?

Yes 14

No 2

Not sure 3

#### 6. How many servings of fruits and vegetables do you need a day?

None 6

1-3 9

4 or more 4

#### 7. Can fresh fruits and vegetables help prevent diseases like cancer?

Yes 11

No 0

Not sure 8

#### 8. Do you think too much sugar can lead to being overweight?

Yes 17

No 2

Not sure <1

#### 9.  Do you think some health conditions can be caused by eating too much fat?

Yes 12

No 3

Not Sure 4

**10**. **Indicate your current physical activity during an average work day:**

\_1\_\_ sitting most of the time, with very little movement

\_2\_\_ walking around, moving some of the time, but mostly sitting

\_\_6\_ fairly active, standing or moving most of the time

#### \_10\_\_ very active, strenuous work for long periods of time with little rest

**11**. ***Do you have any health conditions that could be made worse by a change in your physical activity?***

#### Yes 0

No 19

**12.**  **In what ways does your organization create awareness of cancer (risk factors and causes) specifically to breast cancer survivors?**

􀂅 Specific prevention programs 18 no, 1 yes

􀂅 written material 11 no 8 yes

􀂅 Health fairs/events 3 no 16 yes

􀂅 Awareness month/weeks 3 no 16 yes

􀂅 Videotapes 19 no 0 yes

􀂅 Seminars 15 no 4 yes

􀂅 Training sessions 15 no 4 yes

􀂅 Nutrition class 12 no 7 yes

􀂅 Physical activity and active living 16 no 3 yes

􀂅 Weight control and/or prevention of overweight 16 no 3 yes

􀂅 High risk behaviors such as over eating and not exercising 13 no 6 yes

􀂅 Follow-up assessments 0 no 19 yes