



Whole Hearts Health Questionnaire

Patient ID (Office Use Only) _____

Today's Date

Full Name of Patient

Date of Birth (MM/DD/YYYY)

1. How many cups of fruit do you eat in an average day? Including fresh, canned, or frozen (ex: apples, oranges, bananas, peaches)

0 1-2 cups 3-4 cups 5-6 cups 7-8 cups More than 8 cups

2. How many cups of vegetables do you eat in a day? Includes fresh, canned, or frozen (ex: carrots, potatoes, broccoli, squash)

0 1-2 cups 3-4 cups 5-6 cups 7-8 cups More than 8 cups

3. How many minutes of moderate physical activity do you get in a week? (With moderate physical activity, you can talk, but not sing during the activity).

0 mins 1-30 mins 31-60 mins 61-90 mins 91-120 mins 121-150 mins More than 150 Mins

4. How many minutes of vigorous physical activity do you get in a week? (With vigorous physical activity, you won't be able to say more than a few words without pausing for a breath).

0 mins 1-30 mins 31-60 mins 61-90 mins 91-120 mins 121-150 mins More than 150 Mins

5. Do you smoke? Includes cigarettes, pipes, cigars (smoked tobacco in any form).

Current Smoker (everyday) Current Smoker (some days) Never smoked

Quit (1-13 months ago) Quit (more than 12 months ago)

6. Do you want to quit smoking?

Never smoked No I'm thinking about quitting Yes, I want to quit I quit smoking recently

7. About how many hours a day, on average, are you in the same room or vehicle as another person who is smoking?

0 1 2 3 4 5 More than 5

8. In the past year, have you changed:

Tobacco use? Increased Decreased No change I don't smoke

Fruit & vegetable intake? Increased Decreased No change

Physical activity? Increased Decreased No change

9. In the past year, how many times have you used the Emergency Room (ER)?

0 1-2 3-4 5-6 7-8 More than 8

10. I am interested in the following health interventions:

Education materials One-on-one health coaching Peer support groups Group Classes

Healthy living events

11. If interested in group classes, please circle which of the topics below you are most interested in:

Cooking

Diabetes Management

Parenting

Gardening

Diabetes Prevention

Yoga

Smoking Cessation

Health Coverage

Stress Management

Canning

Exercise Group

Anger Management

Nutrition

Walking Program

Other: _____