



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



EAT HEALTHY



PLAY EVERY DAY



GET TOGETHER



GO OUTSIDE



SLEEP WELL

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# KNOWLEDGE IS POWER



At the Y, we understand how difficult change can be. Like any journey, one of the keys to getting to where you want to go is having a clear idea of where you are now. Once we learn this we can begin to see a way forward.

## How Healthy Is Your Home?

The ten-question HOW HEALTHY IS YOUR HOME? quiz is designed to assess how your family is doing with each of the five pillars of a healthy family home: EAT HEALTHY, PLAY EVERY DAY, GET TOGETHER, GO OUTSIDE and SLEEP WELL.

After taking the quiz you'll see a simple bar graph that illustrates how your family is doing with some of the key healthy habits under each pillar. You can print this bar graph and use it to help determine where your family could begin setting goals to improve your family's health and well-being.

## Eat Healthy

1. On average and to the best of your knowledge, how often do the members of your family consume at least five servings of fruits and/or vegetables in a single day? (5 servings might look like: glass of 100 percent orange juice, a handful of blueberries, peanut butter and 100 percent fruit preserves [jelly] sandwich, carrots and applesauce with dinner)

- Less than one day per week
- 1 or 2 days per week
- 3 or 4 days per week
- 5 or 6 days per week
- 7 days per week

2. On average and to the best of your knowledge, how often do the members of your family consume sugar-sweetened or artificially-sweetened beverages such as soda, sweet tea, diet drinks or juices with added sugar?

- Less than one day per week
- 1 or 2 days per week
- 3 or 4 days per week
- 5 or 6 days per week
- 7 days per week



# KNOWLEDGE IS POWER

Continued



## Play Every Day

**3.** On average and to the best of your knowledge, how often do your children get 60 minutes or more of active play and physical activity in their day? (Hint: it doesn't have to happen all at once)

- Less than one day per week
- 1 or 2 days per week
- 3 or 4 days per week
- 5 or 6 days per week
- 7 days per week

**4.** On average and to the best of your knowledge, how often do the adults in your home get 30 minutes or more of active play and physical activity in their day? (Hint: it doesn't have to happen all at once)

- Less than one day per week
- 1 or 2 days per week
- 3 or 4 days per week
- 5 or 6 days per week
- 7 days per week

## Get Together

**5.** On average and to the best of your knowledge, how often does your entire family spend at least 60 minutes of time together each day doing something other than watching television or riding in a car?

- Less than one day per week
- 1 or 2 days per week
- 3 or 4 days per week
- 5 or 6 days per week
- 7 days per week

**6.** On average and to the best of your knowledge, how often do individual children in your family enjoy at least 30 minutes of special one-to-one time with an adult family member doing something other than watching television or riding in a car?

- Less than one day per week
- 1 or 2 days per week
- 3 or 4 days per week
- 5 or 6 days per week
- 7 days per week

## Go Outside

**7.** On average and to the best of your knowledge, how often does everyone in your family get to spend at least 30 minutes outside?

- Less than one day per week
- 1 or 2 days per week
- 3 or 4 days per week
- 5 or 6 days per week
- 7 days per week

**8.** On average and to the best of your knowledge, how often is your children's outdoor time spent in unstructured or exploratory play? (For example, running and climbing on a playground, pretend play in the backyard, digging in a sand box, playing a game of pick-up soccer with friends, building a snowman or fort, looking under rocks, exploring a forest or creek, etc.)

- Less than one day per week
- 1 or 2 days per week
- 3 or 4 days per week
- 5 or 6 days per week
- 7 days per week

## Sleep Well

**9.** On average and to the best of your knowledge, how often do your children ages 5 – 12 get 10 or more hours of restful, uninterrupted sleep?

- Less than one day per week
- 1 or 2 days per week
- 3 or 4 days per week
- 5 or 6 days per week
- 7 days per week
- Not Applicable, I do not have children between ages 5 and 12.

**10.** On average and to the best of your knowledge, how often do the adults in your family get 8 hours or more of restful, uninterrupted sleep?

- Less than one day per week
- 1 or 2 days per week
- 3 or 4 days per week
- 5 or 6 days per week
- 7 days per week