

Community Assessment Survey (CAS) Sample Questions

	ACTIVITY	A	B	C	D
18.	Participate in physical exercise 3 or more times/week	Routinely	Most weeks	Some weeks	Never
20.	Eat fast food, convenience store, or vending machine snacks one or more times/ day	Routinely	Most days	Some days	Never

	ACTIVITY/EMOTIONS/SUPPORT WEB/OUTLOOK	Y	N
23.	Do you regularly participate in a hobby or recreational activity that involves interaction with another (basketball, biking, walks, chess club, etc.)?	YES	NO
24.	Do you regularly participate in a hobby or recreational activity that provides you with time alone (i.e. gardening, meditating, etc.) to just reflect/think?	YES	NO
35.	When you think of your life in general, are you overall satisfied with your current situation?	YES	NO

45. DO YOU HAVE IN-HOME ACCESS TO THE INTERNET/E-MAIL?

Y	Yes	N	No

48. HOW OFTEN DO YOU COMPLETE AN INFORMAL LEARNING PROGRAM? (could be from a self-help book, website, business or nonprofit program—example: How to grow an herb garden? How to design your own web page?)

A	One or more per year	C	One every few years
B	One every couple of years	D	Never

	THOSE THINGS WHICH SURROUND YOU	Y	N
51.	Is your home structure maintained (no leaky roof, broken porch, etc.) and healthy (no signs of mold, overly dusty, etc.)?	YES	NO
52.	Does your home comfortably support the number of people living there (adequate sleeping areas; designated areas for eating, doing bills/homework, etc.)?	YES	NO
63.	Do you recycle and/or dispose of hazardous waste appropriately?	YES	NO

	FAMILY/FINANCIAL SECURITY	Y	N	C
76.	Do you regularly contribute to a savings/retirement account?	YES	NO	N/A
81.	If a full-time employee, do you receive at least 1 week's worth of paid vacation leave per year?	YES	NO	N/A
82.	If a full-time employee, do you receive at least 40 hours of paid sick leave per year?	YES	NO	N/A
83.	Do you routinely have more than \$1000 of revolving credit card debt?	YES	NO	N/A