

Health & Environmental Attitudes and Behaviors Survey

Start of Block: Block 1

Q25 Dear SIU Student, My name is Dawn Null and I am an Assistant Professor in Human Nutrition and Dietetics at Southern Illinois University. In collaboration with the Sustainability Office, I am conducting a research study to better understand attitudes, knowledge and behaviors of students in terms of environmental sustainability. The results from this research will provide baseline information as well as inform future programming sponsored by the Sustainability Office. We invite you to participate in the study by taking this survey which should take 8-10 minutes. If you need clarification, feel free to ask me or a research assistant. As a thank you for completing the survey, we are giving away reusable coffee cups. At the end of the survey, you will have the option to give us your email address. If you choose to give us your email address, you will be contacted in the spring to complete the survey again. This is the only time your email will be used, and it will not be shared with anyone. In exchange for completing the survey in the spring, you will receive a Saluki Green Action Team t-shirt, made from materials that consider environmental impact! Otherwise, no names or identifying information will be collected and there is very little risk to you that your information could be seen by others. Only the researcher will have access to the data. Upon completion of the study, survey data will be destroyed. By completing the survey, you are acknowledging that you are 18 years of age or older, and you are agreeing to participate in the Health & Environmental Attitudes and Behaviors Survey. Your cooperation is deeply appreciated. If you have any questions, please contact me at 618-453-2462 or dawnnull@siu.edu. Sincerely, Dawn Null, PhD, RDN, LDN This project has been reviewed and approved by the SIUC Human Subjects Committee. Questions concerning your rights as a participant in this research may be addressed to the committee chairperson, Office of Research Compliance, SIUC, Carbondale, IL 62901- 4344. Phone (618)-453-4533. E-mail: siuhsc@siu.edu

Q26 Please click one of the options below.

- I consent and verify that I am 18 years or older (1)
- I do not consent (2)

End of Block: Block 1

Start of Block: Default Question Block

Q1 How's your health?

	Strongly disagree (1)	Disagree (2)	Agree (6)	Strongly agree (7)
My health is valuable to me. (1)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am aware of the changes in my health. (2)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I take responsibility for the state of my health. (3)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am health conscious. (4)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I understand healthy eating. (5)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Q2 Tell us a little about your lifestyle.

	Strongly disagree (1)	Disagree (2)	Somewhat disagree (3)	Somewhat agree (5)	Agree (6)	Strongly agree (7)
I eat 5 or more servings of fruits and vegetables daily. (1)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I balance my school work and personal life (2)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I can manage stress. (3)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I limit the amount of meat I eat. (4)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I have quality sleep. (5)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I follow a healthy diet. (6)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I try not to waste food. (7)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Whenever possible I avoid eating processed foods. (8)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I get yearly physicals. (9)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I exercise regularly. (10)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

I eat a
plant-
based diet.
(11)

I only take
the amount
of food I
can eat.
(12)

Page Break

Q3 What is the most common cause of pollution of streams and rivers?

- Dumping of garbage by cities. (1)
 - Surface water running off yards, city streets, paved lots, and farm fields. (2)
 - Litter near streams and rivers. (3)
 - Waste dumped by factories. (4)
 - Don't know. (5)
-

Q4 Ozone forms a protective layer in the earth's upper atmosphere. From what does ozone protect us?

- Acid rain (1)
 - Climate change (2)
 - Sudden changes in temperature (3)
 - Harmful UV rays (4)
 - Don't know (5)
-

Q5 Which of the following is an example of sustainable forest management?

- Setting aside forests to be off limits to the public (1)
 - Never harvesting more than what the forest produces in new growth (2)
 - Producing lumber for nearby communities to build affordable housing (3)
 - Putting the local communities in charge of forest resources (4)
 - Don't know (5)
-

Q6 Of the following, which would be considered living in the most environmentally sustainable way?

- Recycling all recyclable packaging (1)
 - Reducing consumption of all products (2)
 - Buying products labeled "eco" or "green" (3)
 - Buying the newest products available (4)
-

Q7 Which of the following is the most commonly used definition of sustainable development?

- Creating a government welfare system that ensures universal access to education, health care, and social services (1)
 - Setting aside resources for preservation, never to be used (2)
 - Meeting the needs of the present without compromising the ability of future generations to meet their own needs (3)
 - Building a neighborhood that is both socio-demographically and economically diverse (4)
-

Q8 Over the past three decades, what has happened to the difference between the wealth of the richest and the poorest Americans?

- The difference has increased (1)
 - The difference has stayed about the same (2)
 - The difference has decreased (3)
-

Q9 Many economists argue that electricity prices in the U.S. are too low because...

- They do not reflect the costs of pollution from generating the electricity (1)
 - Too many suppliers go out of business (2)
 - Electric companies have a monopoly in their service area (3)
 - Consumers spend only a small part of their income on energy (4)
-

Q10 Which of the following is the most commonly used definition of economic sustainability?

- Maximizing the share price of a company's stock (1)
 - Long term profitability (2)
 - When costs equal revenue (3)
 - Continually expanding market share (4)
-

Q11 Which of the following countries passed the U.S. to become the largest emitter of the greenhouse gas carbon dioxide?

- China (1)
 - Sweden (2)
 - Brazil (3)
 - Japan (4)
-

Q12 Which of the following is a leading cause of the depletion of fish stocks in the Atlantic Ocean?

- Fisherman seeking to maximize their catch (1)
 - Reduced fish fertility due to genetic hybridization (2)
 - Ocean pollution (3)
 - Global climate change (4)
-

Q13 For the next group of questions on sustainability attitudes, please indicate how much you agree or disagree with each statement: 1-Strongly Disagree, to 6-Strongly Agree

	Strongly Disagree (1)	Disagree (2)	Somewhat Disagree (3)	Somewhat Agree (4)	Agree (5)	Strongly Agree (6)
Equal rights for all people strengthens a community (1)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Community cooperation is necessary to solve social problems (2)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Generally speaking, consumerism is not sustainable (3)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Access to clean water is a universal human right (4)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am willing to put forth a little more effort in my daily life to reduce my environmental impact (5)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
An unsustainable economy values personal wealth at the cost of others (6)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I believe that many people can work together to solve global problems (7)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Clean air is part of a good life (8)

Our present consumption of natural resources will result in serious environmental challenges for future generations (9)

The well-being of others affects me (10)

Biological diversity in itself is good (11)

Page Break

Q14 Environmental sustainability (Percent of time)

	Never (0%) (1)	Rarely (2)	Occasionally (30%) (3)	Sometimes (50%) (4)	Frequently (70%) (5)	Often (90%) (6)	Always (100%) (7)
Switch off lights when not in use. (1)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Turn off taps while brushing my teeth, washing hands, doing dishes, or shaving. (2)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Pay attention to energy-efficiency labels when purchasing electronics. (3)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Use durable rather than disposable silverware. (4)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Turn off electronics completely (not on stand-by) when not in use. (5)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Take shorter showers. (6)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

When shopping take own reusable bags. (7)

Use recycle bins to separate glass, plastic, aluminum, and paper waste. (8)

Donate unwanted electronic appliances, computers, toys, or clothing to charity groups. (9)

Choose whole foods over processed. (10)

Recycle broken electronics. (11)

I use cold water when washing my clothes. (13)

I pick up litter when I see it on campus. (14)

Q15 What is your age?

Q16 What is your gender?

- Male (1)
- Female (2)
- Prefer not to answer (3)

Q17 What is your ethnicity?

- White (1)
- Hispanic or Latino (2)
- Black/African American (3)
- Native American/American Indian (4)
- Asian/Pacific Islander (5)
- Other (6)

Q18 What year are you at SIU?

- Freshman (1)
 - Sophomore (2)
 - Junior (3)
 - Senior (4)
 - Graduate student (5)
-

Q21 Which dining hall do you typically eat in?

- Lentz (1)
 - Trueblood (2)
-

Q19 What is your major?

Q20 What is your current employment status?

- Unemployed, not looking for work (1)
 - Unemployed, looking for work (2)
 - Employed, working 1-10 hours/week (3)
 - Employed, working 11-20 hours/week (4)
 - Employed, working 21-30 hours/week (5)
 - Employed, working 31-40+ hours/week (6)
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Q24 We are administering this survey again in the spring. If you are interested, simply type in your email address. In exchange for completing the survey in the spring, you will receive a Saluki Green Action Team t-shirt, made from materials that consider environmental impact!

End of Block: Default Question Block
