

BARNAAMIYADA CAAFIMAAD QABKA/HAWLAHA (wey sii socdaan) / WELLNESS PROGRAMS/ACTIVITIES (continued)

Maba danaynayo/ Not at all interested	Aad uma danaynayo/ Not very interested	Go'aan kama qaadan/ Undecided	Waxoogaa waan xiiseynayaa/ Somewhat interested	Aad ayaan u xiiseynayaa/ Very interested
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NAFAQEYN/ NUTRITION

Cunto karin caafimaad leh/ Healthy Cooking 1 2 3 4 5

Fasalo Cunto Caafimaad Cunid ah/ Healthy Eating Classes 1 2 3 4 5

Sida Loo Aqriyo Qoraalada Raashinka/ How to Read Food Labels 1 2 3 4 5

CAAFIMAADKA MASKAXDA/ MENTAL HEALTH

Awooda Maskaxda oo Hoos u Dhadca (Damenshia/Alsaymars) Waxbarashada/ Dementia/Alzheimer's Education 1 2 3 4 5

Murugo iyo Khasaare/ Grief and Loss 1 2 3 4 5

Dhimitaanka Walbahaarka/ Stress Reduction 1 2 3 4 5

Arimaha Caafimaadka Dhimirka/ Mental Health Issues 1 2 3 4 5

HAWLAHA QAABKA NOLOSHA/ LIFESTYLE ACTIVITIES

Bulshada Beeraleyda ah/ Community Gardening 1 2 3 4 5

Fasalo Jimicsi ah/ Exercise Classes 1 2 3 4 5

Naadiyo Lugeyn ah/ Walking Clubs 1 2 3 4 5

KOOXO TAAGEERO/ SUPPORT GROUPS

Koox Taageero oo qaabilsan Kansarka/ Cancer Support Group 1 2 3 4 5

Koox Taageero oo Daryeel baxsha/ Caregiver Support Group 1 2 3 4 5

Kuwo kale (fadlan qor)/ Other (please write): _____

Waan kasoo qeyb gali lahaa barnaamijyadaas/hawlahaas jameecadeyda maalmahaan iyowaqtiyadaan (xulo dhammaan jawaabaha waafaqsan)./ I would attend these programs/activities at my congregation during these days and times (select all that apply).

Maalin (maalmo)/ Day(s):

- Isniin –Jimce/ Monday - Friday
 Sabti/ Saturday
 Axad/ Sunday

Waqtiyo/ Times:

- Subax/ Morning
 Subax/ Morning
 Suba/ Morning
 Galab/ Afternoon
 Galab/ Afternoon
 Galab/ Afternoon
 Fiid/ Evening
 Fiid/ Evening
 Fiid/ Evening

KORMEERKA DANTA CAAFIMAAD

HEALTH INTEREST SURVEY

Magaca Bulshada Diinta/ Name of Faith Community:

Taariikh/ Date:

Furaha Nawaaxiga Guriga/ Home Zip Code:



Healing Hands. Caring Hearts.SM

Waad ku mahadsan tahay inaad waqti ku bixisay buuxinta foomkaan kormeerka. Waxa aad qorayso aad ayay muhiim noogu yihiin marka aan kuu khidmeynayno. Qoraalka iyo waxa kujira kormeerkaan waxaa loogu tala galay xogta caafimaadka guud oo qura loogumana tala galin inay baddal u noqdaan talo caafimaad oo xirfadeysan, sheegitaanka cudurada iyo daaweynta.

Thank you for taking the time to complete this survey. Your input is very important to us as we work to serve you. The material and content contained in this survey is for general health information only and is not intended to be a substitute for professional medical advice, diagnosis or treatment.

Gebi ahaan xogta la bixiyo waxay ahaanaysaa qarsoodi

All Information provided will be kept confidential

TILMAAMAHA: Fadlan jumlad kasta u aqri si taxaddar leh Jawaabtaada qor adigoo sanduuqa eegaya ama goobaabin galinaya nambarka jawaabtaada sida ugu wanaagsan u muujinaya.

DIRECTIONS: Please read each statement carefully. Record your response by checking the box or circling the number that best represents your answer.

XOGTA AASAASIGA AH/ BASIC DEMOGRAPHICS

Jinsiga qofka/ Gender Rag/ Male Dumar/ Female

Da'da Age Ka yar 19/ Under 19 20-29 30-39
 40-49 50-59 60-69
 70-79 80 iyo ka weyn/ 80 and up

Cunsurka qofka/ Race Hindi Amerikaan ama Alaska Dadka asalka ee looyimid/ American Indian or Alaska Native
 Ayshiyaan/ Asian
 Madow ama Afrikaan Amerikaan/ Black or African American

Jinsiyadda qofka/ Ethnicity Hawaiiyan Asal ah ama Qof kale oo ka soo jeeda jasiirada Basifigga/ Native Hawaiian or Other Pacific Islander
 Caddaan ama Kawkayshin/ White or Caucasian
 Hisbaanig ama Latino/ Hispanic or Latino
 Hisbaanig iyo Latino midna aan ahayn/ Not Hispanic or Latino

Caymiska Caafimaadka/ Health Insurance Haa / Yes No / No

XOGTA CAAFIMAADKA SHAKHSIGA/ PERSONAL HEALTH INFORMATION

Waxaan ku qiyaasayaa caafimaadkayga guud I rate my overall health	Inuu Liito/ Poor	Uu yahay dhexdhexaad/ Fair	Ma hubo/ Unsure	Inuu wanaagsan yahay/ Good	Inuu heerka ugu fiican joogo/ Excellent
	1	2	3	4	5
Waxaan u tagaa dhaqtar ugu yaraan 1 jeer sanadkii. / I see a health provider at least 1 time a year.	1	2	3	4	5
Waxaan aadaa dhaqtarka ilkaha ugu yaraan 1 illaa 2 jeer sanadkii. / I see a dentist at least 1 to 2 times a year.	1	2	3	4	5
Waxaan jimicsi sameeyaa ugu yaraan 30 daqiiqadood 3 jeer asbuucii. / I exercise for at least 30 minutes 3 times a week.	1	2	3	4	5
Waan aqaan meesha aan u doonanaayo adeegyada caafimaadka ee aan u baahanahay. / I know where to go for the health services that I need.	1	2	3	4	5

XOGTA CAAFIMAADKA SHAKHSIGA (oo sii socota)/ PERSONAL HEALTH INFORMATION (continued)

	Aad ayaan u Diidanahay/ Strongly Disagree	Waa diidanahay/ Disagree	Go'aan kama qaadan/ Undecided	Waan aqbalay/ Agree	Aad ayaan u aqbalay/ Strongly Agree
	1	2	3	4	5
Waxaan haystaa xogta aan u baahnahay ee aan ku daryeeli karo caafimaadkayga. / I have the information that I need to take care of my health.	1	2	3	4	5
Waxaan dareemaa in diintayda/waxyaabaha aan aaminsanahay ee diiniga ah ay saamayn wanaagsan kuleeyihiin caafimaadkayga. / I feel that my religious/spiritual beliefs have a positive effect on my health.	1	2	3	4	5
Waxaan dareemayaa in aan dowr firfircoon ka qaato caafimaadkayga ay muhiim u tahay caafimaadkayga guud. / I feel that taking an active role in my health is important to my overall health.	1	2	3	4	5

TILMAAMAHA: Fadlan aqri caddeynmahaan hoos ku xusan oo goobaabin gali nambarka sida ugu wanaagsan u muujinaya sida aad u xiiseyneyso barnaamij/hawl kasta (1= Madaneynayo ilaa 5=Aad ayaan u danaynayaa).

DIRECTIONS: Please read the statements below and circle the number that best represents how interested you are in each program/activity (1= Not Interested to 5 = Very Interested).

BARNAAMIJYADA/HAWLAHA SIXADA/ WELLNESS PROGRAMS/ACTIVITIES

Waxaan danayn lahaa barnaamijyada/hawlaha soo socda hadii la ii siin lahaa fursad. / I would be interested in the following programs/activities at my faith community if it were offered.

Maba danaynayo/ Not at all interested	Aad uma danaynayo/ Not very interested	Go'aan kama qaadan/ Undecided	Waxoogaa waan xiiseynayaa/ Somewhat interested	Aad ayaan u xiiseynayaa/ Very interested

WAXBARASHADA CAAFIMAADKA/ HEALTH EDUCATION

Ka hortagga kansarka/ Cancer Prevention	1	2	3	4	5
Kaadi macaanka/ Diabetes	1	2	3	4	5
Qorshaynta Dhammaadka Nololsha/ End of Life Planning	1	2	3	4	5
Baaritaan Caafimaad (tusaale: oo kusaabsan dhiig kar) / Health Screenings (ex: blood pressure)	1	2	3	4	5
Caafimaadka Wadnaha/ Heart Health	1	2	3	4	5
Caafimaadka Ragga/ Men's Health	1	2	3	4	5
Caafimaadka Dumarka/ Women's Health	1	2	3	4	5

Bogga kale ayuu ka sii socdaa
Continued on next page

