

HEALTH BEHAVIOR Survey

This survey is about health behavior. It has been developed so you can list and review what you do that may affect your health. The information can be used to develop better health education for people like yourself.

Answer the questions based on what you really do. Completing the survey is voluntary.

1. What is your sex?
 - A. Male
 - B. Female

2. How old are you?
 - A. 18 years old or younger
 - B. 19 – 25 years old
 - C. 26 --35 years old
 - D. 36-45 years old
 - E. 46-55 years old
 - F. 56-65 years old
 - G. Over 65 years old

3. How do you describe yourself? (Select one or more responses).
 - A. American Indian or Alaska Native
 - B. Asian
 - C. Black or African American
 - D. Hispanic or Latino
 - E. Native Hawaiian or Other Pacific Islander
 - F. White or Caucasian

4. How tall are you without your shoes on? _____

5. How much do you weigh without your shoes on? _____

6. During the past 7 days, how many times did you eat salad?
 - A. I did not eat green salad during the past 7 days
 - B. 1 to 3 times during the past 7 days
 - C. 4 to 6 times during the past 7 days
 - D. 1 time per day
 - E. 2 times per day
 - F. 3 times per day
 - G. 4 or more times per day

7. During the past 7 days, how many times did you consume fried foods?
 - A. I did not eat any fried foods.

- B. 1 to 3 times during the past 7 days
 - C. 4 to 6 times during the past 7 days
 - D. 1 time per day
 - E. 2 times per day
 - F. 3 times per day
 - G. 4 or more times per day
8. How often do you consume soft drinks?
- A. With every meal
 - B. With two meals out of the day
 - C. With one meal out of the day
 - D. Not with every meal but in between meals
 - E. With some meals and in between meals
 - F. With every meal and in between meals
9. How much water do you drink everyday?
- A. I do not drink water.
 - B. 1 glass
 - C. 2-4 glasses
 - D. More than 4 glasses
10. Do you feel that it is important to eat 5 or more servings of fresh fruits and vegetables every day?
- Yes or No
11. Do you feel that eating fried, fatty, or refined foods at a young age can cause problems when you get older?
- Yes or No
12. During the past 7 days, how many times did you drink 100% fruit juices such as orange juice, apple juice, or grape juice? (Do not count punch, Kool-Aid, sports drinks, or other fruit-flavored drinks.)
- A. I did not drink 100% fruit juice during the past 7 days
 - B. 1 to 3 times during the past 7 days
 - C. 4 to 6 times during the past 7 days
 - D. 1 time per day
 - E. 2 times per day
 - F. 3 times per day
 - G. 4 or more times per day
13. Do you drink alcoholic beverages? Yes or No
14. If yes, I mostly drink_____.
- A. Beer
 - B. Wine
 - C. Wine coolers

- D. Liquor (such as rum, gin, whiskey)
 - E. Champagne
15. When going out with friends, do you feel it is necessary to drink to have a good time?
Yes or No
16. How much alcohol do you consume on a weekly basis?
- A. None
 - B. 1-3 drinks
 - C. 4-8 drinks
 - D. 9 or more drinks
17. Do you smoke? Yes or No
18. If yes, how old were you when you started smoking?
- A. I don't smoke
 - B. 8 years or younger
 - C. 9 to 13 years
 - D. 14+ years
19. On how many of past 7 days did you exercise or participate in hard physical activity for at least 30 minutes (e.g. basketball, soccer, running, swimming laps, fast bicycling, fast dancing, or similar aerobic activities)?
- A. 0 days
 - B. 1-2 days
 - C. 3-4 days
 - D. 5 or more days
20. On how many of the past 7 days did you participate in moderate physical activity for at least 30 minutes, (e.g. fast walking, slow bicycling, skating, pushing a lawn mower, or mopping floors)?
- A. 0 days
 - B. 1-2 days
 - C. 3-4 days
 - D. 5 or more days
21. On how many of past 7 days did you do exercises to strengthen or tone your muscles, such as push-ups, sit-ups, or weight lifting?
- A. 0 days
 - B. 1-2 days
 - C. 3-4 days
 - D. 5 days or more
22. On an average school day, how many hours do you watch TV?
- A. I do not watch TV on an average school day
 - B. Less than 1 hour per day
 - C. 1-2 hours per day

- D. 3-4 hours per day
23. In an average week when you are in school, on how many days do you participate in physical activities?
- A. 0 days
 - B. 1-2 days
 - C. 3-4 days
 - D. 5 or more days
24. During an average physical activity session, how many minutes do you spend actually exercising or playing sports?
- A. I do not take PE
 - B. Less than 10 minutes
 - C. 10 to 20 minutes
 - D. 21 to 30 minutes
 - E. More than 30 minutes
25. On the average, how many hours of sleep do you get every night?
- A. less than six hours
 - B. 6-8 hours
 - C. more than 8 hours
26. How important to your health do you consider physical activity to be?
- A. not important
 - B. slightly important
 - C. important
 - D. very important

This following statements refers to situations with your family, teachers, friends, and acquaintances. Read each statement carefully and decide whether you strongly agree, somewhat agree, or disagree with each statement. There are no right or wrong answers, so don't take too much time to mark your response.

27. Most people like me and enjoy being around me.
- A. Somewhat agree
 - B. Agree
 - C. Disagree
28. I state my needs and feelings without putting others down.
- A. Somewhat agree
 - B. Agree
 - C. Disagree
29. I have difficulty standing up for myself.
- A. Somewhat agree
 - B. Agree
 - C. Disagree

30. I tend to say yes when I really want to say no.
A. Somewhat agree
B. Agree
C. Disagree

31. My problems seem overwhelming to me.
A. Somewhat agree
B. Agree
C. Disagree

32. I feel good about my appearance.
A. Somewhat agree C. Disagree
B. Agree

33. I feel I am smart enough to succeed.
A. Somewhat agree C. Disagree
B. Agree

34. I feel my teachers like me.
C. Somewhat agree C. Disagree
B. Agree

35. I feel my friends like me.
D. Somewhat agree C. Disagree
B. Agree

36. I feel my parents like me.
E. Somewhat agree C. Disagree
F. Agree

37. What do you think is keeping you or other students from eating better (more nutritious foods)?

38. What do you think is keeping you or other students from taking part in sufficient exercise (daily physical activity)?

39. What do you think is needed to help students to start eating better and exercising more?

40. Where do you usually buy healthy fruits and vegetables? (besides grocery stores)

*This is the end of the survey.
Thank you very much for your help.*