

Clermont County Youth Health Survey Questions

1. How old are you?
 - a. 8
 - b. 9
 - c. 10
 - d. 11
 - e. 12

2. Are you a boy or girl?
 - a. Boy
 - b. Girl

3. Do you consider yourself Hispanic or Latino?
[READ] Common Hispanic and Latino population are Mexican Americans, Cuban Americans, Colombian Americans, Dominican Americans, Puerto Rican Americans, Spanish Americans, and Salvadoran Americans.
 - a. Hispanic
 - b. Latino
 - c. Neither
 - d. Don't know

4. What is your race? (Select one or more responses).
[Read] Many people are of mixed race and can be both. For example: Your mom may be Asian and your dad may be white.
 - a. Asian
 - b. Black or African American
 - c. White
 - d. Native Hawaiian or Other pacific Islander
 - e. American Indian or Alaska Native
 - f. Other

5. How do you describe your weight?
 - a. Overweight
 - b. Right weight
 - c. Underweight

6. Have you seen a doctor in the last year (12 months) for a well checkup? Do not count times when you saw a doctor because you were sick.
 - a. Yes
 - b. No
 - c. Don't Know

7. Has a doctor or nurse ever talked with you or your parents about your weight?
 - a. No
 - b. Yes they mentioned I don't weigh enough
 - c. Yes they mentioned I weigh too much
 - d. Don't know

8. Do any of your relatives have Diabetes?

[READ] Diabetes is a disease that affects how the body uses glucose, a sugar that is the body's main source of fuel. People with Diabetes will usually have to check their blood sugar several times a day by poking their finger and testing their blood in a little machine.

- a. Yes
- b. No
- c. Don't know

9. During the past 7 days, how many times did you eat fruit?

[Read] Do not count fruit juice.

- a. I did not eat fruit 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 to 2 times per day
- e. 3 or more times per day

10. Not counting French fries, during the past 7 days how many vegetables did you eat?

- a. I did not eat vegetables 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 to 2 times per day
- e. 3 or more times per day

11. During the past 7 days, how many times did you drink a can, bottle, or glass of soda or pop, such as Coke, Pepsi, or Sprite?

[Read] Do not include diet soda or diet pop.

- a. I did not drink soda or pop 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 to 2 times per day
- e. 3 or more times per day

12. During the past 7 days, how many glasses of milk did you drink?

[Read] Include the milk you drank in a glass or cup, from a carton, or with cereal. Count the half pint of milk served at school as equal to one glass.

- a. I did not drink milk during the past 7 days
- b. 1 to 3 glasses during the past 7 days
- c. 4 to 6 glasses during the past 7 days
- d. 1 to 2 glasses per day
- e. 3 or more glasses per day

13. During the past 7 days, how many times did you drink fruit juices such as orange juice, apple juice, or grape juice?

[Read] 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 to 2 time per day
- e. 3 or more times per day

14. During the past 7 days, how many times did you drink water?
[Read] Count glasses, bottles or other containers of water. DO NOT count sips from the water fountain
- I did not drink water during the past 7 days
 - 1 to 3 times during the past 7 days
 - 4 to 6 times during the past 7 days
 - 1 to 2 times per day
 - 3 or more times per day
15. Do you eat breakfast?
- No
 - Yes-at home most of the time
 - Yes-at school most of the time
16. Do you buy or pack your lunch most often?
- Buy most of the time
 - Pack most of the time
17. Do you often buy “extra” foods at school?
[Read] examples: chips, ice cream, cookies, and cakes.
- often
 - sometimes
 - never
18. When you pack your lunch, do you often pack chips, ice cream, cookies and cakes?
- often
 - sometimes
 - never
 - I do not pack
19. How many times a week do you eat fast food?
- everyday
 - almost every day
 - 3-4 days a week
 - 1-2 days a week
 - Never
20. How many times a week do you sit down with most of the people in your home and eat a meal together?
- Everyday
 - Almost every day
 - 3-4 days a week
 - 1-2 days a week
 - Never

21. In the last seven days, how many times have you eaten more than one plateful at dinner?
[Read] Do not count second helpings of fruits and vegetables but do count seconds of meat and other side dishes.
- everyday
 - almost every day
 - 3-4 days a week
 - 1-2 days a week
 - Never
22. How many days a week do you eat junk food?
[Read] examples: cake, cookies, pie, candy, chocolate, ice cream, chips.
- Everyday
 - Almost every day
 - 3-4 days a week
 - 1-2 days a week
 - On special occasions
 - Never
23. During the past 7 days, on how many days were you physically active for a total of at least 1 hour per day?
[Read] Add up all the time you spent in any kind of physical activity that increased your heart rate and made you breathe hard some of the time.) Including riding your bike, playing on your, running around outside, PE.
- 0 days
 - 1 to 2 days
 - 3 to 5 days
 - 6 to 7 days
24. On an average school day, how many hours do you watch TV?
[Read] do not include video games or computer time.
- I do not watch TV on an average school day
 - Less than 1 hour per day
 - 1 to 2 hours per day
 - 3 or more hours per day
25. On an average school day, how many hours do you play video or computer games or use a computer for something that is not school work?
[Read](Include activities such as Nintendo, Game Boy, PlayStation, Xbox, computer games, texting on phone and the Internet.) Do not include the Wii system.
- I do not play video or computer games or use a computer for something that is not school work
 - Less than 1 hour per day
 - 1 to 2 hours per day
 - 3 or more hours per day
26. During an average school week, how many days a week do you go to gym class?
- 0
 - 1 to 2 days
 - 3 to 4 days
 - 5 days

27. During the past 12 months, on how many sports teams did you play?
[Read] Include any teams run by your school or community groups. Examples are: cheerleading, football, basketball, soccer, baseball, softball, volleyball, swimming.
- a. 0 teams
 - b. 1 team
 - c. 2 teams
 - d. 3 or more teams
28. During the past 12 months, how many individual physical activities did you do on a regular basis?
[Read] Examples are: karate, gymnastics, dance lessons.
- a. 0 activities
 - b. 1 activity
 - c. 2 activities
 - d. 3 or more activities
29. Do you live near a playground or park?
- a. No
 - b. Yes
30. If you do live near a park or playground how often do you go most weeks?
- a. Never
 - b. 1 to 2 days a week
 - c. 3 to 4 days a week
 - d. 5 or more days a week
 - e. I do not live near a park or playground