



2007

Youth Risk & Resiliency Survey High School Questionnaire

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

DO NOT write your name on this survey. The answers you give will be kept private. No one will know what you write. Answer the questions based on what you really do, not what you think you are supposed to do.

Completing the survey is voluntary. Your grade in this class will not be affected by whether or not you answer the questions.

Make sure you read every question. If you do not understand a question, or if you feel uncomfortable answering a question, you may leave it blank. Please try to answer every question.

The questions that ask about your background will be used only to describe the types of students completing this survey. The information will not be used to find out your name. No names will ever be known to anyone connected with this survey.

Fill in the ovals completely. When you are finished, follow the instructions of the person giving you the survey.

**Someone in the classroom will now tell you what to do before you start.
Thank you very much for your help.**

Directions

- Use a #2 pencil only. One should be given to you by the person conducting the survey.
- Fill in the bubbles completely, like this: ●
- If you want to change your answer, erase it completely.
- Choose only one answer for each question, except #5.

- How old are you?
 - 12 years old or younger
 - 13 years old
 - 14 years old
 - 15 years old
 - 16 years old
 - 17 years old
 - 18 years old or older

- What is your sex?
 - Female
 - Male

- In what grade are you?
 - 9th grade
 - 10th grade
 - 11th grade
 - 12th grade
 - Ungraded or other grade

- Are you Hispanic or Latino?
 - Yes
 - No

- What is your race?
(Select one or more responses.)
 - American Indian or Alaska Native
 - Asian
 - Black or African American
 - Native Hawaiian or Other Pacific Islander
 - White

- How tall are you without your shoes on?
 Directions: Write your height in the blank boxes.
 Fill in the matching oval below each number.

Example

Height	
Feet	Inches
5	7
③	①
④	①
●	②
⑥	③
⑦	④
	⑤
	⑥
	●
	⑧
	⑨
	⑩
	⑪

- How much do you weigh without your shoes on?
 Directions: Write your weight in the blank boxes.
 Fill in the matching oval below each number.

Example

Weight Pounds		
1	5	2
①	①	①
●	①	①
②	②	●
③	③	③
	④	④
	●	⑤
	⑥	⑥
	⑦	⑦
	⑧	⑧
	⑨	⑨

- During the past 12 months, how would you describe your grades in school?
 - Mostly A's
 - Mostly B's
 - Mostly C's
 - Mostly D's
 - Mostly F's
 - None of these grades
 - Not sure

The next 4 questions ask about personal safety.

- When you rode a bicycle** during the past 12 months, how often did you wear a helmet?
 - I did not ride a bicycle during the past 12 months
 - Never wore a helmet
 - Rarely wore a helmet
 - Sometimes wore a helmet
 - Most of the time wore a helmet
 - Always wore a helmet

- How often do you wear a seat belt when **riding in** a car driven by someone else?
 - Never
 - Rarely
 - Sometimes
 - Most of the time
 - Always

11. During the past 30 days, how many times did you **ride** in a car or other vehicle **driven by someone who had been drinking alcohol**?

- A. 0 times
- B. 1 time
- C. 2 or 3 times
- D. 4 or 5 times
- E. 6 or more times

12. During the past 30 days, how many times did you **drive** a car or other vehicle **when you had been drinking alcohol**?

- A. 0 times
- B. 1 time
- C. 2 or 3 times
- D. 4 or 5 times
- E. 6 or more times

The next 10 questions ask about violence-related behaviors.

13. Is there a gun in your home?

- A. Yes
- B. No
- C. Not sure

14. During the past 30 days, on how many days did you carry a **weapon** such as a gun, knife, or club?

- A. 0 days
- B. 1 day
- C. 2 or 3 days
- D. 4 or 5 days
- E. 6 or more days

15. During the past 30 days, on how many days did you carry a **gun**?

- A. 0 days
- B. 1 day
- C. 2 or 3 days
- D. 4 or 5 days
- E. 6 or more days

16. During the past 30 days, on how many days did you carry a weapon such as a gun, knife, or club **on school property**?

- A. 0 days
- B. 1 day
- C. 2 or 3 days
- D. 4 or 5 days
- E. 6 or more days

17. During the past 30 days, on how many days did you **not** go to school because you felt you would be unsafe at school or on your way to or from school?

- A. 0 days
- B. 1 day
- C. 2 or 3 days
- D. 4 or 5 days
- E. 6 or more days

18. During the past 12 months, how many times has someone threatened or injured you with a weapon such as a gun, knife, or club **on school property**?

- A. 0 times
- B. 1 time
- C. 2 or 3 times
- D. 4 or 5 times
- E. 6 or 7 times
- F. 8 or 9 times
- G. 10 or 11 times
- H. 12 or more times

19. During the past 12 months, how many times were you in a physical fight?

- A. 0 times
- B. 1 time
- C. 2 or 3 times
- D. 4 or 5 times
- E. 6 or 7 times
- F. 8 or 9 times
- G. 10 or 11 times
- H. 12 or more times

20. During the past 12 months, how many times were you in a physical fight **on school property**?

- A. 0 times
- B. 1 time
- C. 2 or 3 times
- D. 4 or 5 times
- E. 6 or 7 times
- F. 8 or 9 times
- G. 10 or 11 times
- H. 12 or more times

21. During the past 12 months, did your boyfriend or girlfriend ever hit, slap, or physically hurt you on purpose?

- A. Yes
- B. No

22. Have you ever been physically forced to have sexual intercourse when you did not want to?

- A. Yes
- B. No

The next 5 questions ask about sad feelings and attempted suicide. Sometimes people feel so depressed about the future that they may consider attempting suicide, that is, taking some action to end their own life.

23. During the past 12 months, did you ever feel so sad or hopeless almost every day for **two weeks or more in a row** that you stopped doing some usual activities?

- A. Yes
- B. No

24. During the past 12 months, did you ever **seriously** consider attempting suicide?

- A. Yes
- B. No

25. During the past 12 months, did you make a plan about how you would attempt suicide?

- A. Yes
- B. No

26. During the past 12 months, how many times did you actually attempt suicide?

- A. 0 times
- B. 1 time
- C. 2 or 3 times
- D. 4 or 5 times
- E. 6 or more times

27. **If you attempted suicide** during the past 12 months, did any attempt result in an injury, poisoning, or overdose that had to be treated by a doctor or nurse?

- A. **I did not attempt suicide** during the past 12 months
- B. Yes
- C. No

The next 10 questions ask about tobacco use.

28. Have you ever tried cigarette smoking, even one or two puffs?

- A. Yes
- B. No

29. How old were you when you smoked a whole cigarette for the first time?

- A. I have never smoked a whole cigarette
- B. 8 years old or younger
- C. 9 or 10 years old
- D. 11 or 12 years old
- E. 13 or 14 years old
- F. 15 or 16 years old
- G. 17 years old or older

30. During the past 30 days, on how many days did you smoke cigarettes?

- A. 0 days
- B. 1 or 2 days
- C. 3 to 5 days
- D. 6 to 9 days
- E. 10 to 19 days
- F. 20 to 29 days
- G. All 30 days

31. During the past 30 days, on the days you smoked, how many cigarettes did you smoke **per day**?

- A. I did not smoke cigarettes during the past 30 days
- B. Less than 1 cigarette per day
- C. 1 cigarette per day
- D. 2 to 5 cigarettes per day
- E. 6 to 10 cigarettes per day
- F. 11 to 20 cigarettes per day
- G. More than 20 cigarettes per day

32. During the past 30 days, how did you **usually** get your own cigarettes? (Select only **one** response.)

- A. I did not smoke cigarettes during the past 30 days
- B. I bought them in a store such as a convenience store, supermarket, discount store, or gas station
- C. I bought them from a vending machine
- D. I gave someone else money to buy them for me
- E. I borrowed (or bummed) them from someone else
- F. A person 18 years old or older gave them to me
- G. I took them from a store or family member
- H. I got them some other way

33. During the past 30 days, on how many days did you smoke cigarettes **on school property**?

- A. 0 days
- B. 1 or 2 days
- C. 3 to 5 days
- D. 6 to 9 days
- E. 10 to 19 days
- F. 20 to 29 days
- G. All 30 days

34. During the past 12 months, did you ever try to **quit** smoking cigarettes?

- A. I did not smoke during the past 12 months
- B. Yes
- C. No

35. During the past 30 days, on how many days did you use **chewing tobacco, snuff, or dip**, such as Red-man, Levi Garrett, Beechnut, Skoal, Skoal Bandits, or Copenhagen?

- A. 0 days
- B. 1 or 2 days
- C. 3 to 5 days
- D. 6 to 9 days
- E. 10 to 19 days
- F. 20 to 29 days
- G. All 30 days

36. During the past 30 days, on how many days did you smoke **cigars, cigarillos, or little cigars**?

- A. 0 days
- B. 1 or 2 days
- C. 3 to 5 days
- D. 6 to 9 days
- E. 10 to 19 days
- F. 20 to 29 days
- G. All 30 days

37. During the past 7 days, on how many days were you in the same room with someone who was smoking cigarettes?

- A. 0 days
- B. 1 or 2 days
- C. 3 or 4 days
- D. 5 or 6 days
- E. 7 days

The next 7 questions ask about drinking alcohol. This includes drinking beer, wine, wine coolers, and liquor such as rum, gin, vodka, or whiskey. For these questions, drinking alcohol does not include drinking a few sips of wine for religious purposes.

38. How old were you when you had your first drink of alcohol other than a few sips?

- A. I have never had a drink of alcohol other than a few sips
- B. 8 years old or younger
- C. 9 or 10 years old
- D. 11 or 12 years old
- E. 13 or 14 years old
- F. 15 or 16 years old
- G. 17 years old or older

39. During the past 30 days, on how many days did you have at least one drink of alcohol?

- A. 0 days
- B. 1 or 2 days
- C. 3 to 5 days
- D. 6 to 9 days
- E. 10 to 19 days
- F. 20 to 29 days
- G. All 30 days

40. During the past 30 days, on how many days did you have 5 or more drinks of alcohol in a row, that is, within a couple of hours?

- A. 0 days
- B. 1 day
- C. 2 days
- D. 3 to 5 days
- E. 6 to 9 days
- F. 10 to 19 days
- G. 20 or more days

41. During the past 30 days, what type of alcohol did you **usually** drink? (Select only **one** response)

- A. I did not drink alcohol during the past 30 days
- B. I do not have a usual type
- C. Beer
- D. Malt beverages, such as Smirnoff Ice, Bacardi Silver, or Hard Lemonade
- E. Wine coolers, such as Bartles and James or Seagrams
- F. Wine
- G. Liquor, such as vodka, rum, scotch, bourbon, or whiskey
- H. Some other type

42. During the past 30 days, how did you **usually** get the alcohol you drank?
- A. I did not drink alcohol during the past 30 days
 - B. I bought it in a store such as a liquor store, convenience store, supermarket, discount store, or gas station
 - C. I bought it at a restaurant, bar or club
 - D. I bought it at a public event such as a concert or sporting event
 - E. I gave someone else money to buy it for me
 - F. Someone gave it to me
 - G. I took it from a store or family member
 - H. I got it some other way

43. During the past 30 days, where did you **usually** drink alcohol? (Select only **one** response.)
- A. I did not drink alcohol during the past 30 days
 - B. At my home
 - C. At another person's home
 - D. While riding in or driving a car
 - E. At a restaurant, bar or club
 - F. At a public place such as a park, beach, or parking lot
 - G. At a public event such as a concert or sporting event
 - H. On school property

44. During the past 30 days, on how many days did you have at least one drink of alcohol **on school property**?
- A. 0 days
 - B. 1 or 2 days
 - C. 3 to 5 days
 - D. 6 to 9 days
 - E. 10 to 19 days
 - F. 20 to 29 days
 - G. All 30 days

The next 3 questions ask about marijuana use. Marijuana also is called grass or pot.

45. How old were you when you tried marijuana for the first time?
- A. I have never tried marijuana
 - B. 8 years old or younger
 - C. 9 or 10 years old
 - D. 11 or 12 years old
 - E. 13 or 14 years old
 - F. 15 or 16 years old
 - G. 17 years old or older

46. During the past 30 days, how many times did you use marijuana?
- A. 0 times
 - B. 1 or 2 times
 - C. 3 to 9 times
 - D. 10 to 19 times
 - E. 20 to 39 times
 - F. 40 or more times

47. During the past 30 days, how many times did you use marijuana **on school property**?
- A. 0 times
 - B. 1 or 2 times
 - C. 3 to 9 times
 - D. 10 to 19 times
 - E. 20 to 39 times
 - F. 40 or more times

The next 12 questions ask about other drugs.

48. During your life, how many times have you used any form of cocaine, including powder, crack, or freebase?
- A. 0 times
 - B. 1 or 2 times
 - C. 3 to 9 times
 - D. 10 to 19 times
 - E. 20 to 39 times
 - F. 40 or more times
49. During the past 30 days, how many times did you use any form of cocaine, including powder, crack, or freebase?
- A. 0 times
 - B. 1 or 2 times
 - C. 3 to 9 times
 - D. 10 to 19 times
 - E. 20 to 39 times
 - F. 40 or more times

50. During the past 30 days, how many times have you sniffed glue, breathed the contents of aerosol spray cans, or inhaled any paints or sprays to get high?
- A. 0 times
 - B. 1 or 2 times
 - C. 3 to 9 times
 - D. 10 to 19 times
 - E. 20 to 39 times
 - F. 40 or more times

51. During your life, how many times have you used heroin (also called smack, junk, or China White)?

- A. 0 times
- B. 1 or 2 times
- C. 3 to 9 times
- D. 10 to 19 times
- E. 20 to 39 times
- F. 40 or more times

52. During the past 30 days, how many times have you used heroin (also called smack, junk, or China White)?

- A. 0 times
- B. 1 or 2 times
- C. 3 to 9 times
- D. 10 to 19 times
- E. 20 to 39 times
- F. 40 or more times

53. During your life, how many times have you used methamphetamines (also called speed, crystal, crank, or ice)?

- A. 0 times
- B. 1 or 2 times
- C. 3 to 9 times
- D. 10 to 19 times
- E. 20 to 39 times
- F. 40 or more times

54. During the past 30 days, how many times have you used methamphetamines (also called speed, crystal, crank, or ice)?

- A. 0 times
- B. 1 or 2 times
- C. 3 to 9 times
- D. 10 to 19 times
- E. 20 to 39 times
- F. 40 or more times

55. During your life, how many times have you used ecstasy (also called MDMA)?

- A. 0 times
- B. 1 or 2 times
- C. 3 to 9 times
- D. 10 to 19 times
- E. 20 to 39 times
- F. 40 or more times

56. During the past 30 days, how many times have you used ecstasy (also called MDMA)?

- A. 0 times
- B. 1 or 2 times
- C. 3 to 9 times
- D. 10 to 19 times
- E. 20 to 39 times
- F. 40 or more times

57. During the past 30 days, how many times did you use a pain killer to get high, like Vicodin, OxyContin (also called Oxy or OC), or Percocet (also called Percs)?

- A. 0 times
- B. 1 or 2 times
- C. 3 to 9 times
- D. 10 to 19 times
- E. 20 to 39 times
- F. 40 or more times

58. During your life, how many times have you used a needle to inject any illegal drug into your body?

- A. 0 times
- B. 1 time
- C. 2 or more times

59. During the past 12 months, has anyone offered, sold, or given you an illegal drug on school property?

- A. Yes
- B. No

The next 3 questions ask about what people think about kids your age drinking alcohol.

60. How wrong would most adults in your community think it was for kids your age to drink alcohol (beer, wine, or hard liquor) regularly?

- A. Very wrong
- B. Wrong
- C. A little bit wrong
- D. Not wrong at all

61. How wrong do your parents feel it would be for you to drink alcohol (beer, wine, or hard liquor) regularly?

- A. Very wrong
- B. Wrong
- C. A little bit wrong
- D. Not wrong at all

62. How wrong do you think it is for someone your age to drink alcohol (beer, wine, or hard liquor) regularly?
- A. Very wrong
 - B. Wrong
 - C. A little bit wrong
 - D. Not wrong at all

- E. 14 years old
- F. 15 years old
- G. 16 years old
- H. 17 years old or older

If you wanted to, how easy would each of the following be to get?

	Very hard	Sort of hard	Sort of easy	Very easy
63. Beer, wine, or hard liquor (for example, vodka, whiskey or gin)?	A	B	C	D
64. Marijuana?	A	B	C	D
65. Cocaine, LSD, methamphetamines, or other illegal drug?	A	B	C	D

66. How many adults have you known personally who, in the past year, have used marijuana, cocaine or other drugs?
- A. None
 - B. 1 adult
 - C. 2 adults
 - D. 3 to 4 adults
 - E. 5 or more adults

67. How many adults have you known personally who, in the past year, have sold or dealt drugs?
- A. None
 - B. 1 adult
 - C. 2 adults
 - D. 3 to 4 adults
 - E. 5 or more adults

The next 6 questions ask about sexual behavior.

68. How old were you when you had sexual intercourse for the first time?
- A. I have never had sexual intercourse
 - B. 11 years old or younger
 - C. 12 years old
 - D. 13 years old

69. During your life, with how many people have you had sexual intercourse?
- A. I have never had sexual intercourse
 - B. 1 person
 - C. 2 people
 - D. 3 people
 - E. 4 people
 - F. 5 people
 - G. 6 or more people

70. During the past 3 months, with how many people did you have sexual intercourse?
- A. I have never had sexual intercourse
 - B. I have had sexual intercourse, but not during the past 3 months
 - C. 1 person
 - D. 2 people
 - E. 3 people
 - F. 4 people
 - G. 5 people
 - H. 6 or more people

71. Did you drink alcohol or use drugs before you had sexual intercourse the **last time**?
- A. I have never had sexual intercourse
 - B. Yes
 - C. No

72. The **last time** you had sexual intercourse, did you or your partner use a condom?
- A. I have never had sexual intercourse
 - B. Yes
 - C. No

73. The **last time** you had sexual intercourse, what **one** method did you or your partner use to prevent pregnancy? (Select only **one** response.)
- A. I have never had sexual intercourse
 - B. No method was used to prevent pregnancy
 - C. Birth control pills
 - D. Condoms
 - E. Depo-Provera (injectable birth control)
 - F. Withdrawal
 - G. Some other method
 - H. Not sure

The following questions ask about your family, your school, other adults, your friends and yourself.

In my home, there is a parent or some other adult ...	Not true at all	A little true	Pretty much true	Very much true
74. who is interested in my school work.	A	B	C	D
75. who talks with me about my problems.	A	B	C	D
76. who listens to me when I have something to say.	A	B	C	D
77. who expects me to follow the rules.	A	B	C	D
78. who believes that I will be a success.	A	B	C	D

At my school, there is a teacher or some other adult...	Not true at all	A little true	Pretty much true	Very much true
79. who really cares about me.	A	B	C	D
80. who notices when I am not there.	A	B	C	D
81. who listens to me when I have something to say.	A	B	C	D
82. who tells me when I do a good job.	A	B	C	D
83. who believes that I will be a success.	A	B	C	D

Outside of my home and school, there is an adult...	Not true at all	A little true	Pretty much true	Very much true
84. who really cares about me.	A	B	C	D
85. who notices when I am upset about something.	A	B	C	D
86. whom I trust.	A	B	C	D
87. who tells me when I do a good job.	A	B	C	D
88. who believes that I will be a success.	A	B	C	D

I have a friend about my own age...	Not true at all	A little true	Pretty much true	Very much true
89. who really cares about me.	A	B	C	D
90. who talks with me about my problems.	A	B	C	D
91. who helps me when I am having a hard time.	A	B	C	D

How true do you feel these statements are for you?

	Not true at all	A little true	Pretty much true	Very much true
92. When I am not at home, one of my parents/guardians knows where I am and who I am with.	A	B	C	D
93. My family has clear rules about drug and alcohol use.	A	B	C	D
94. My family has clear rules and standards for my behavior.	A	B	C	D
95. In my school, there are clear rules about what students can and cannot do.	A	B	C	D
96. At school, I try hard to do my best work.	A	B	C	D
97. I plan to go to college or some other school after high school.	A	B	C	D
98. At school I am involved in sports, clubs, or other extra-curricular activities (such as band, cheerleading, student council, etc.).	A	B	C	D
99. Outside of my home and school, I am a part of clubs, sports teams, church/ temple, or other group activities.	A	B	C	D
100. Outside of my home and school, I am involved in music, art, literature, sports or a hobby.	A	B	C	D
101. Outside of my home and school, I help other people.	A	B	C	D
102. I try to understand what other people feel and think.	A	B	C	D
103. I often do things without thinking about what will happen.	A	B	C	D
104. It is hard for me to stick with one thing even when it is fun.	A	B	C	D
105. My friends get into a lot of trouble.	A	B	C	D
106. My friends do well in school.	A	B	C	D

Among the people you consider to be your closest friends, how many would you say do the following?

107. Drink alcohol once a week or more?

- A. None
- B. A few
- C. Some
- D. Most
- E. All

108. Have used drugs such as marijuana or cocaine?

- A. None
- B. A few
- C. Some
- D. Most
- E. All

The next 7 questions ask about how many times you have done the following things.

109. How many times have you done something dangerous because someone dared you to do it?

- A. I have never done this
- B. I have done it but not in the past year
- C. Less than once a month
- D. About once a month
- E. 2 to 3 times a month
- F. Once a week or more

110. How many times have you done crazy exciting things even if they are a little dangerous?

- A. I have never done this
- B. I have done it but not in the past year
- C. Less than once a month
- D. About once a month
- E. 2 to 3 times a month
- F. Once a week or more

111. How often do you attend religious or spiritual services?

- A. Every day
- B. 1 to 6 times a week
- C. 1 to 3 times a month
- D. 3 to 11 times a year
- E. Only once or twice a year
- F. Never

112. During the school year, how many hours a week do you work at a job?

- A. I do not work
- B. 1 to 4 hours per week
- C. 5 to 9 hours per week
- D. 10 to 20 hours per week
- E. Over 20 hours per week

113. During the last four weeks, how many days of school have you missed because you skipped or ditched?

- A. None
- B. 1 day
- C. 2 days
- D. 3 days
- E. 4 to 5 days
- F. 6 to 10 days
- G. 11 or more days

114. How often do you come to classes without bringing paper or something to write with?

- A. Never
- B. Sometimes
- C. Usually

115. How often do you come to classes without your homework finished?

- A. Never
- B. Sometimes
- C. Usually

The next 3 questions ask about body weight.

116. During the past 30 days, did you **exercise** to lose weight or to keep from gaining weight?

- A. Yes
- B. No

117. During the past 30 days, did you **eat less food, fewer calories, or foods low in fat** to lose weight or to keep from gaining weight?

- A. Yes
- B. No

118. During the past 30 days, did you **vomit or take laxatives** to lose weight or to keep from gaining weight?

- A. Yes
- B. No

The next 8 questions ask about food you ate or drank during the past 7 days. Think about all the meals and snacks you had from the time you got up until you went to bed. Be sure to include food you ate at home, at school, at restaurants, or anywhere else.

119. 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

120. During the past 7 days, how many times did you eat **fruit**? (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 time per day
- E. 2 times per day
- F. 3 times per day
- G. 4 or more times per day

121. During the past 7 days, how many times did you eat **green 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

122. During the past 7 days, how many times did you eat **potatoes**? (Do **not** count french fries, fried potatoes, or potato chips.)

- A. I did not eat potatoes 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

123. During the past 7 days, how many times did you eat **carrots**?

- A. I did not eat carrots 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

124. During the past 7 days, how many times did you eat **other vegetables**? (Do **not** count green salad, potatoes, or carrots.)

- A. I did not eat other 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 time per day
- E. 2 times per day
- F. 3 times per day
- G. 4 or more times per day

125. During the past 7 days, how many times did you drink a can, bottle or glass of soda or pop, such as a Coke, Pepsi, or Sprite? (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 time per day
- E. 2 times per day
- F. 3 times per day
- G. 4 or more times per day

126. During the past 7 days, how many **glasses of milk** did you drink? (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 glass per day
- E. 2 glasses per day
- F. 3 glasses per day
- G. 4 or more glasses per day

The next 4 questions ask about physical activity.

127. During the past 7 days, on how many days were you physically active for a total of **at least 60 minutes per day**? (Add up all the time you spend in any kind of physical activity that increases your heart rate and makes you breathe hard some of the time.)

- A. 0 days
- B. 1 day
- C. 2 days
- D. 3 days
- E. 4 days
- F. 5 days
- G. 6 days
- H. 7 days

128. 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 hour per day
- D. 2 hours per day
- E. 3 hours per day
- F. 4 hours per day
- G. 5 or more hours per day

129. 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? (Include activities such as Nintendo, Game Boy, PlayStation, Xbox, computer games, and the Internet.)

- A. I do not play video or computer games or use a computer for something that is not school work
- B. Less than 1 hour per day
- C. 1 hour per day
- D. 2 hours per day
- E. 3 hours per day
- F. 4 hours per day
- G. 5 or more hours per day

130. In an average week when you are in school, on how many days do you go to physical education (PE) classes?

- A. 0 days
- B. 1 day
- C. 2 days
- D. 3 days
- E. 4 days
- F. 5 days

The next 4 questions ask about other health-related topics.

131. If your school has a school-based health center, how many times did you use it for services this year?
- A. My school does not have a school-based health center
 - B. 0 times
 - C. 1 time
 - D. 2 times
 - E. 3 or more times

132. Have you ever been taught about AIDS or HIV infection in school?
- A. Yes
 - B. No
 - C. Not sure

133. Has a doctor or nurse ever told you that you have asthma?
- A. Yes
 - B. No
 - C. Not sure

134. Do you still have asthma?
- A. I have never had asthma
 - B. Yes
 - C. No
 - D. Not sure

These last 3 questions ask for some information about you and your family.

135. How often do you speak a language other than English at home?
- A. Never
 - B. Less than half the time
 - C. About half the time
 - D. More than half the time but not all of the time
 - E. All of the time

136. Were you born in the USA?
- A. Yes
 - B. No

137. During the past 12 months, which of the following statements best describes the food eaten by you and your family?
- A. Enough food to eat
 - B. Sometimes not enough food to eat
 - C. Often not enough food to eat

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

