

2005

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 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 #4**

1. How old are you?
 - A. 12 years old or younger
 - B. 13 years old
 - C. 14 years old
 - D. 15 years old
 - E. 16 years old
 - F. 17 years old
 - G. 18 years old or older

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

3. In what grade are you?
 - A. 9th grade
 - B. 10th grade
 - C. 11th grade
 - D. 12th grade
 - E. Ungraded or other grade

4. 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

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

6. How tall are you without your shoes on? Directions: Write your height in the shaded blank boxes.

Fill in the matching oval below each number.

Height
Feet Inches
Example

7. How much do you weigh without your shoes on? Directions: Write your weight in the shaded blank boxes.

Fill in the matching oval below each number.

Weight in
Pounds
Example

The next 3 questions ask about personal safety.

8. How often do you wear a seat belt when **riding in** a car driven by someone else?

- A. Never
- B. Rarely
- C. Sometimes
- D. Most of the time
- E. Always

9. 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

10. 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.

11. Is there a gun in your home?

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

12. 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

13. 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

14. 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

15. 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

16. 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

17. 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

18. 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

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

- A. Yes
- B. No

20. 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.

21. 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

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

- A. Yes
- B. No

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

- A. Yes
- B. No

24. 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

25. **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.

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

- A. Yes
- B. No

27. 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

28. 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

29. 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

30. 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
31. 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
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 **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
34. During the past 30 days, on how many days did you use **chewing tobacco, snuff, or dip**, such as Redman, 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

35. 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 8 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.

36. 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

37. 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

38. During the past 30 days, what brand of beer did you **usually** drink? (Select only **one** response)
- A. I did not drink beer during the past 30 days
 - B. I do not have a usual brand
 - C. Bud Light
 - D. Budweiser
 - E. Coors Light
 - F. Miller Light
 - G. Natural Light
 - H. Some other brand
39. 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, and 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
40. During the past 30 days, how did you **usually** get your alcohol? (Select only **one** response)
- 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. A person 18 years old or older gave it to me
 - G. I took it from a store or family member
 - H. I got it some other way
41. 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. At a restaurant, bar or club
- E. At a public place such as a park, beach, or parking lot
- F. At a public event such as a concert or sporting event
- G. On school property
- H. Some other location

42. 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

43. 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.

44. 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

45. 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

46. 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 9 questions ask about other drugs.

47. 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

48. 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

49. 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

50. During the past **12 months**, 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

51. 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

52. During the past **12 months**, 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

53. During the past **12 months**, how many times have you used ecstasy?

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 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

55. 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.

56. 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

57. 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

58. 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

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

59. Beer, wine, or hard liquor (for example, vodka, whiskey or gin)?

- A. Very hard
- B. Sort of hard
- C. Sort of easy
- D. Very easy

60. Marijuana?

- A. Very hard
- B. Sort of hard
- C. Sort of easy
- D. Very easy

61. Cocaine, LSD, methamphetamines, or other illegal drug?

- A. Very hard
- B. Sort of hard
- C. Sort of easy
- D. Very easy

62. About 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

63. About 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.

64. 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
- E. 14 years old
- F. 15 years old
- G. 16 years old
- H. 17 years old or older

65. 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

66. 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

67. 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

68. 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

69. 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 ...

70. who is interested in my school work.

- A. Not true at all
- B. A little true
- C. Pretty much true
- D. Very much true

71. who talks with me about my problems.

- A. Not true at all
- B. A little true
- C. Pretty much true
- D. Very much true

72. who listens to me when I have something to say.

- A. Not true at all
- B. A little true
- C. Pretty much true
- D. Very much true

73. who expects me to follow the rules.

- A. Not true at all
- B. A little true
- C. Pretty much true
- D. Very much true

74. who believes that I will be a success.

- A. Not true at all
- B. A little true
- C. Pretty much true
- D. Very much true

75. who always wants me to do my best

- A. Not true at all
- B. A little true
- C. Pretty much true
- D. Very much true

At my school, there is a teacher or some other adult...

76. who really cares about me.

- A. Not true at all
- B. A little true
- C. Pretty much true
- D. Very much true

77. who notices when I'm not there.

- A. Not true at all
- B. A little true
- C. Pretty much true
- D. Very much true

78. who listens to me when I have something to say.

- A. Not true at all
- B. A little true
- C. Pretty much true
- D. Very much true

79. who tells me when I do a good job.

- A. Not true at all
- B. A little true
- C. Pretty much true
- D. Very much true

80. who always wants me to do my best.

- A. Not true at all
- B. A little true
- C. Pretty much true
- D. Very much true

81. who believes that I will be a success.

- A. Not true at all
- B. A little true
- C. Pretty much true
- D. Very much true

Outside of my home and school, there is an adult...

82. who really cares about me.

- A. Not true at all
- B. A little true
- C. Pretty much true
- D. Very much true

83. who notices when I am upset about something.

- A. Not true at all
- B. A little true
- C. Pretty much true

D. Very much true

84. whom I trust.

A. Not true at all

B. A little true

C. Pretty much true

D. Very much true

85 who tells me when I do a good job.

A. Not true at all

B. A little true

C. Pretty much true

D. Very much true

86. who always wants me to do my best.

A. Not true at all

B. A little true

C. Pretty much true

D. Very much true

87. who believes that I will be a success.

A. Not true at all

B. A little true

C. Pretty much true

D. Very much true

I have a friend about my own age...

88. who really cares about me.

A. Not true at all

B. A little true

C. Pretty much true

D. Very much true

89. who talks with me about my problems.

A. Not true at all

B. A little true

- c. Pretty much true
- d. Very much true

90. who helps me when I'm having a hard time.

- A. Not true at all
- B. A little true
- c. Pretty much true
- D. Very much true

How true do you feel these statements are for you?

91. When I am not at home, one of my parents/guardians knows where I am and who I am with.

- A. Not true at all
- B. A little true
- c. Pretty much true
- D. Very much true

92. My family has clear rules about drug and alcohol use.

- A. Not true at all
- B. A little true
- c. Pretty much true
- D. Very much true

93. My family has clear rules and standards for my behavior.

- A. Not true at all
- B. A little true
- c. Pretty much true
- D. Very much true

94. In my school, there are clear rules about what students can and cannot do.

- A. Not true at all
- B. A little true
- c. Pretty much true
- D. Very much true

95. At school, I help decide things like class activities or rules.

- A. Not true at all
- B. A little true
- C. Pretty much true
- D. Very much true

96. At school, I try hard to do my best work.

- A. Not true at all
- B. A little true
- C. Pretty much true
- D. Very much true

97. I plan to go to college or some other school after high school.

- A. Not true at all
- B. A little true
- C. Pretty much true
- D. Very much true

98. At school I am involved in sports, clubs, or other extra-curricular activities (such as band, cheerleading, student council, etc.).

- A. Not true at all
- B. A little true
- C. Pretty much true
- D. Very much true

99. Outside of my home and school, I am a part of clubs, sports teams, church/ temple, or other group activities.

- A. Not true at all
- B. A little true
- C. Pretty much true
- D. Very much true

100. Outside of my home and school, I am involved in music, art, literature, sports or a hobby.

- A. Not true at all
- B. A little true
- C. Pretty much true
- D. Very much true

101. Outside of my home and school, I help other people.

- A. Not true at all
- B. A little true
- C. Pretty much true
- D. Very much true

102. I try to understand what other people feel and think.

- A. Not true at all
- B. A little true
- C. Pretty much true
- D. Very much true

103. It is important to think before you act.

- A. Not true at all
- B. A little true
- C. Pretty much true
- D. Very much true

104. I have to have everything right away.

- A. Not true at all
- B. A little true
- C. Pretty much true
- D. Very much true

105. I often do things without thinking about what will happen.

- A. Not true at all
- B. A little true
- C. Pretty much true
- D. Very much true

106. It's hard for me to stick with one thing even when it's fun.

- A. Not true at all
- B. A little true
- C. Pretty much true
- D. Very much true

107. My friends get into a lot of trouble.

- A. Not true at all
- B. A little true
- C. Pretty much true
- D. Very much true

108. My friends do well in school.

- A. Not true at all
- B. A little true
- C. Pretty much true
- D. Very much true

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

109. Drink alcohol once a week or more?

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

110. 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.

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

- A. I've never done this
- B. I've 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

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

- A. I've never done this
- B. I've 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

113. 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

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

- A. I don't 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

115. 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

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

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

117. 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.

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

- A. Yes
- B. No

119. 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

120. 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 7 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.

121. 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

122. 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

123. 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

124. 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

125. 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

126. 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

127. 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 7 questions ask about physical activity, personal care and health habits.

128. On how many of the past 7 days did you exercise or participate in physical activity for **at least 20 minutes that made you sweat and breathe hard**, such as basketball, soccer, running, swimming laps, fast bicycling, fast dancing, or similar aerobic activities?

- A. 0 days
- B. 1 day
- C. 2 days
- D. 3 days

- E. 4 days
- F. 5 days
- G. 6 days
- H. 7 days

129. On how many of the past 7 days did you participate in physical activity for **at least 30 minutes** that did **not** make you sweat or breathe hard, such as fast walking, slow bicycling, skating, pushing a lawn mower, or mopping floors?

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

130. 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

131. 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

132. 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

133. Has a doctor or nurse ever told you that you have asthma?

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

134. During the past 12 months, have you had an episode of asthma or an asthma attack?

- A. I do not have asthma
- B. No, I have asthma, but I have not had an episode of asthma or an asthma attack during the past 12 months
- C. Yes, I have had an episode of asthma or an asthma attack during the past 12 months
- 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.**