

**California Teen Eating, Exercise and Nutrition  
Survey  
(Cal-TEENS)**

**(12/19/07)  
2008 Questionnaire**

2008 California Teens Exercise, Eating, Nutrition (CaITEENS) Instrument- ENGLISH

INTROQ1

Hello. My name is \_\_\_\_\_ (interviewer name) \_\_\_\_\_ calling from the California Department of Public Health located in Sacramento.

SPEAK18 0.03

Am I speaking with a member of the household who is at least 18 years old?

- 1.No -----> (CONTINUE)
- 2.Yes -----> (GO TO RUADULT)

SPKMFHHH 0.04

May I speak with a member of the household who is at least 18 years old?

- 1.No/Not available -----> I'll try back again later. Thank you.
- 2.Yes -----> (GO TO RUADULT)

RUADULT 0.05

Hello. My name is \_\_\_\_\_ (interviewer name) \_\_\_\_\_ calling from the California Department of Public Health located in Sacramento. We're doing a study of California residents aged 12-17 regarding their food and exercise habits to help in planning health, nutrition, and education programs for California teenagers. Your household has been randomly chosen by the computer from a large list of telephone numbers to be included in the study. That list of telephone numbers includes households in California receiving Food Stamps. Whether you choose to participate or not will have no effect on your family's receipt of public benefits like Food Stamps but the results will help improve these and other public programs. Are you a member of this household and at least 18 years old? (Note: Household members are people who think of the households as their primary place of residence, that is, where they keep most of their belongings and receive their calls.)

INTROQ2 0.07

First, I need to determine if your household is eligible to participate in this telephone survey. Are there any persons living in this household who are at least 12 years old but younger than 18? (Note: Household members are people who think of the households their primary place of residence, that is, where they keep most of their belongings and receive their calls.)

HSETEEN 0.08

How many people in your household are at least 12 years of age but younger than 18? [If answer is '0', press F6.] (Note: Household members are people who think of the households their primary place of residence, that is, where they keep most of their belongings and receive their calls.)

- \_\_\_ Enter Number of teens
- 77. Don't Know/Not Sure
- 99. Refused

**IF HSETEEN = 0, 77 or 99, "Thank you for your time. There is no one in your household who is the right age to participate, else continue.**

TEENAGE 0.15

How old are the teens?

- \_\_\_ Enter Number (can enter up to 9)
- 77. Don't Know/Not Sure
- 99. Refused

RU\_PRINT 0.30

The selected person in your household is the {str(sample->age)}year-old. Are you a parent or legal guardian of the (SELECTED) year-old?

- 1. No -----> (GO TO IS\_PRINT)

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2. Yes -----> (CONTINUE)

IS\_PRNT 0.32

[IF NOT PARENT OR GUARDIAN: May I speak with a parent or guardian of the (SELECTED)? Hello. I'm \_\_\_\_\_ (interviewer name) \_\_\_\_\_ calling for the California Department of Public Health located in Sacramento. We're doing a study of California residents aged 12-17 regarding their food and exercise habits to help in planning health, nutrition, and education programs for California teenagers. Your household has been randomly chosen by the computer from a large list of telephone numbers to be included in the study. That list of telephone numbers includes households in California receiving Food Stamps. Whether you choose to participate or not will have no effect on your family's receipt of public benefits like Food Stamps but the results will help improve these and other public programs.

RU\_PRNT 0.30

We would like to interview the () year-old.

IS\_PRNT2 0.35

The telephone survey will take about 30-35 minutes. Your teenager does not have to answer any question he or she prefers not to answer and may stop the survey at any time. An interviewer will ask your teenager a series of questions about eating and exercise habits and related health behaviors. Although this study is considered low risk, some teenagers may have personal feelings about questions, such as weight, smoking, or food being available at home.

IS\_PRNT3 0.36

All answers to this survey will be kept confidential and will be used only for the purposes of this research. While participation is voluntary, your cooperation is very important. If you have any questions about the survey, I can provide you with a toll free number for you to call.

PERMIT 0.37

Will you allow the 0.0 year-old to participate in the survey?

1.No -----> Thank you for taking the time to talk with me. Goodbye.  
2.Yes -----> (CONTINUE)

IS\_PRNT4 0.38

Before we get started with the (SELECTED) year-old, I would like ask you a few questions about how many people live in your household and their ages, as well as about your household income. Would you be willing to participate by answering the next few questions?

1.No -----> Thank you for taking the time to talk with me. Goodbye.  
2.Yes -----> (CONTINUE)

HOUSE 0.39

How many adults age 18 or over live in your household?

\_\_\_\_ Enter Number of adults  
77. Don't Know/Not Sure  
99. Refused

HSECHILD 0.40

How many people in your household are younger than age 12? [If answer is '0', press F6.] (Note: Household members are people who think of the households their primary place of residence, that is, where they keep most of their belongings and receive their calls.)

\_\_\_\_ Enter Number of children  
77. Don't Know/Not Sure  
99. Refused

HHSIZE (CA)\*\*\* Calculated variable do not ask \*\*\* (not formatted)

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**Household size. (HOUSE + HSECHILD + HSETEEN)**

YEARINCO 0.42

**Because a household's income has been shown to affect health outcomes, could you please tell me your best estimate of your household's total annual income from all sources before taxes? Your answers are confidential and we never share this information.**

\_\_\_\_\_ Enter amount

-----  
77. Don't know / Not sure

(Go to INCOM02)

99. Refused

(Go to INCOM02)

YRINCVER 0.43

**I have entered that your annual household income is \$\_\_\_\_\_. Is that correct?**

1. Yes

(Go to INTROQ3)

2. No

(Re-ask YEARINCO)

-----  
77. Don't know / Not sure

99. Refused

INCOM02 0.50

**Which of the following categories best describes your annual household income from all sources? Less than \$10,000; \$10,000 to less than \$15,000; \$15,000 to less than \$20,000; \$20,000 to less than \$25,000; \$25,000 to less than \$35,000; \$35,000 to less than \$50,000; \$50,000 to less than \$75,000; \$75,000 to less than \$100,000 or \$100,000 or more?**

1. Less than \$10,000

2. \$10,000 to less than \$15,000

3. \$15,000 to less than \$20,000

4. \$20,000 to less than \$25,000

5. \$25,000 to less than \$35,000

6. \$35,000 to less than \$50,000

7. \$50,000 to less than \$75,000

8. \$75,000 to less than \$100,000

9. \$100,000 or more

-----  
77. Don't know / Not sure

99. Refused

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Find the point on the table where HHSIZE and INCOM02 intersect.

If there is a table value and the table value is LT the "less than" value of the response to INCOM02, go to THRESH03.

THRESH03 0.58

**Is your annual household income above \_\_\_\_\_ (table look up for income and household size)? (This is an income threshold used for statistical purposes.)**

1. Yes
2. No
- 
7. Don't know / Not sure
9. Refused

INCOM02	=	1 <10K	2 10-15K	3 15-20K	4 20-25K	5 25-35K	6 35-50K	7 50-75K	8 75-100K	9 100K+
HHSIZE=	1	9,570	12,441	17,705/ 19,140	23,925					
(Household Size)	2		12,830	16,679	23,736	25,660/ 32,075				
	3			16,090	20,917	29,767/ 32,180	40,225			
	4			19,350		25,155	35,798/ 38,700/ 48,375			
	5				22,610	29,393	41,829/ 45,220	56,525		
	6				25,870	33,631	47,860	51,740/ 64,675		
	7					29,130	37,869	53,891/ 58,260/ 72,825		
	8					32,390	42,107	59,922/ 64,780	80,975	
	9						35,650/ 46,345	65,953/ 71,300	89,125	
	10						38,910	50,583/ 71,984	77,820/ 97,275	
	11						42,170	54,821	78,015/ 84,340	105,425
	12						45,430	59,059	84,046/ 90,860	113,575
	13						48,690	63,297	90,077/ 97,380	121,725

(100%, 130%, 185%, 200%, and 250% of Federal Poverty Line; From: Federal Register, Feb 18, 2005.)

INTROQ3 0.63

**That concludes my questions for you. May the {str(sample->age)}year old now take part in this survey?**

1. No -----> Thank you for taking the time to talk with me. Goodbye.
2. Yes -----> (CONTINUE)

RU\_YTH 0.64

Am I speaking with the (SELECTED) year-old ?

1. Yes ----->
2. No ----->

Go to STRTYTH1

May I speak with the (SELECTED) year-old?

STRTYTH1-3

Hello, my name is (interviewer name) and I'm calling from the California Department of Public Health in Sacramento. We're doing a study of California residents aged 12-17 regarding their food and exercise habits to help in planning health, nutrition, and education programs for California teenagers. Your household has been randomly chosen by the computer from a large list of telephone numbers to be included in the study. That list of telephone numbers includes households in California receiving Food Stamps. Whether you choose to participate or not will have no effect on your family's receipt of public benefits like Food Stamps but the results will help improve these and other public programs. This telephone survey will take about 30-35 minutes. I will ask you a series of questions about eating and exercise habits and related health behaviors. Although this study is considered low risk, some teenagers may have personal feelings about questions, such as weight, smoking, or food being available at home.

We recently spoke with someone in your household to let them know we would be calling to ask for your help with our study. While your participation is voluntary, it is VERY IMPORTANT to the success of the project. Your answers will be kept confidential and will only be used for the purposes of this research. Your name will NEVER be associated with any information you give us. You do not have to answer any questions you do not wish to answer and may stop the survey at any time. Are you willing to participate in the survey?

1. No ----->
2. Yes ----->

Thank you for taking the time to talk with me. Goodbye.  
(CONTINUE)

I would like to begin by verifying some general information about you.

AGE1

1. First, I need to verify that your age is (age). Is that correct?

1. Yes
2. No

[Go to SEX]

- 
77. Don't know
  99. Refused

AGE2

2. What is your age, please?

-- Enter response

- 
77. Don't Know
  99. Refused

[TERMINATE INTERVIEW]

[TERMINATE INTERVIEW]

If AGE < 12 or AGE > 18, terminate interview

If AGE = 18 go to YEAR17

If 12 <= AGE <= 17 go to SEX

YEAR17

3. **Were you 17 years old on [date screening interview took place]?**

- 1. Yes
- 2. No [TERMINATE INTERVIEW]
- 
- 77. Don't know/Not sure [TERMINATE INTERVIEW]
- 99. Refused [TERMINATE INTERVIEW]

SEX

4. **And I also need to verify that you are (male/female)?**

- 1. Male
- 2. Female

HIGRADE

5. **Now I'm going to ask you some questions about school.**

**What is the highest grade or year of school or college that you have completed?**

*(INTERVIEWER NOTE: This means years completed, not the year in which the respondent is currently enrolled.)*

- Enter response
- 12. High school graduate
- 00. No formal schooling
- 
- 77. Don't know
- 99. Refused

<b>If HIGRADE ge 12 go to OPNCAMP</b> <b>If HIGRADE eq 00, 77, or 99 go to BRKFST2</b>
---

GOSCHL2

6. **Do you go to school now?**

- 1. Yes [Go to OPNCAMP]
- 2. No
- 3. Never been to school [Go to BRKFST2]
- 4. Not right now
- 5. Home school [Go to BRKFST2]
- 
- 77. Don't know/Not sure [Go to SCHLTYP1]
- 99. Refused [Go to SCHLTYP1]

RESCHOOL

7. **Will you return to school next term?**

- 1. Yes
- 2. No
-

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- 77. Don't know/Not sure
- 99. Refused

OPNCAMP

8. [If GOSCHL2 eq 1 ask:] **Does the school have an open campus for lunch?**

[If GOSCHL2 eq 2,4,7,9:] **Did the school have an open campus for lunch?**

[If HIGRADE eq 12:] **Did the high school have an open campus for lunch?**

**[Interviewer: Define 'open campus' if needed]**

- 1. Yes
- 2. No
- 
- 77. Don't know/Not sure
- 99. Refused

SCHLTYP1

9. [If GOSCHL2 eq 1 ask:] **Do you go to public or private school?**

[If GOSCHL2 eq 2,4,7,9:] **Did you go to public or private school?**

[If HIGRADE eq 12:] **Did you go to public or private high school?**

- 1. Private
- 2. Public
- 
- 77. Don't know/Not sure
- 99. Refused

**If GOSCHL2 eq 2,4 or if HIGRADE ge 12 then go to GRADES.  
Otherwise, continue.**

SCH2WKS

10. **Have you attended school in the past 2 weeks?**

- 1. Yes
- 2. No [Go to GRADES]
- 
- 77. Don't know/Not sure
- 99. Refused

SCHYDAY

11. **Were you in school yesterday?**

- 1. Yes
- 2. No
- 
- 77. Don't know/Not sure
- 99. Refused

GRADES (NEW)

12. **During the past 12 months, how would you describe your grades in school?**

- 1. Mostly A's
- 2. Mostly B's
- 3. Mostly C's
- 4. Mostly D's
- 5. Mostly F's
- 6. None of these grades

- 
- 77. Don't know/Not sure
  - 99. Refused

DISEXER

13. **In the last year, have you taken a class or course at school in which the health effects of physical activity and exercise were discussed?**

- 1. Yes
- 2. No

- 
- 77. Don't know/Not sure
  - 99. Refused

DISEAT

14. **In the last year, have you taken a class or course at school in which the health effects of good eating habits were discussed?**

- 1. Yes
- 2. No

- 
- 77. Don't know/Not sure
  - 99. Refused

**If GOSCHL2=1 then go to SCHLFAST, else go to BRKFST2**

SCHLFAST

15. **Does your school serve food from fast food restaurants like Burger King, McDonald's or Taco Bell every day?**

- 1. Yes
- 2. No (Go to SCHSTORE)

- 
- 77. Don't know/Not sure (Go to SCHSTORE)
  - 99. Refused (Go to SCHSTORE)

SCHSTORE

16. **Does your school have a student store where chips, cookies, candy, or soda are sold?**

- 1. Yes
- 2. No (Go to SCHLSODA)

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- 77. Don't know/Not sure (Go to SCHLSODA)  
99. Refused (Go to SCHLSODA)

SCHBYSTR

17. **Yesterday/[LAST DAY OF SCHOOL], how many times did you buy chips, cookies, candy, or soda from the student store?**

\_\_\_\_\_ enter number

- 77. Don't know/Not sure  
99. Refused

SCHLSODA

18. **Does your school have a soda vending machine that students can use during school hours?**

1. Yes  
2. No (Go to SCHLVEND)

- 77. Don't know/Not sure (Go to SCHLVEND)  
99. Refused (Go to SCHLVEND)

SCHBYSOD

19. **Yesterday/[LAST DAY OF SCHOOL], how many sodas did you buy from your school vending machine?**

\_\_\_\_\_ enter number

- 77. Don't know/Not sure  
99. Refused

SCHLVEND

20. **Does your school have a vending machine filled with snacks, chips, cookies, or candy that students can use?**

1. Yes  
2. No (Go to BRKSCHL)

- 77. Don't know/Not sure (Go to BRKSCHL)  
99. Refused (Go to BRKSCHL)

SCHBYVEN

21. **Yesterday/[LAST DAY OF SCHOOL], how many times did you buy chips, cookies, or candy from your school vending machine?**

\_\_\_\_\_ enter number

- 77. Don't know/Not sure  
99. Refused

BRKSCHL

22. **A complete school breakfast is a meal that costs the same price every day. During the school year, approximately how many times a week do you usually get a complete school breakfast?**

\_\_\_\_\_ enter number, less than 1, or none

55. Less than 1

88. None

-----  
77. Don't know/Not sure

99. Refused

LCHSCHL

23. **A complete school lunch is a meal that costs the same price every day. During the school year, approximately how many times a week do you usually get a complete school lunch?**

\_\_\_\_\_ enter number, less than 1, or none

55. Less than 1

88. None (Go to BRKFST2)

-----  
77. Don't know/Not sure (Go to BRKFST2)

99. Refused (Go to BRKFST2)

FOODLIKE

24. **In general, do you like the complete school lunches served at your school? Would you say usually, sometimes, seldom, or never?**

1. Usually

2. Sometimes

3. Seldom

4. Never

-----  
77. Don't know/Not sure

99. Refused

**Now I am going to ask you some questions about the foods you ate and drank yesterday, that was *(INSERT DAY)*.**

BRKFST2

25. **Yesterday, did you eat or drink anything for breakfast?**

1. Yes

2. No (Go to SNKAM)

-----  
77. Don't know/Not sure (Go to SNKAM)

99. Refused (Go to SNKAM)

BRKFOOD1

26. **Did you eat any fruits or vegetables, or drink any 100% juice for breakfast yesterday? DO NOT INCLUDE POTATO CHIPS OR FRENCH FRIES.**

- 1. Yes
- 2. No
- 
- 77. Don't know/Not sure
- 99. Refused

**IF SCHYDAY=1 go to SCHLBRK3, else go to BRKFD2**

SCHLBRK3

27. **Did you eat a complete school breakfast yesterday? Do not include student store, vending machine, or a la carte line or snack bar.**

- 1. Yes
- 2. No
- 
- 77. Don't know/Not sure
- 99. Refused

SCHBRKFV1

28. **Were there fruits, vegetables, or 100% juices served as part of your breakfast at school?**

- 1. Yes
- 2. No (Go to BRKFD2)
- 
- 77. Don't know/Not sure (Go to BRKFD2)
- 99. Refused (Go to BRKFD2)

EATBRKFV1

29. **Did you eat the fruits, vegetables, or 100% juices served as part of your breakfast at school?**

- 1. Yes
- 2. No
- 
- 77. Don't know/Not sure
- 99. Refused

**IF BRKFOOD1=1 or EATBRKFV1=1 continue, else go to SNKAM**

BRKFD2\_A-BRKFD2\_E

30. **Which fruits, vegetables, or 100% juice did you have for breakfast yesterday? Include all kinds of fresh, frozen, canned, or dried fruits or vegetables, salads, and salsa. DO NOT include potato chips or french fries. Include fruits and vegetables mixed with other foods, like fruit in cereal and vegetables in omelets. (List up to five types.)**

Insert brand list FOOD

96 Other \_\_\_\_\_(specify)

-----

77. Don't Know (Go to SNKAM)

99. Refused (Go to SNKAM)

**IF BRKFD2\_A-BRKFD2\_E="POTATO" continue, else go to BRKLETT**

BRKPOTAT

31. **Were the potatoes you ate baked, boiled, mashed, fried, hashbrowns or some other kind?**

1. Baked
2. Boiled
3. Mashed
4. Fried
5. Hashbrowns
6. Some other kind

-----

77. Don't know/Not sure

99. Refused

**If BRKFD2\_A-BRKFD2\_E="LETTUCE" or "LETTUCE AND TOMATO" GO TO BRKLETT ELSE GO TO BRKTOM**

BRKLETT

32. **Was the lettuce you ate in a salad, on a sandwich or burger, in a burrito or taco, part of something else, or just lettuce?**

1. In a salad
2. On a sandwich or burger
3. In a burrito or taco
4. Part of something else
5. Just lettuce

-----

77. Don't know/Not sure

99. Refused

**If BRKFD2\_A-BRKFD2\_E="TOMATO" or "LETTUCE AND TOMATO" GO TO BRKTOM ELSE GO TO BRKMXFRT**

BRKTOM

33. **Were the tomatoes you ate on a sandwich or burger, in a burrito or taco, part of something else or just tomatoes?**

- 1. On a sandwich or burger
- 2. In a burrito or taco
- 3. Part of something else
- 4. Just tomatoes
- 
- 77. Don't know/Not sure
- 99. Refused

**If ("BRKLETT"=2 or 3) or ("BRKTOM"=1 or 2) GO TO BRKSAND ELSE GO TO BRKMXFRT**

BRKSAND

34. **How many sandwiches, burgers, burritos or tacos did you eat that included lettuce and/or tomatoes?**

- \_\_\_\_\_ enter number
- 88. None
- 
- 77. Don't know/Not sure
- 99. Refused

**If BRKFD2\_A-BRKFD2\_E="MIXED FRUIT or MIXED FRUIT SALAD" GO TO BRKMXFRT ELSE GO TO BRKMXVEG**

BRKMXFRT

35. **What was the main fruit in your mixed fruits or mixed fruit salad?**

Insert brand list FOOD

- 96. Other \_\_\_\_\_(specify)
- 
- 77. Don't know/Not sure
- 99. Refused

**If BRKFD2\_A-BRKFD2\_E="MIXED VEGETABLES" or "STIR FRIED VEGETABLES" or "MIXED VEGETABLE SALAD" GO TO BRKMXVEG ELSE GO TO BRKSLDTP**

BRKMXVEG

36. **What was the main vegetable in your "INSERT BRKFD2\_A-BRKFD2\_E"?**

Insert brand list FOOD

- 96. Other \_\_\_\_\_(specify)
-

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77. Don't know/Not sure  
99. Refused

**If BRKFD2\_A-BRKFD2\_E="SALAD" or "GREEN SALAD" or "MIXED GREEN SALAD" or (BRKFD2\_A-BRKFD2\_E= "LETTUCE" or "LETTUCE AND TOMATO" and BRKLETT=1) GO TO BRKSLDTP ELSE GO TO BRKSVG1**

BRKSLDTP

37. **In the green salad you ate, were there any ingredients other than lettuce?**

1. Yes  
2. No (Go to BRKSVG1-BRKSVG5)  
-----  
77. Don't know/Not sure (Go to BRKSVG1-BRKSVG5)  
99. Refused (Go to BRKSVG1-BRKSVG5)

BRKSLD1-BRKSLD2

38. **Other than lettuce, what were the two main ingredients in the salad?**

Insert brand list FOOD

96. Other \_\_\_\_\_(specify)  
-----  
77. Don't know/Not sure  
99. Refused

BRKSVG1-BRKSVG5 (repeat for each type of food listed) (VARIABLE NAME CHANGE TO REFLECT PROGRAMMING)

39. (IF BRKFD2\_A-BRKFD2\_E=" fruit" then) : **How many servings of (BRKFD2\_A-BRKFD2\_E) did you eat for breakfast? A serving of fruit is about one medium piece of fruit, 1/2 a cup or a big scoop of cut up fruit, or a handful of dried fruit.**

(IF BRKFD2\_A-BRKFD2\_E=" vegetable" then) :**How many servings of (BRKFD2\_A-BRKFD2\_E) did you eat for breakfast? A serving is 1/2 cup or a big scoop of vegetables or a medium green salad or a small baked potato.**

(IF BRKFD2\_A-BRKFD2\_E=" juice" then) :**How many servings of (BRKFD2\_A-BRKFD2\_E) did you drink for breakfast? A serving of juice is 3/4 cup or a small glass.**

- \_\_\_\_\_ enter number  
88. None  
-----  
77. Don't know/Not sure  
99. Refused

SNKAM

40. **Yesterday, did you eat or drink anything between breakfast time and lunch time?**

1. Yes  
2. No (Go to LUNCH)  
-----  
77. Don't know/Not sure (Go to LUNCH)  
99. Refused (Go to LUNCH)

SNAMFOOD

41. **What did you eat for your morning snack? [Interviewer: CHOOSE ALL THAT APPLY]**

1. Fruit
2. Fruit juice
3. Vegetable
4. Fries
5. Soda
6. Candy
7. Cookies/pastries
8. Chips
9. Pretzels
10. Popcorn
11. Pizza
12. Sandwich
13. \_\_\_\_\_ Other (specify)  
-----
77. Don't know/Not sure
99. Refused

SNAMFROM

42. **Where did you obtain that snack from? (Interviewer: Choose all that apply)**

1. Vending machine
2. Student store
3. School snack bar or A la carte line
4. School cafeteria
5. Fund-raising sale
6. Home
7. A friend
8. Fast food place
9. Convenience store
10. Club
11. Community center
12. Food cart at school
13. \_\_\_\_\_ Other (specify)  
-----
77. Don't know/Not sure
99. Refused

**If SNAMFOOD=Fruit or juice or Vegetable, go to SNAFD2, else continue**

SNAFOOD1

43. **Did you eat any fruits or vegetables, or drink any 100% juice for your morning snack yesterday? DO NOT INCLUDE POTATO CHIPS OR FRENCH FRIES.**

1. Yes
2. No
- 
77. Don't know/Not sure
99. Refused

**If SNAFOOD1=1 continue, else go to LUNCH**

SNAFD2\_A-SNAFD2\_E

44. **Which fruits, vegetables, or 100% juice did you have for a morning snack yesterday? Include all kinds of fresh, frozen, canned, or dried fruits or vegetables, salads, and salsa. Include fruits and vegetables mixed with other foods, like fruit in smoothies or vegetables in burritos. DO NOT include potato chips or french fries. (List up to five types.)**

Insert brand list FOOD

96. Other \_\_\_\_\_(specify)

-----

77. Don't Know

[Go to LUNCH]

99. Refused

[Go to LUNCH]

**If SNAFD2\_A-SNAFD2\_E = "POTATO" continue, else go to SNALETT**

SNAPOTAT

45. **Were the potatoes you ate baked, boiled, mashed, fried, hashbrowns or some other kind?**

1. Baked
2. Boiled
3. Mashed
4. Fried
5. Hashbrowns
6. Some other kind

-----

77. Don't Know

99. Refused

**If SNAFD2\_A-SNAFD2\_E="LETTUCE" or "LETTUCE AND TOMATO" GO TO SNALETT ELSE GO TO SNATOM**

SNALETT

46. **Was the lettuce you ate in a salad, on a sandwich or burger, in a burrito or taco, part of something else, or just lettuce?**

1. In a salad
2. On a sandwich or burger
3. In a burrito or taco
4. Part of something else
5. Just lettuce

-----

77. Don't Know

99. Refused

**If SNAFD2\_A-SNAFD2\_E="TOMATO" or "LETTUCE AND TOMATO" GO TO SNATOM ELSE GO TO SNAMXFRT**

SNATOM

47. **Were the tomatoes you ate on a sandwich or burger, in a burrito or taco, part of something else or just tomatoes?**

- 1. On a sandwich or burger
- 2. In a burrito or taco
- 3. Part of something else
- 4. Just tomatoes

- 
- 77. Don't Know
  - 99. Refused

**If ("SNALETT"=2 or 3) or ("SNATOM"=1 or 2) GO TO SNASAND ELSE GO TO SNAMXTRT**

SNASAND

48. **How many sandwiches, burgers, burritos or tacos did you eat that included lettuce and/or tomatoes?**

- \_\_\_\_\_ enter number
- 88. None

- 
- 77. Don't know
  - 99. Refused

**If SNAFD2\_A-SNAFD2\_E="MIXED FRUIT or MIXED FRUIT SALAD" GO TO SNAMXFRT ELSE GO TO SNAMXVEG**

SNAMXFRT

49. **What was the main fruit in your mixed fruits or mixed fruit salad?**

Insert brand list FOOD

- 96. Other \_\_\_\_\_(specify)

- 
- 77. Don't Know
  - 99. Refused

**If SNAFD2\_A-SNAFD2\_E="MIXED VEGETABLES" or "STIR FRIED VEGETABLES" or "MIXED VEGETABLE SALAD" GO TO SNAMXVEG ELSE GO TO SNASLDTP**

SNAMXVEG

50. **What was the main vegetable in your "INSERT SNAFD2\_A-SNAFD2\_E"?**

Insert brand list FOOD

- 96. Other \_\_\_\_\_(specify)

- 
- 77. Don't Know
  - 99. Refused

If SNAFD2\_A-SNAFD2\_E="SALAD" or "GREEN SALAD" or "MIXED GREEN SALAD" or (SNAFD2\_A-SNAFD2\_E ="LETTUCE" or "LETTUCE AND TOMATO" and SNALETT=1) GO TO SNASLDTP ELSE GO TO SNASVG1

SNASLDTP

51. In the green salad you ate, were there any ingredients other than lettuce?

- 1. Yes
- 2. No (Go to SNASVG1-SNASVG5)
- 
- 77. Don't know/Not sure (Go to SNASVG1-SNASVG5)
- 99. Refused (Go to SNASVG1-SNASVG5)

SNASLD1-SNASLD2

52. Other than lettuce, what were the two main ingredients in the salad?

Insert brand list FOOD

- 96. Other \_\_\_\_\_(specify)
- 
- 77. Don't Know
- 99. Refused

SNASVG1-SNASVG5 (repeat for each type of food listed)

53. (IF SNAFD2\_A-SNAFD2\_E=" fruit" then) : How many servings of (SNAFD2\_A-SNAFD2\_E) did you eat? (A serving of fruit is about one medium piece of fruit, 1/2 a cup or a big scoop of cut up fruit, or a handful of dried fruit.)

(IF SNAFD2\_A-SNAFD2\_E=" vegetable" then) :How many servings of (SNAFD2\_A-SNAFD2\_E) did you eat? (A serving is 1/2 cup or a big scoop of vegetables or a medium green salad or a small baked potato.)

(IF SNAFD2\_A-SNAFD2\_E=" juice" then) :How many servings of (SNAFD2\_A-SNAFD2\_E) did you drink? (A serving of juice is 3/4 cup or a small glass.)

- \_\_\_\_\_ enter number
- 88. None
- 
- 77. Don't know
- 99. Refused

LUNCH

54. Did you eat or drink anything for lunch yesterday?

- 1. Yes
- 2. No (Go to SNKPM)
- 
- 77. Don't know/Not sure (Go to SNKPM)
- 99. Refused (Go to SNKPM)

LCHPLAC

55. **Where did you obtain that lunch from? (Check all that apply)**

- 1. Vending machine
- 2. Student store
- 3. School snack bar or A la carte line
- 4. School cafeteria
- 5. Fund-raising sale
- 6. Home
- 7. A friend
- 8. Fast food place
- 9. Convenience store
- 10. Club
- 11. Community center
- 12. Food cart at school
- 13. \_\_\_\_\_ Other (specify)

- 
- 77. Don't know/Not sure
  - 99. Refused

LCHFOOD1

56. **Did you eat any fruits or vegetables, or drink any 100% juice for lunch yesterday? DO NOT INCLUDE POTATO CHIPS OR FRENCH FRIES.**

- 1. Yes
- 2. No

- 
- 77. Don't know/Not sure
  - 99. Refused

**If LCHPLAC = 3, 4, or 12 continue; else go to LCHFD2**

SCHLLCH3

57. **Did you eat a complete school lunch yesterday? Do not include student store, vending machine, or a la carte line or snack bar.**

- 1. Yes
- 2. No

- 
- 77. Don't know/Not sure
  - 99. Refused

SCHCHFV3

58. **Were there fruits, vegetables, or 100%juices served as part of your lunch at school?**

- 1. Yes
- 2. No (Go to *LCHFD2*)

- 
- 77. Don't know/Not sure (Go to *LCHFD2*)
  - 99. Refused (Go to *LCHFD2*)

**IF LCHFOOD1=1 continue, else go to LCHFD2 (Q61)**

EATCHFV3

59. **Did you eat the fruits, vegetables, or 100% juice served as part of your lunch at school?**

- 1. Yes
- 2. No
- 
- 77. Don't know/Not sure
- 99. Refused

**IF LCHFOOD1=1 or EATCHFV2=1 continue, else go to SNKPM**

LCHFD2\_A-LCHFD2\_E

60. **Which fruits, vegetables, or 100% juice did you have for lunch yesterday? Include all kinds of fresh, frozen, canned, or dried fruits or vegetables, salads and salsa. Include fruits and vegetables in mixed dishes like tacos, soup, wraps and sandwiches. DO NOT include potato chips or french fries. (List up to five types.)**

Insert brand list FOOD

- 96. Other \_\_\_\_\_(specify)
- 
- 77. Don't Know (Go to SNKPM)
- 99. Refused (Go to SNKPM)

**If LCHFD2\_A-LCHFD2\_E="POTATO" continue, else go to LCHLETT**

LCHPOTAT

61. **Were the potatoes you ate baked, boiled, mashed, fried, hashbrowns or some other kind?**

- 1. Baked
- 2. Boiled
- 3. Mashed
- 4. Fried
- 5. Hashbrowns
- 6. Some other kind
- 
- 77. Don't Know
- 99. Refused

**If LCHFD2\_A-LCHFD2\_E="LETTUCE" or "LETTUCE AND TOMATO" GO TO LCHLETT ELSE GO TO LCHTOM**

LCHLETT

**62. Was the lettuce you ate in a salad, on a sandwich or burger, in a burrito or taco, part of something else, or just lettuce?**

- 1. In a salad
- 2. On a sandwich or burger
- 3. In a burrito or taco
- 4. Part of something else
- 5. Just lettuce
- 
- 77. Don't Know
- 99. Refused

**If LCHFD2\_A-LCHFD2\_E="TOMATO" or "LETTUCE AND TOMATO" GO TO LCHTOM ELSE GO TO LCHMXFRT**

LCHTOM

**63. Were the tomatoes you ate on a sandwich or burger, in a burrito or taco, part of something else or just tomatoes?**

- 1. On a sandwich or burger
- 2. In a burrito or taco
- 3. Part of something else
- 4. Just tomatoes
- 
- 77. Don't Know
- 99. Refused

**If ("LCHLETT"=2 or 3) or ("LCHTOM"=1 or 2) GO TO LCHSAND ELSE GO TO LCHMXTRT**

LCHSAND

**64. How many sandwiches, burgers, burritos or tacos did you eat that included lettuce and/or tomatoes?**

- \_\_\_\_\_ enter number
- 88. None
- 
- 77. Don't know
- 99. Refused

**If LCHFD2\_A-LCHFD2\_E="MIXED FRUIT or MIXED FRUIT SALAD" GO TO LCHMXFRT ELSE GO TO LCHMXVEG**

LCHMXFRT

65. **What was the main fruit in your mixed fruits or mixed fruit salad?**

Insert brand list FOOD

96. Other \_\_\_\_\_(specify)  
-----

77. Don't Know

99. Refused

**If LCHFD2\_A-LCHFD2\_E="MIXED VEGETABLES" or "STIR FRIED VEGETABLES" or "MIXED VEGETABLE SALAD" GO TO LCHMXVEG ELSE GO TO LCHSLDTP**

LCHMXVEG

66. **What was the main vegetable in your "INSERT LCHFD2\_A-LCHFD2\_E"?**

Insert brand list FOOD

96. Other \_\_\_\_\_(specify)  
-----

77. Don't Know

99. Refused

**If LCHFD2\_A-LCHFD2\_E="SALAD" or "GREEN SALAD" or "MIXED GREEN SALAD" or (LCHFD2\_A-LCHFD2\_E ="LETTUCE" or "LETTUCE AND TOMATO" and LCHLETT=1) GO TO LCHSLDTP ELSE GO TO LCHSVG1**

LCHSLDTP

67. **In the green salad you ate, were there any ingredients other than lettuce?**

1. Yes

2. No (Go to LCHSVG1)  
-----

77. Don't know/Not sure (Go to LCHSVG1)

99. Refused (Go to LCHSVG1)

LCHSLD1-LCHSLD2

68. **Other than lettuce, what were the two main ingredients in the salad?**

Insert brand list FOOD

96. Other \_\_\_\_\_(specify)  
-----

77. Don't Know

99. Refused

LCHSVG1-LCHSVG5 (repeat for each type of food listed) (PROGRAMMED NAME)

69. (IF LCHFD2\_A-LCHFD2\_E=" fruit" then) **How many servings of (LCHFD2\_A-LCHFD2\_E) did you eat for lunch? (A serving of fruit is about one medium piece of fruit, ½ a cup or a big scoop of cut up fruit, or a handful of dried fruit.)**

(IF LCHFD2\_A-LCHFD2\_E=" vegetable" then): **How many servings of (LCHFD2\_A-LCHFD2\_E) did you eat for lunch? (A serving is ½ cup or a big scoop of vegetables or a medium green salad or a small baked potato.)**

(IF LCHFD2\_A-LCHFD2\_E=" juice" then): **How many servings of (LCHFD2\_A-LCHFD2\_E) did you drink for lunch? (A serving of juice is ¾ cup or a small glass.)**

\_\_\_\_\_ enter number

88. None

-----  
77. Don't know

99. Refused

SNKPM

70. **Yesterday, did you eat or drink anything between lunch time and dinner time?**

1. Yes

2. No

(Go to DINNER)

-----  
77. Don't know/Not sure

(Go to DINNER)

99. Refused

(Go to DINNER)

SNPMFOOD

71. **What did you eat for your afternoon snack? [Interviewer: CHOOSE ALL THAT APPLY]**

1. Fruit

2. Juice

3. Vegetable

4. French fries

5. Soda

6. Candy

7. Cookies/pastries

8. Chips

9. Pretzels

10. Popcorn

11. Pizza

12. Sandwich

13. \_\_\_\_\_ Other (specify)

-----  
77. Don't know/Not sure

99. Refused

SNPMFROM

72. **Where did you obtain that snack from? (Interviewer: Choose all that apply)**

1. Vending machine
2. Student store
3. School snack bar or a la carte line
4. School cafeteria
5. Fund-raising sale
6. Home
7. A friend
8. Fast food place
9. Convenience store
10. Club
11. Community center
12. Food cart at school
13. \_\_\_\_\_ Other (specify)

-----  
77. Don't know/Not sure

99. Refused

**If SNPMFOOD=Fruit or Fruit juice or Vegetable, go to SNPFD2, else continue**

SNPFOOD1

73. **Did you eat any fruits or vegetables, or drink any 100% juice for your afternoon snack yesterday? DO NOT INCLUDE POTATO CHIPS OR FRENCH FRIES.**

1. Yes

2. No

(Go to DINNER)

-----  
77. Don't know/Not sure

(Go to DINNER)

99. Refused

(Go to DINNER)

**If SNPFOOD1=1 continue, else go to DINNER**

SNPFD2\_A-SNPFD2\_E

74. **Which fruits, vegetables, or 100% juice did you have for an afternoon snack yesterday? Include all kinds of fresh, frozen, canned, or dried fruits or vegetables, salads, and salsa. Include 100% fruit juice bars and fruits and vegetables mixed with other foods, like vegetables on pizza. DO NOT include potato chips or french fries. (List up to five types.)**

Insert brand list FOOD

96. Other \_\_\_\_\_(specify)

-----  
77. Don't Know

99. Refused

**If SNPFD2\_A-SNPFD2\_E="POTATO" continue, else go to SNPLETT**

SNPPOTAT

75. **Were the potatoes you ate baked, boiled, mashed, fried, hashbrowns or some other kind?**

1. Baked
2. Boiled
3. Mashed
4. Fried
5. Hashbrowns
6. Some other kind

- 
77. Don't Know
  99. Refused

**If SNPFD2\_A-SNPFD2\_E="LETTUCE" or "LETTUCE AND TOMATO" GO TO SNPLETT ELSE GO TO SNPTOM**

SNPLETT

76. **Was the lettuce you ate in a salad, on a sandwich or burger, in a burrito or taco, part of something else, or just lettuce?**

1. In a salad
2. On a sandwich or burger
3. In a burrito or taco
4. Part of something else
5. Just lettuce

- 
77. Don't Know
  99. Refused

**If SNPFD2\_A-SNPFD2\_E="TOMATO" or "LETTUCE AND TOMATO" GO TO SNPTOM ELSE GO TO SNPMXFRT**

SNPTOM

77. **Were the tomatoes you ate on a sandwich or burger, in a burrito or taco, part of something else or just tomatoes?**

1. On a sandwich or burger
2. In a burrito or taco
3. Part of something else
4. Just tomatoes

- 
77. Don't Know
  99. Refused

If ("SNPLETT"=2 or 3) or ("SNPTOM"=1 or 2) GO TO SNPSAND ELSE GO TO SNPMXTRT

SNPSAND

78. How many sandwiches, burgers, burritos or tacos did you eat that included lettuce and/or tomatoes?

- \_\_\_\_\_ enter number  
88. None  
-----  
77. Don't know  
99. Refused

If SNPFD2\_A-SNPFD2\_E="MIXED FRUIT or MIXED FRUIT SALAD" GO TO SNPMXFRT ELSE GO TO SNPMXVEG

SNPMXFRT

79. What was the main fruit in your mixed fruits or mixed fruit salad?

Insert brand list FOOD

96. Other \_\_\_\_\_(specify)  
-----  
77. Don't Know  
99. Refused

If SNPFD2\_A-SNPFD2\_E="MIXED VEGETABLES" or "STIR FRIED VEGETABLES" or "MIXED VEGETABLE SALAD" GO TO SNPMXVEG ELSE GO TO SNPSLDTP

SNPMXVEG

80. What was the main vegetable in your "INSERT SNPFD2\_A-SNPFD2\_E"?

Insert brand list FOOD

96. Other \_\_\_\_\_(specify)  
-----  
77. Don't Know  
99. Refused

If SNPFD2\_A-SNPFD2\_E="SALAD" or "GREEN SALAD" or "MIXED GREEN SALAD" or (SNPFD2\_A-SNPFD2\_E="LETTUCE" or "LETTUCE AND TOMATO" and SNPLETT=1) GO TO SNPSLDTP ELSE GO TO SNPSVG1

SNPSLDTP

81. In the green salad you ate, were there any ingredients other than lettuce?

1. Yes  
2. No (Go to SNPSVG1-SNPSVG5)  
-----  
77. Don't know/Not sure (Go to SNPSVG1-SNPSVG5)  
99. Refused (Go to SNPSVG1-SNPSVG5)

SNPSLD1-SNPSLD2

82. **Other than lettuce, what were the two main ingredients in the salad?**

Insert brand list FOOD

96. Other \_\_\_\_\_(specify)  
-----

77. Don't Know

99. Refused

SNPSVG1-SNPSVG5 (repeat for each type of food listed) (VARIABLE NAME CHANGED TO REFLECT PROGRAMMED NAME)

83. (IF SNPFD2\_A-SNPFD2\_E=" fruit" then): **How many servings of (SNPFD2\_A-SNPFD2\_E) did you eat? (A serving of fruit is about one medium piece of fruit, ½ a cup or a big scoop of cut up fruit, or a handful of dried fruit.)**

(IF SNPFD2\_A-SNPFD2\_E=" vegetable" then): **How many servings of (SNPFD2\_A-SNPFD2\_E) did you eat? (A serving is ½ cup or a big scoop of vegetables or a medium green salad or a small baked potato.)**

(IF SNPFD2\_A-SNPFD2\_E=" juice" then): **How many servings of (SNPFD2\_A-SNPFD2\_E) did you drink? (A serving of juice is ¾ cup or a small glass.)**

\_\_\_\_\_ enter number

88. None  
-----

77. Don't know

99. Refused

DINNER

84. **Did you eat or drink anything for dinner yesterday?**

1. Yes

2. No

(Go to SNKNT)

77. Don't know/Not sure

(Go to SNKNT)

99. Refused

(Go to SNKNT)

DNRFROM (NEW)

85. **Where did you obtain dinner from?**

1. Home

2. A friend's house

3. Fast food place

4. Other restaurant

5. Vending machine

6. Convenience store  
-----

77. Don't know/Not sure

99. Refused

DNRFOOD1

86. **Did you eat any fruits or vegetables, or drink any 100% juice for dinner yesterday? DO NOT include potato chips or french fries.**

- 1. Yes
- 2. No (Go to SNKNT)
- 
- 77. Don't know/Not sure (Go to SNKNT)
- 99. Refused (Go to SNKNT)

DNRFD2\_A-DNRFD2-E

87. **Which fruits, vegetables, or 100% juice did you have for dinner yesterday? Include all kinds of fresh, frozen, canned, or dried fruits or vegetables, salads, and salsa. Include fruits and vegetables in mixed dishes like stew, chili, pasta, and stir-fried dishes. DO NOT include potato chips or french fries. (List up to five types.)**

Insert brand list FOOD

- 96. Other \_\_\_\_\_(specify)
- 
- 77. Don't Know (Go to SNKNT)
- 99. Refused (Go to SNKNT)

**If DNRFD2\_A-DNRFD2-E="POTATO" continue, else go to DNRLETT**

DNRPOTAT

88. **Were the potatoes you ate baked, boiled, mashed, fried, hashbrowns or some other kind?**

- 1. Baked
- 2. Boiled
- 3. Mashed
- 4. Fried
- 5. Hashbrowns
- 6. Some other kind
- 
- 77. Don't Know
- 99. Refused

**If DNRFD2\_A-DNRFD2-E="LETTUCE" or "LETTUCE AND TOMATO" GO TO DNRLETT ELSE GO TO DNRTOM**

DNRLETT

89. **Was the lettuce you ate in a salad, on a sandwich or burger, in a burrito or taco, part of something else, or just lettuce?**

- 1. In a salad
- 2. On a sandwich or burger
- 3. In a burrito or taco
- 4. Part of something else
- 5. Just lettuce
- 
- 77. Don't Know

99. Refused

**If DNRFD2\_A-DNRFD2-E="TOMATO" or "LETTUCE AND TOMATO" GO TO DNRTOM ELSE GO TO DNRMXFRT**

DNRTOM

90. **Were the tomatoes you ate on a sandwich or burger, in a burrito or taco, part of something else or just tomatoes?**

- 1. On a sandwich or burger
- 2. In a burrito or taco
- 3. Part of something else
- 4. Just tomatoes

-----  
77. Don't Know

99. Refused

**If ("DNRLETT"=2 or 3) or ("DNRTOM"=1 or 2) GO TO DNRSAND ELSE GO TO DNRMXTRT**

DNRSAND

91. **How many sandwiches, burgers, burritos or tacos did you eat that included lettuce and/or tomatoes?**

\_\_\_\_\_ enter number

88. None

-----  
77. Don't know

99. Refused

**If DNRFD2\_A-DNRFD2-E="MIXED FRUIT or MIXED FRUIT SALAD" GO TO DNRMXFRT ELSE GO TO DNRMXVEG**

DNRMXFRT

92. **What was the main fruit in your mixed fruits or mixed fruit salad?**

Insert brand list FOOD

96. Other \_\_\_\_\_(specify)

-----  
77. Don't Know

99. Refused

**If DNRFD2\_A-DNRFD2-E="MIXED VEGETABLES" or "STIR FRIED VEGETABLES" or "MIXED VEGETABLE SALAD" GO TO DNRMXVEG ELSE GO TO DNRSLDTP**

DNRMXVEG

93. **What was the main vegetable in your "INSERT DNRFD2\_A-DNRFD2-E"?**

Insert brand list FOOD

96. Other \_\_\_\_\_(specify)

-----  
77. Don't Know

99. Refused

**If DNRFD2\_A-DNRFD2-E="SALAD" or "GREEN SALAD" or "MIXED GREEN SALAD" or (DNRFD2\_A-DNRFD2-E="LETTUCE" or "LETTUCE AND TOMATO" and DNRLETT=1) GO TO DNRSLDTP ELSE GO TO DNRSVG1**

DNRSLDTP

94. **In the green salad you ate, were there any ingredients other than lettuce?**

- 1. Yes
- 2. No (Go to DNRSVG1)
- 
- 77. Don't know/Not sure (Go to DNRSVG1)
- 99. Refused (Go to DNRSVG1)

DNRSLD1-DNRSLD2

95. **Other than lettuce, what were the two main ingredients in the salad?**

Insert brand list FOOD

- 96. Other \_\_\_\_\_(specify)
- 
- 77. Don't Know
- 99. Refused

DNRSVG2-DNRSVG5 (repeat for each type of food listed)(PROGRAMMED NAME)

96. (IF DNRFD2\_A-DNRFD2-E=" fruit" then): **How many servings of (DNRFD2\_A-DNRFD2-E) did you eat for dinner? (A serving of fruit is about one medium piece of fruit, 1/2 a cup or a big scoop of cut up fruit, or a handful of dried fruit.)**

(IF DNRFD2\_A-DNRFD2-E=" vegetable" then): **How many servings of (DNRFD2\_A-DNRFD2-E) did you eat for dinner? (A serving is 1/2 cup or a big scoop of vegetables or a medium green salad or a small baked potato.)**

(IF DNRFD2\_A-DNRFD2-E=" juice" then): **How many servings of (DNRFD2\_A-DNRFD2-E) did you drink for dinner? (A serving of juice is 3/4 cup or a small glass.)**

- \_\_\_\_\_ enter number
- 88. None
- 
- 77. Don't know
- 99. Refused

SNKNT

97. **Yesterday, did you eat or drink anything between dinner time and the time you went to bed?**

- 1. Yes
- 2. No (Go to FRUITTOT2)
- 
- 77. Don't know/Not sure (Go to FRUITTOT2)
- 99. Refused (Go to FRUITTOT2)

SNNFOOD1

98. **Did you eat any fruits or vegetables, or drink any 100% juice for you evening snack? DO NOT INCLUDE POTATO CHIPS OR FRENCH FRIES.**

- 1. Yes
- 2. No (Go to FRUITTOT2)
- 
- 77. Don't know/Not sure (Go to FRUITTOT2)
- 99. Refused (Go to FRUITTOT2)

SNNFD2\_A-SNNFD2-E

99. **Which fruits, vegetables, or 100% juice did you have? Include all kinds of fresh, frozen, canned, or dried fruits or vegetables, salads and salsa. Include fruits and vegetables mixed with other foods, like fruit in jello or vegetables on sandwiches. DO NOT include potato chips or french fries. (List up to five types.)**

Insert brand list FOOD

- 96. Other \_\_\_\_\_(specify)  
-----
- 77. Don't Know (Go to FRUITTOT2)
- 99. Refused (Go to FRUITTOT2)

**If SNNFD2\_A-SNNFD2-E="POTATO" continue, else go to SNNLETT**

SNNPOTAT

100. **Were the potatoes you ate baked, boiled, mashed, fried, hashbrowns or some other kind?**

- 1. Baked
- 2. Boiled
- 3. Mashed
- 4. Fried
- 5. Hashbrowns
- 6. Some other kind
- 
- 77. Don't Know
- 99. Refused

**If SNNFD2\_A-SNNFD2-E="LETTUCE" or "LETTUCE AND TOMATO" GO TO SNNLETT ELSE GO TO SNNTOM**

SNNLETT

101. **Was the lettuce you ate in a salad, on a sandwich or burger, in a burrito or taco, part of something else, or just lettuce?**

- 1. In a salad
- 2. On a sandwich or burger
- 3. In a burrito or taco
- 4. Part of something else
- 5. Just lettuce
- 
- 77. Don't Know

99. Refused

**If SNNFD2\_A-SNNFD2-E="TOMATO" or "LETTUCE AND TOMATO" GO TO SNNTOM ELSE GO TO SNNMXFRT**

SNNTOM

102. **Were the tomatoes you ate on a sandwich or burger, in a burrito or taco, part of something else or just tomatoes?**

- 1. On a sandwich or burger
- 2. In a burrito or taco
- 3. Part of something else
- 4. Just tomatoes

-----  
77. Don't Know

99. Refused

**If ("SNNLETT"=2 or 3) or ("SNNTOM"=1 or 2) GO TO SNNSAND ELSE GO TO SNNMXTRT**

SNNSAND

103. **How many sandwiches, burgers, burritos or tacos did you eat that included lettuce and/or tomatoes?**

\_\_\_\_\_ enter number

88. None

-----  
77. Don't know

99. Refused

**If SNNFD2\_A-SNNFD2-E="MIXED FRUIT or MIXED FRUIT SALAD" GO TO SNNMXFRT ELSE GO TO SNNMXVEG**

SNNMXFRT

104. **What was the main fruit in your mixed fruits or mixed fruit salad?**

Insert brand list FOOD

96. Other \_\_\_\_\_(specify)

-----  
77. Don't Know

99. Refused

**If SNNFD2\_A-SNNFD2-E="MIXED VEGETABLES" or "STIR FRIED VEGETABLES" or "MIXED VEGETABLE SALAD" GO TO SNNMXVEG ELSE GO TO SNNSLDTP**

SNNMXVEG

105. **What was the main vegetable in your "INSERT SNNFD2\_A-SNNFD2-E"?**

Insert brand list FOOD

96. Other \_\_\_\_\_(specify)

-----  
77. Don't Know

99. Refused

If SNNFD2\_A-SNNFD2-E="SALAD" or "GREEN SALAD" or "MIXED GREEN SALAD" or (SNNFD2\_A-SNNFD2-E="LETTUCE" or "LETTUCE AND TOMATO" and SNNLETT=1) GO TO SNNSLDTP ELSE GO TO SNNSVG1

SNNSLDTP

106. In the green salad you ate, were there any ingredients other than lettuce?

- 1. Yes
- 2. No (Go to SNNSVG1-SNNSVG5)
- 
- 77. Don't know/Not sure (Go to SNNSVG1-SNNSVG5)
- 99. Refused (Go to SNNSVG1-SNNSVG5)

SNNSLD1-SNNSLD2

107. Other than lettuce, what were the two main ingredients in the salad?

Insert brand list FOOD

- 96. Other \_\_\_\_\_(specify)
- 
- 77. Don't Know
- 99. Refused

SNNSVG1-SNNSVG5 (repeat for each type of food listed)(PROGRAMMED NAME)

108. (IF SNNFD2\_A-SNNFD2-E=" fruit" then): How many servings of (SNNFD2\_A-SNNFD2-E) did you eat? (A serving of fruit is about one medium piece of fruit, 1/2 a cup or a big scoop of cut up fruit, or a handful of dried fruit.)

(IF SNNFD2\_A-SNNFD2-E=" vegetable" then): How many servings of (SNNFD2\_A-SNNFD2-E) did you eat? (A serving is 1/2 cup or a big scoop of vegetables or a medium green salad or a small baked potato.)

(IF SNNFD2\_A-SNNFD2-E=" juice" then): How many servings of (SNNFD2\_A-SNNFD2-E) did you drink? (A serving of juice is 3/4 cup or a small glass.)

- \_\_\_\_\_ enter number
- 88. None
- 
- 77. Don't know
- 99. Refused

FRUTTOT2

109. Now, thinking about everything you ate and drank, how many servings of fruits and 100% juices did you have yesterday?

- \_\_\_\_\_ enter number (verify if greater than 9)
- 88. None
- 
- 77. Don't know
- 99. Refused

VEGTOT2

110. Now, thinking about *everything* you ate and drank, how many servings of vegetables and green salad did you eat yesterday?

- \_\_\_\_\_ enter number (verify if greater than 9)
88. None
- 
77. Don't know
99. Refused

FRTVEGNR

111. How many total cups of fruits and vegetables do you think you should eat every day to be healthy?

- \_\_\_\_\_ enter number
88. None
- 
77. Don't know
99. Refused

BARFV3

112. What is the main reason you don't eat more fruits and vegetables, or drink more 100% juice?

1. Eat enough
  2. Don't like taste
  3. Not available
  4. Don't think about it
  5. Not important
  6. Poor quality
  7. Choose other foods
  8. Allergic
  9. No time
  10. Not hungry
  11. Don't want to gain weight
  12. Too much sugar
  13. Too much fiber
  14. Don't want to get sick from eating too much
  11. Other \_\_\_\_\_ (specify)
  12. Too expensive
- 
77. Don't know/not sure
99. Refused

GRAIN

113. **Yesterday how many servings of whole-grain breads did you eat? This would include 100% whole wheat, wheatberry or bran bread and bagels, or whole wheat tortillas, but not flour or corn tortillas. A serving would be one slice of bread, one tortilla, or ½ a bagel.**

- \_\_\_\_\_ enter number (verify if greater than 5)  
88. None  
-----  
77. Don't know  
99. Refused

BEANS

114. **Yesterday how many servings of beans did you eat? This would include kidney beans, refried beans, chilibeans, black beans, bean soup, bean salad, or lentils. A serving would be about ½ cup, 2 serving spoons, or a small bowl.**

- \_\_\_\_\_ enter number (verify if greater than 5)  
88. None  
-----  
77. Don't know  
99. Refused

TOTFRIES

115. **How many servings of french fries did you eat yesterday? A serving of french fries equals one small fast food order or 1.5 cups. [Interviewer: ONE MEDIUM=1.5 SERVINGS; ONE LARGE=2 SERVINGS; ONE SUPER/KING=2.25 SERVINGS]**

- \_\_\_\_\_ enter number  
88. None  
-----  
77. Don't know/Not sure  
99. Refused

CEREAL

116. **Yesterday how many bowls of cereal did you eat?**

- \_\_\_\_\_ enter number (verify if greater than 5)  
88. None (Go to GRAINNR2)  
-----  
77. Don't know (Go to GRAINNR2)  
99. Refused (Go to GRAINNR2)

BOWLSIZE

117. **Was that a small, medium, or large bowl? A small equals 1 cup, medium equals 2 cups, and large equals 3 cups or more. (Interviewer: if respondent reported eating more than 1 bowl yesterday, ask what the bowl size was for MOST servings.)**

1. Small  
2. Medium  
3. Large  
-----  
77. Don't know/Not sure  
99. Refused

CERBRAND

118. **What cereal did you eat the most of yesterday?**

Insert brand list CEREAL

96. Other \_\_\_\_\_ (specify)

-----

77. Don't know

99. Refused

GRAINNR2

119. **Next I'm going to ask you a question about whole grain foods. Whole grains are found in foods like whole wheat bread, oatmeal, brown rice, Triscuits, Wheat Thins, Raisin-Bran or Nutri-grain. How much of all the grain foods you eat every day do you think should come from whole grains? Would you say...**

1. All

2. Most

3. Half

4. A Quarter

5. None

-----

77. Don't know/Not sure

99. Refused

**Now we are going to ask you a few more questions about the food items you ate and drank yesterday.**

MILK

120. **Yesterday, how many servings of milk did you drink, including chocolate milk, fast food milkshakes, milk on cereal, or large coffee drinks such as a mocha or latté? (A serving of milk is one individual carton, 1 cup, 1 small glass, or 8 ounces.)**

\_\_\_\_\_ enter number

0. None

-----

77. Don't know

99. Refused

(verify if greater than 5)

(Go to BARMILK)

(Go to BARMILK)

(Go to BARMILK)

PERFAT

121. **What percent fat was most of the milk you drank yesterday? Would you say...**

[Interviewer: Read response choices]

1. Nonfat, skim, or fat-free

2. 1% fat

3. 2% fat

4. Whole milk (4%)

5. Other \_\_\_\_\_(specify)

-----

6. Never drink milk

77. Don't know/Not sure

99. Refused

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BARMILK (Asked if PERFAT GE 3)

122. **What is the main reason you don't drink nonfat, skim, fat-free, or 1% fat milk?**

*[Prompt only if they do not answer quickly]*

- 1. Not available
- 2. Don't like taste
- 3. Habit
- 4. Don't need to reduce fat intake
- 5. Extra calories
- 6. Not important
- 7. Not as healthy as whole milk
- 8. Lactose intolerant
- 9. Haven't tried others
- 10. Other \_\_\_\_\_ (specify)  
-----
- 77. Don't know/not sure
- 99. Refused

CHEESE

123. **How many times did you have cheese yesterday, including cheese on a cheeseburger, pizza, sandwich, in a main dish, or as a snack?**

- \_\_\_\_\_ enter number (verify if greater than 5)
- 88. None
- 
- 77. Don't know
- 99. Refused

CALCIUM2 (PROGRAMMED NAME)

124. **How many times did you have yogurt or dairy desserts yesterday, such as frozen yogurt, ice cream, soft serve ice cream, pudding, or frozen yogurt in a smoothie?**

- \_\_\_\_\_ enter number (verify if greater than 5)
- 88. None
- 
- 77. Don't know
- 99. Refused

MILKNR

125. **How many total servings of dairy products, like milk, yogurt or cheese do you think you should have every day to be healthy?**

- \_\_\_\_\_ enter number
- 88. None
- 
- 77. Don't know
- 99. Refused

VEGTRN2 (NEW)

126. **Do you eat any kind of animal foods like beef, pork, poultry or fish?**

- 1. Yes
- 2. No (Go to PASTRY)
- 
- 77. Don't know/Not sure
- 99. Refused

ANIMPRO

127. **Yesterday how many servings of meat, poultry, fish, and eggs did you eat? A serving is a piece of meat, chicken, turkey or fish about the same size as a deck of cards or two eggs.**

- \_\_\_\_\_ enter number
- 88. None
- 
- 77. Don't know
- 99. Refused

PASTRY

128. **Yesterday did you eat any pastries, such as doughnuts, danishes, sweet rolls, muffins, croissants, or pop-tarts?**

- 1. Yes
- 2. No
- 
- 77. Don't know/Not sure
- 99. Refused

FRIED

129. **Yesterday did you eat any deep-fried foods, such as, fried chicken, chicken nuggets, fried fish, fried shrimp, egg rolls or onion rings? Do not include french fries.**

- 1. Yes
- 2. No
- 
- 77. Don't know/Not sure
- 99. Refused

CHIPS

130. **Yesterday did you eat any potato chips, tortilla chips, cheese puffs, pork rinds, or other fried snacks?**

- 1. Yes
- 2. No
- 
- 77. Don't know/Not sure
- 99. Refused

DESSERT

131. **Yesterday did you eat any sweet snacks like cake, pie, cookies, or brownies? Do not include ice cream or reduced fat or fat-free bakery items or lower fat dairy items like ice milk, light ice cream, frozen yogurt, or sherbet.**

- 1. Yes
- 2. No
- 
- 77. Don't know/Not sure
- 99. Refused

CANDY2

132. **Yesterday did you eat any candy bars or packages of candy?**

- 1. Yes
- 2. No
- 
- 77. Don't know/Not sure
- 99. Refused

SODA3

133. **Yesterday how many servings of regular soda (cola, lemon-lime) or sweetened beverage like Snapple, Kool-Aid, Arizona, or Sobe did you drink? [A 12 oz. Soda or small fast food cup is 1 serving. A medium fast food cup or Sobe bottle is 1.5 servings. A large fast food cup is 2 servings. A 7-11's BigGulp or McDonald's Supersize is 2.5 servings. Do not include diet drinks, energy drinks or carbonated plain water]**

- \_\_\_\_\_ enter number
- 88. None
- 
- 77. Don't know
- 99. Refused

SODDIET3

134. **Yesterday how many servings of DIET soda (cola, lemon-lime) or DIET sweetened beverage like Sugar Free Snapple, Kool-Aid, Arizona, or Sobe did you drink? [A 12 oz. Soda or small fast food cup is 1 serving. A medium fast food cup or Sobe bottle is 1.5 servings. A large fast food cup is 2 servings. A 7-11's BigGulp or McDonald's Supersize is 2.5 servings. Do not include regular soft drinks or energy drinks]**

- \_\_\_\_\_ enter number
- 88. None
- 
- 77. Don't know
- 99. Refused

ENRGDK

135. **Yesterday, how many servings of energy drinks like Red Bull, Rockstar, or Monster did you drink? [A can of Red Bull is 3/4 of a serving. 1 can of Rockstar and Monster is 1.5 servings.]**

- \_\_\_\_\_ enter number  
88. None  
-----  
77. Don't know  
99. Refused

COFFEE

136. **Yesterday, how many specialty coffee drinks, such as mochas, frappuccinos, or lattes did you drink?**

\_\_\_\_\_ enter number

COFFEESZ

137. **[IF COFFEE >0 ASK] What size did you drink? [Interviewer: if respondent reported drinking more than one size, ask what the size was for MOST drinks]**

1. Small (12 oz. or tall)  
2. Medium (16 oz. or grande)  
3. Large (20 oz. or venti)  
-----  
77. Don't know  
99. Refused

FASTFOOD

138. **Yesterday, how many times did you eat a meal or snack from a fast food restaurant like McDonalds, Taco Bell, Jack-in-the-Box, Pizza Hut, KFC, or Subway?**

- \_\_\_\_\_ enter number of times (verify if >2)  
88. None  
-----  
77. Don't know  
99. Refused

FFWK

139. **In a typical week, how many times do you eat a meal or snack from a fast food restaurant?**

- \_\_\_\_\_ enter number  
88. None  
-----  
77. Don't know  
99. Refused

CALORIE3 (NEW)

140. **How often do you use calorie information available at a restaurant or fast food restaurant to decide what to buy? Would you say...**

- 1. A lot
  - 2. Some
  - 3. A Little
  - 4. Not at All
- 
- 77. Don't know/Not sure
  - 99. Refused

**Now I am going to ask you some questions about physical activity, exercise, and sports. This would include anything you do at school, at home, or anywhere else.**

**If GOSCHL2=1 continue, else go to PESCHL**

SCHLTRA1

141. **How many days in a usual week do you walk, ride a bike, skateboard or rollerblade on the way TO school?**

- \_\_\_\_\_ enter number
- 88. None
- 
- 77. Don't know
  - 99. Refused

SCHLTRN3

142. **How many days in a usual week do you walk, ride a bike, skateboard or rollerblade on the way FROM school?**

- \_\_\_\_\_ enter number
- 88. None
- 
- 77. Don't know
  - 99. Refused

SCHLDIST

143. **How far is school from your house?** (Read responses if necessary)

- 1. Less than half a mile/4 blocks
  - 2. ½ mile to 1 mile/8 blocks
  - 3. 1 mile to 2 miles/16 blocks
  - 4. More than 2 miles
- 
- 77. Don't know/Not sure
  - 99. Refused

PESCHL

144. [If GOSCHL2 eq 1 ask :] **Do you currently take physical education class in school?**  
[If GOSCHL2 eq 2,4,7,9 or HIGRADE ge 12 :] **Were you taking physical education class when you were last in school?**

- 1. Yes
- 2. No (Go to USEGYM)
- 
- 77. Don't know/Not sure (Go to USEGYM)
- 99. Refused (Go to USEGYM)

PESCHLX

145. [If GOSCHL2 eq 1 ask :] **How many times a week do you have physical education class in school?**  
[If GOSCHL2 eq 2,4,7,9 or HIGRADE ge 12 :] **How many times a week did you have physical education class when you were last in school?**

- \_\_\_\_\_ enter number of times
- 88. None
  - 
  - 77. Don't know
  - 99. Refused

**If SCHYDAY=1 continue, else go to USEGYM**

SCHPE

146. **Yesterday did you take physical education at school?**

- 1. Yes
- 2. No (Go to USEGYM)
- 
- 77. Don't know/Not sure (Go to USEGYM)
- 99. Refused (Go to USEGYM)

SCHPEMIN

147. **How many minutes did you spend in physical education class? (Does not include showering or dressing time).**

- \_\_\_\_\_ enter number
- 88. None
  - 
  - 77. Don't know
  - 99. Refused

USEGYM

148. **How many days each week do you usually use the school gym or other sports facilities at school for physical activity after school and on weekends?**

- \_\_\_\_\_ enter number, less than 1, or none
- 55. Less than 1
  - 88. None
  - 
  - 77. Don't know/Not sure
  - 99. Refused

SCHOLPA

149. **Does your school offer physical activities after school, other than sports, such as dance, yoga, weight training, or martial arts?**

- 1. Yes
- 2. No
- 
- 77. Don't know/Not sure
- 99. Refused

XVIGYRBS (NEW)

150. **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?**

- \_\_\_\_\_ enter number
- 88. None
- 
- 77. Don't know
- 99. Refused

XMODYRBS (NEW)

151. **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?**

- \_\_\_\_\_ enter number
- 88. None
- 
- 77. Don't know
- 99. Refused

XWLYRBS (NEW)

152. **On how many of the past 7 days did you do exercises to strengthen or tone your muscles, such as push-ups, sit-ups, or weight lifting?**

- \_\_\_\_\_ enter number
- 88. None
- 
- 77. Don't know
- 99. Refused

DAY7PA60

153. **Add up all the time you spend in physical activity each day (don't include your physical education or gym class). Over the past 7 days, on how many days were you physically active for a total of at least 60 minutes per day?**

- \_\_\_\_\_ enter number of days
- 88. None
- 
- 77. Don't know
- 99. Refused

DYWKPA60

154. **Add up all the time you spend in physical activity each day (don't include your physical education or gym class). Over a typical or usual week, on how many days are you physically active for a total of at least 60 minutes per day?**

\_\_\_\_\_ enter number of days

88. None

-----  
77. Don't know

99. Refused

MINWKPA

155. **Yesterday, about how many minutes were you physically active doing moderate or vigorous activities such as basketball, dancing, soccer, or brisk walking? Include ALL activities, such as PE class or classes outside of school.**

\_\_\_\_\_ enter number of minutes

88. None

-----  
77. Don't know

99. Refused

AFTSCHPA

156. **Next I would like to ask you about the kinds of places you might be physically active. In the past 7 days, how many days did you participate in physical activity or sports on school grounds during after school programs?**

\_\_\_\_\_ enter number of days

88. None

-----  
77. Don't know

99. Refused

SCHGDPA2

157. **In the past 7 days, how many days did you participate in physical activity or sports on school grounds after school not as part of a program?**

\_\_\_\_\_ enter number of days

88. None

-----  
77. Don't know

99. Refused

PARKPA

158. **In the past 7 days, how many days did you participate in physical activity or sports at a park or playground?**

\_\_\_\_\_ enter number of days

88. None

-----  
77. Don't know

99. Refused

NEIGBRPA

159. **In the past 7 days, how many days did you participate in physical activity or sports in a neighborhood?**

\_\_\_\_\_ enter number of days

88. None

-----  
77. Don't know

99. Refused

COMFACPA

160. **In the past 7 days, how many days did you participate in physical activity or sports at a commercial facility, for example, a YMCA, health club, or a dance studio?**

\_\_\_\_\_ enter number of days

88. None

-----  
77. Don't know

99. Refused

PUBRECPA

161. **In the past 7 days, how many days did you participate in physical activity or sports at a public recreation center?**

\_\_\_\_\_ enter number of days

88. None

-----  
77. Don't know

99. Refused

OTHFACPA

162. **In the past 7 days, how many days did you participate in physical activity or sports at another type of facility or grounds, please specify...?**

\_\_\_\_\_ enter number of days

96. Other (specify) \_\_\_\_\_

88. None

-----  
77. Don't know

99. Refused

EXEACTY1

163. **What type of physical activity, exercise or sport did you spend the most time doing yesterday?**

- |   |                                      |
|---|--------------------------------------|
| 01. Aerobics class  | 36. Raking lawn                      |
| 02. Backpacking   | 37. Running/running on a treadmill   |
| 03. Badminton   | 38. Rope skipping                    |
| 04. Basketball  | 39. Rowing machine exercise          |
| 05. Baseball  | 40. Scuba diving                     |
| 06. Bicycling for pleasure                                      | 41. Skateboarding                    |
| 07. Bicycling machine exercise                                  | 42. Skating – ice, roller or in-line |
| 08. Boating (canoeing, rowing, sailing for pleasure or camping) | 43. Sledding, tobogganing            |
| 09. Bowling   | 44. Snorkeling                       |
| 10. Boxing  | 45. Snowboarding                     |
| 11. Calisthenics  | 46. Snowshoeing                      |
| 12. Canoeing/rowing – in competition                            | 47. Snow shoveling by hand           |
| 13. Carpentry   | 48. Snow blowing                     |
| 14. Dancing-aerobics/ballet                                     | 49. Snow skiing                      |
| 15. Fishing from river bank or boat                             | 50. Soccer                           |
| 16. Football  | 51. Softball                         |
| 17. Gardening (spading, weeding, digging, filling)              | 52. Squash                           |
| 18. Golf  | 53. Stair climbing                   |
| 19. Handball  | 54. Stream fishing in waders         |
| 20. Health club exercise  | 55. Surfing                          |
| 21. Hiking – cross-country                                      | 56. Swimming laps                    |
| 22. Hockey (field)  | 57. Table tennis                     |
| 23. Hockey (ice)  | 58. Tennis                           |
| 24. Home exercise   | 59. Touch football                   |
| 25. Horseback riding  | 60. Volleyball                       |
| 26. Hunting large game – deer, elk                              | 61. Walking/walking on a treadmill   |
| 27. Jogging   | 62. Water-skiing                     |
| 28. Judo/karate   | 63. Weight lifting                   |
| 29. Kickboxing  | 64. Wrestling                        |
| 30. Mountain climbing   | 65. Yoga                             |
| 31. Mowing lawn   | 66. Other (specify)_____             |
| 32. Paddleball  | -----                                |
| 33. Painting/papering house                                     | 77. Don't know/not sure              |
| 34. Pilates   | 99. Refused                          |
| 35. Racquetball   |                                      |

EXEOTHY2

164. **Was there another physical activity, exercise or sport that you participated in yesterday?**

- |       |                       |                  |
|-------|-----------------------|------------------|
| 1.    | Yes                   |                  |
| 2.    | No                    | (Go to SPRTSNW2) |
| ----- |                       |                  |
| 77.   | Don't Know / Not Sure | (Go to SPRTSNW2) |
| 99.   | Refused               | (Go to SPRTSNW2) |

EXEACTY2

165. **What type of physical activity, exercise, or sport was it?**

- |  |                                      |
|--|--------------------------------------|
| 01. Aerobics class   | 35. Racquetball                      |
| 02. Backpacking  | 36. Raking lawn                      |
| 03. Badminton  | 37. Running/running on a treadmill   |
| 04. Basketball   | 38. Rope skipping                    |
| 05. Baseball   | 39. Rowing machine exercise          |
| 06. Bicycling for pleasure   | 40. Scuba diving                     |
| 07. Bicycling machine exercise                                     | 41. Skateboarding                    |
| 08. Boating (canoeing, rowing, sailing for<br>pleasure or camping) | 42. Skating – ice, roller or in-line |
| 09. Bowling  | 43. Sledding, tobogganing            |
| 10. Boxing   | 44. Snorkeling                       |
| 11. Calisthenics   | 45. Snowboarding                     |
| 12. Canoeing/rowing – in competition                               | 46. Snowshoeing                      |
| 13. Carpentry  | 47. Snow shoveling by hand           |
| 14. Dancing-aerobics/ballet  | 48. Snow blowing                     |
| 15. Fishing from river bank or boat                                | 49. Snow skiing                      |
| 16. Football   | 50. Soccer                           |
| 17. Gardening (spading, weeding,<br>digging, filling)              | 51. Softball                         |
| 18. Golf   | 52. Squash                           |
| 19. Handball   | 53. Stair climbing                   |
| 20. Health club exercise   | 54. Stream fishing in waders         |
| 21. Hiking – cross-country   | 55. Surfing                          |
| 22. Hockey (field)   | 56. Swimming laps                    |
| 23. Hockey (ice)   | 57. Table tennis                     |
| 24. Home exercise  | 58. Tennis                           |
| 25. Horseback riding   | 59. Touch football                   |
| 26. Hunting large game – deer, elk                                 | 60. Volleyball                       |
| 27. Jogging  | 61. Walking/walking on a treadmill   |
| 28. Judo/karate  | 62. Water-skiing                     |
| 29. Kickboxing   | 63. Weight lifting                   |
| 30. Mountain climbing  | 64. Wrestling                        |
| 31. Mowing lawn  | 65. Yoga                             |
| 32. Paddleball   | 66. Other (specify)_____             |
| 33. Painting/papering house  | -----                                |
| 34. Pilates  | 77. Don't know/not sure              |
|  | 99. Refused                          |

SPRTSNW2

166. [If PESCHL eq 1 ask:] **Other than physical education class, are you CURRENTLY involved in any team or individual sports or activities, such as school team sports, intramural sports, or out-of school programs?**

[If PESCHL eq 2, 7 or 9 ask:] **Are you CURRENTLY involved in any team or individual sports or activities, such as school team sports, intramural sports, dance, martial arts, or out-of school programs?**

- |                         |                 |
|-------------------------|-----------------|
| 1. Yes                  |                 |
| 2. No                   | (Go to EXERMIN) |
| -----                   |                 |
| 77. Don't know/Not sure | (Go to EXERMIN) |

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99. Refused

(Go to EXERMIN)

SPORTYP2

167. **Would that be school team sports, intramural sports, or out-of school programs?** *[Choose all that apply]*

1. School team sports
2. Intramural sports
3. Out of school programs

-----

77. Don't know/Not sure  
99. Refused

EXERMIN

168. **About how many minutes do you think you should exercise or be physically active each day for good health – this includes all activities like bicycling, dancing, and playing basketball that you do at school, at home, and anywhere else you get exercise?**

\_\_\_\_\_ enter number

88. None

-----

77. Don't know/Not sure  
99. Refused

BAREXER2

169. **What is the main reason you don't get more exercise or physical activity?**  
*[Prompt only if they do not answer quickly]*

1. Don't like it
2. No time
3. Don't look good while doing it
4. Don't have a safe place to do it
5. Don't have the right equipment
6. Too tired
7. Not important
8. Physically unable
9. I get enough
10. Lazy
11. Too busy
12. Rather do something else
13. Afraid of getting hurt
14. Weather too hot
15. Not current organized sports teams
16. Homework
17. Other \_\_\_\_\_ (specify)

-----

77. Don't know/not sure  
99. Refused

**The next question I will be asking you is about cigarette smoking. Please remember your answers are confidential.**

SMK30DY2

170. **Think about the last 30 days. On how many of these days did you smoke?**

\_\_ Response (Max is 30)

88. None

-----  
77. Don't know/Not sure

99. Refused

**The next few questions are about the amount of time you watch TV, play video games and use computers. DO NOT include activities done at school.**

TVISION

171. **On an average school day, how many minutes or hours did you watch television or videos or play video games?**

EXAMPLE; for 30 minutes enter 30, for one hour and 30 minutes enter 130

\_\_\_\_\_ enter hours and minutes or minutes only (VERIFY IF GREATER THAN 400)

88. None

-----  
77. Don't know

99. Refused

TVROOM

172. **Do you have a television set in your bedroom? [IF RESPONDENT SAYS HE/SHE DOES NOT SLEEP IN A BEDROOM, ADD Is there a television in the room where you sleep?]**

1. Yes – in bedroom

2. No

3. Yes – in sleeping room, but not a bedroom

-----  
77. Don't know/Not sure

99. Refused

INTERNET (NEW)

173. **On an average school day, how many minutes or hours do you play computer games or use a computer for something that is not school work? Do not include time spent on the computer at school.**

\_\_\_\_\_ enter hours and minutes or minutes only (VERIFY IF GREATER THAN 400)

88. None

-----  
77. Don't know

99. Refused

COMPTR

174. **On an average school day, how many minutes or hours did you use a computer for homework or for learning? Do not include time spent on the computer at school.**

EXAMPLE; for 30 minutes enter 30, for one hour and 30 minutes enter 130

\_\_\_\_\_ enter hours and minutes or minutes only (VERIFY IF GREATER THAN 400)

88. None

-----  
77. Don't know

99. Refused

LMTTVCP (NEW)

175. **On school days, do your parents or adults you live with limit how much time you spend watching television or videos, playing video or computer games, or being on the computer that is not for school work?**

1. Yes

2. No

(Go to HISPANIC)

-----  
77. Don't know/Not sure

99. Refused

TVLMTTM (NEW)

176. **How many minutes or hours is that time limit?**

EXAMPLE; for 30 minutes enter 30, for one hour and 30 minutes enter 130

\_\_\_\_\_ enter hours and minutes or minutes only (VERIFY IF GREATER THAN 400)

88. None

-----  
77. Don't know

99. Refused

HISPANIC

177. **Are you of Hispanic origin, such as Mexican-American, Central or South American, Puerto Rican, or Cuban?**

1. Yes

2. No

[Go to ORACE3]

-----  
77. Don't know/Not sure

[Go to REF\_DEMO]

99. Refused

[Go to REF\_DEMO]

REF\_DEMO

*If Don't know or refused:* **Our data analysis is based on several factors -- and SEX/AGE/RACE/ETHNICITY is one of the most important. You have already invested several minutes providing extremely important and useful data for this study. Also, please remember that your answers are confidential and will not be revealed to anyone. Would you be willing to tell me your SEX/AGE/RACE/ETHNICITY?**

HISP2

178. **Do you consider yourself to be Mexican, Mexican-American, or other Hispanic?**

- 1. Mexican
- 2. Mexican-American
- 3. Other Hispanic
- 
- 77. Don't know/Not sure
- 99. Refused

ORACE3

179. **Which one or more of the following would you say is your race...? [Interviewer: Read and mark all that apply.]**

- 1. White (Go to BIRTHPLC)
- 2. Black or African-American (Go to BIRTHPLC)
- 3. Asian (Go to ORACE2A)
- 4. Native Hawaiian or Other Pacific Islander (Go to ORACE2A)
- 5. American Indian or Alaska Native (Go to BIRTHPLC)
- 6. \_\_\_\_\_ Other (specify)
- 
- 77. Don't know/Not sure [Go to REF\_DEMO]
- 99. Refused [Go to REF\_DEMO]

ORACE4

180. **Which one of these groups would you say best represents your race?**

- 1. White
- 2. Black or African-American
- 3. Asian
- 4. Native Hawaiian or Other Pacific Islander
- 5. American Indian or Alaska Native
- 6. \_\_\_\_\_ Other (specify)
- 
- 77. Don't know/Not sure
- 99. Refused

BIRTHPLC

181. **In what country were you born?**

- 1. United States
- 2. Mexico
- 3. Japan
- 4. China
- 5. Taiwan
- 6. Philippines
- 7. Korea
- 8. Vietnam
- 9. OTHER: (specify) ----->BRTHTXT (Text)
- 
- 77. Don't know/Not sure
- 99. Refused

BIRTHMOM

182. **In what country was your mother born?**

1. United States
2. Mexico
3. Japan
4. China
5. Taiwan
6. Philippines
7. Korea
8. Vietnam
9. OTHER: (specify) --->BRTH2TXT (Text)

- 77. Don't know/Not sure  
99. Refused

HEIGHT

183. **About how tall are you without shoes?**

*(Round fractions down)*

\_\_\_ Response (in feet and inches) (Ex. 5 feet 11 inches = 511)

- 777. Don't know/Not sure  
999. Refused

WEIGHT

184. **About how much do you weigh without shoes?**

*(Round fractions up)*

\_\_\_ Response (in whole pounds)

- 777. Don't know/Not sure  
999. Refused

IDEALWT

185. **What do you think is the best weight for you?**

*(Round fractions up)*

\_\_\_ Response (in whole pounds)

- 777. Don't know/Not sure  
999. Refused

YRBSWGHT

186. **Which of the following are you trying to do about your weight? Are you trying to...**

1. Lose weight
2. Gain weight
3. Stay the same weight
4. Not trying to do anything about your weight

- 77. Don't know/Not sure

99. Refused

LOSEWT2

187. **During the past 30 days, have you done anything to try to lose weight?**

1. Yes

2. No

-----

77. Don't know/Not sure

99. Refused

**If YRBSWGHT = 3 go to LOSEHOW4; else go to LOSEHOW2**

LOSEHOW4

188. **During the past 30 days, what is the most common thing you have been doing to stay the same weight? Would you say: go on a diet, fast, exercise or workout, smoke, or some other way? Fasting means go without eating for 24 hours or more. (Use F6 is doing nothing)**

1. Go on a diet

2. Fast

4. Exercise or workout

5. Smoke

6. \_\_\_\_\_ Other (specify)

-----

77. Don't know/Not sure

99. Refused

**If YRBSWGHT = 1 or (LOSEWT2 = 1 and YRBSWGHT NE 3) go to LOSEHOW2, else go to HEALTH**

LOSEHOW2

189. **During the past 30 days, what is the most common thing you have been doing to try to lose weight?**

**Would you say: go on a diet, fast, exercise or workout, smoke, or some other way? Fasting means go without eating for 24 hours or more.**

1. Go on a diet

2. Fast

3. Exercise or workout

4. Smoke

5. Other \_\_\_\_\_ (specify)

-----

77. Don't know/Not sure

99. Refused

LOSEHOW5

190. **Did you do anything else? (F6 = Did nothing)**

1. Go on a diet
2. Fast
3. Exercise or workout
4. Smoke
5. Drink alcohol
6. Eat healthier
5. Other \_\_\_\_\_ (specify)  
-----

77. Don't know/Not sure

99. Refused

**If 217 LOSEHOW2 or 218 LOSEHOW5 equals 1; else go to DIETING**

LOSEDIET

191. **What kind of diet did you use? [Interviewer: Choose all that apply; prompt only if they do not answer quickly.]**

1. Eating less food/fewer calories
2. Eating foods low in fat
3. Eating foods low in sugar or carbohydrates
4. Eating more protein
5. Eating or drinking meal replacement shakes or bars, like Slim Fast or Jenny Craig
6. A "popular" diet such as Zone, Atkins, Sugar Busters (specify diet name) \_\_\_\_\_
7. A weight loss program, such as Weight Watchers (specify program name) \_\_\_\_\_
8. Diet pills, herbal medicines or other weight loss products not prescribed by your doctor
9. Supervised weight loss program through Dr., Hospital, Health Clinic, or HMO
10. Skipping one or more meals each day
11. \_\_\_\_\_ Other (specify)  
-----

77. Don't know/Not sure

99. Refused

DIETING

192. **Are you dieting to lose weight now?**

1. Yes

2. No  
-----

77. Don't know/Not sure

99. Refused

HEALTH

193. **How would you describe your health?**

1. Poor
2. Fair
3. Good
4. Very Good
5. Excellent

- 
77. Don't Know/Not sure
  99. Refused

MONEY

194. **About how much money do you have each week to spend on yourself any way you want to?**

\_\_\_ Amount in dollars (*round up to nearest dollar*) [verify if greater than \$25]

0. None

- 
77. Don't know/Not sure
  99. Refused

PAIDJOB

195. **Do you have a paid part-time or full-time job?**

1. Yes
2. No

- 
77. Don't know/Not sure
  99. Refused

NUMHOLD

196. **Do you have more than one telephone number in your household? Do not include cell phone numbers or numbers that are only used by a computer or fax machine.**

1. Yes
2. No [Go to COUNTY1]

- 
77. Don't know/Not sure [Go to COUNTY1]
  99. Refused [Go to COUNTY1]

NUMPHON2

197. **How many residential telephone numbers do you have?**

\_\_\_\_\_ Response

1. 8 or more numbers

77. Don't know/Not sure
99. Refused

COUNTY1

198. **What county do you live in?**

001. ALAMEDA	041. MARIN	081. SAN MATEO
003. ALPINE	043. MARIPOSA	083. SANTA BARBARA
005. AMADOR	045. MENDOCINO	085. SANTA CLARA
007. BUTTE	047. MERCED	087. SANTA CRUZ
009. CALAVERAS	049. MODOC	089. SHASTA
011. COLUSA	051. MONO	091. SIERRA
013. CONTRA COSTA	053. MONTEREY	093. SISKIYOU
015. DEL NORTE	055. NAPA	095. SOLANO
017. EL DORADO	057. NEVADA	097. SONOMA
019. FRESNO	059. ORANGE	099. STANISLAUS
021. GLENN	061. PLACER	101. SUTTER
023. HUMBOLDT	063. PLUMAS	103. TEHAMA
025. IMPERIAL	065. RIVERSIDE	105. TRINITY
027. INYO	067. SACRAMENTO	107. TULARE
029. KERN	069. SAN BENITO	109. TUOLUMNE
031. KINGS	071. SAN BERNARDINO	111. VENTURA
033. LAKE	073. SAN DIEGO	113. YOLO
035. LASSEN	075. SAN FRANCISCO	115. YUBA
037. LOS ANGELES	077. SAN JOAQUIN	777. Don't Know/Not Sure
039. MADERA	079. SAN L OBISPO	999. Refused

ZIPCODE

199. **What is your zip code?**

- Response  
 77. Don't know/Not sure  
 99. Refused

**Finally we have a few more questions about eating and exercise.**

FVAVAIL1

200. **In general, are fruits, vegetables, and 100% juices available to you whenever you are hungry?**

1. Yes  
 2. No  
 -----  
 77. Don't know/Not sure  
 99. Refused

CUTFRT

201. **At your home, is there usually fresh fruit that is ready to eat, like a fresh fruit bowl on the counter or cut-up in the refrigerator?**

1. Yes  
 2. No  
 -----  
 77. Don't know/Not sure  
 99. Refused

CUTVEG

202. **At your home, are there usually vegetables, like carrot or celery sticks, cut and ready to eat in the refrigerator?**

- 1. Yes
- 2. No
- 
- 77. Don't know/Not sure
- 99. Refused

GARDEN

203. **Have you ever worked in a garden to grow fruits and vegetables?**

- 1. Yes
- 2. No
- 
- 77. Don't know/Not sure
- 99. Refused

MENU

204. **Do you know how to pick out healthy foods from menus?**

- 1. Yes
- 2. No
- 
- 77. Don't know/Not sure
- 99. Refused

TCHCOOK

205. **Did anyone ever teach you how to cook foods in a healthy way?**

- 1. Yes
- 2. No
- 
- 77. Don't know/Not sure
- 99. Refused

PRNTNOTE

206. **Do your parents or the adults you live with notice when you haven't eaten healthy foods?**

- 1. Yes
- 2. No
- 3. Don't live with adults
- 
- 77. Don't know/Not sure
- 99. Refused

SODALMT

207. **Do your parents or adults you live with limit how much soda you drink at home? (includes all soda)**

- 1. Yes
- 2. No
- 3. Don't live with adults
- 
- 77. Don't know/Not sure
- 99. Refused

SNKLMT

208. **Do your parents or adults you live with limit how much snack food, like chips and cookies, you eat at home?**

- 1. Yes
- 2. No
- 3. Don't live with adults
- 
- 77. Don't know/Not sure
- 99. Refused

EATFAM

209. **Do you usually eat dinner with your family or the people you live with?**

- 1. Yes
- 2. No
- 
- 77. Don't know/Not sure
- 99. Refused

EXERFAM

210. **Do you exercise or play sports with your family or the people you live with?**

- 1. Yes
- 2. No
- 
- 77. Don't know/Not sure
- 99. Refused

PLAYFRND

211. **Do you exercise or play sports with your friends?**

- 1. Yes
- 2. No
- 
- 77. Don't know/Not sure
- 99. Refused

EXERSAFE

212. **Do you live near a school, park or other place where you feel safe to exercise or play sports?**

- 1. Yes
- 2. No
- 
- 77. Don't know/Not sure
- 99. Refused

THKEXER

213. **Do you think you could do hard exercise everyday? Hard physical activity or exercise causes you to breathe hard and sweat and includes things like basketball, jogging, soccer, or fast bicycling.**

- 1. Yes
- 2. No
- 
- 77. Don't know/Not sure
- 99. Refused

FEELBAD5 (NEW)

214. **Would you say that you have more energy, less energy or the same amount of energy when you are physically active on a regular basis?**

- 1. More energy
- 2. Less energy
- 3. The same amount of energy
- 
- 77. Don't know/Not sure
- 99. Refused

**For the following few questions, I will read you a statement and then please tell me if you agree or disagree with the statement. First....**

EATPOL1

215. **Your school should have healthy eating policies for foods sold outside of the cafeteria, such as standards for foods sold in vending machines or at the school store. Would you say you...**

- 1. Strongly Agree
- 2. Agree
- 3. Disagree
- 4. Strongly Disagree
- 
- 77. Don't know/Not sure
- 99. Refused

FOURYTP2

216. **High school students should be required to take 4 years of Physical Education class?**

**Would you say you...**

1. Strongly Agree
2. Agree
3. Disagree
4. Strongly Disagree

-----  
77. Don't know/Not sure  
99. Refused

TVUNHEAL

217. **TV advertising encourages people to eat large amounts of food or unhealthy foods.**

**Would you say you...**

1. Strongly Agree
2. Agree
3. Disagree
4. Strongly Disagree

-----  
77. Don't know/Not sure  
99. Refused

INTMUCH

218. **Internet advertising encourages people to eat large amounts of food or unhealthy foods.**

**Would you say you...**

1. Strongly Agree
2. Agree
3. Disagree
4. Strongly Disagree

-----  
77. Don't know/Not sure  
99. Refused

OBSPERSV

219. **How serious is the problem of obesity among teens in California today? Would you say...**

**(If respondent asks what do they mean by obesity, you may say "very overweight")**

1. Very Serious
2. Somewhat Serious
3. Not Serious
4. No Opinion

-----  
77. Don't know/Not sure  
99. Refused

OBSHLTH

220. **How much do you think obesity in teens increases their chances of developing a serious health problem? Would you say...**

- 1. A lot
  - 2. Some
  - 3. A Little
  - 4. Not at All
  - 5. No Opinion
- 
- 77. Don't know/Not sure
  - 99. Refused

ADVOCINT

221. **How interested are you in taking action to make changes to improve nutrition in your school or community?**

- 1. Very Interested
  - 2. Somewhat Interested
  - 3. Not Interested
  - 4. No Opinion
- 
- 77. Don't know/Not sure
  - 99. Refused

ADVOCCHG

222. **Have you PERSONALLY ever been active in making changes to improve nutrition in your school or community?**

- 1. Yes
  - 2. No [GO TO CHGNEGHN]
- 
- 77. Don't know/Not sure [GO TO CHGNEGHN]
  - 99. Refused [GO TO CHGNEGHN]

ADVOCTYP

223. **How have you taken action to make changes to improve nutrition in your school or community?** *[Interviewer: Prompt only if respondent does not answer quickly]*

- 1. Worked on school/student committee
  - 2. Worked with teacher to change classroom practices
  - 3. Worked with food service to increase healthy choices/remove unhealthy choices
  - 4. Helped with school social/fundraiser functions with healthy snacks
  - 5. Involved in youth organization in the community that worked to promote healthy eating
  - 6. Worked to improve healthy choices at my church (temple etc.)
  - 7. \_\_\_\_\_ Other (specify)
- 
- 77. Don't know/Not sure
  - 99. Refused

CHGNEGHN

224. **What is the main change you think is needed to improve opportunities for healthy eating in your neighborhood?**

\_\_\_\_\_ [text entry]  
-----

- 77. Don't know/Not sure
- 99. Refused

CHGNEGPA

225. **What is the main change you think is needed to improve opportunities for physical activity in your neighborhood?**

\_\_\_\_\_ [text entry]  
-----

- 77. Don't know/Not sure
- 99. Refused

CHGSCHN

226. **What is the main change you think is needed to improve opportunities for healthy eating at your school?**

\_\_\_\_\_ [text entry]  
-----

- 77. Don't know/Not sure
- 99. Refused

CHGSCHPA

227. **What is the main change you think is needed to improve opportunities for physical activity at school?**

\_\_\_\_\_ [text entry]  
-----

- 77. Don't know/Not sure
- 99. Refused

HUNGRY12

228. **During the last 12 months, were you ever hungry but didn't eat because there wasn't enough money to buy food for your house or home?**

- 1. Yes
- 2. No

- 
- 77. Don't know/Not sure
  - 99. Refused

HGYSTOR INTRO

**Besides money, there are reasons why people don't always have the kinds of healthy food they want or need. For each of the following, please tell me if it is a reason why YOU don't always have the kinds of healthy food you want or need.**

HGYSCHL2

229. **The kinds of healthy food I want are not available at school (F6 = not attending school )**

- 1. Yes
- 2. No
- 
- 77. Don't know/Not sure
- 99. Refused

HGYWORK2

230. **The kinds of healthy food I want are not available when eating out, at sports events, or where I work.**

- 1. Yes
- 2. No
- 
- 77. Don't know/Not sure
- 99. Refused

FODASST2

231. **In the last 12 months, have you or anyone in your household received food assistance from any of the following sources?**

- |   |          |
|---|----------|
| 1. Free or reduced price school breakfast | FREEBRK2 |
| 2. Free or reduced price school lunch     | FREELUN3 |
| 3. Food stamps                            | FASSTMP2 |
| 4. WIC                                    | FASWIC2  |

CLOSING

**That is my last question. Let me emphasize that your answers cannot be identified with your name. Everyone's answers will be combined to give us information about eating and exercise among kids your age.  
THANK YOU very much for your time and cooperation.**

SAY GOODBYE... (PRESS RETURN TO CONTINUE)

SUSPECT

232. *(TO INTERVIEWER - DO NOT READ ALOUD)* Do you suspect that someone may have been listening in at the respondent's household during the interview?

- 1. Yes
- 2. No [End questionnaire]

SURE

233. *(TO INTERVIEWER - DO NOT READ ALOUD)* How sure are you that someone may have been listening in?

- 1. Absolutely Sure
- 2. Quite Sure
- 3. Somewhat Sure

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4. Not Real Sure
5. Very Sure that No One was listening in

BIASED

234. (*TO INTERVIEWER - DO NOT READ ALOUD*) Do you think the respondent's answers were biased because someone was listening in?

1. Yes
  2. No
- 
77. Don't know/Not sure

SPANENG

235. (*TO INTERVIEWER - DO NOT READ ALOUD*) Was the interview conducted in English or Spanish?

1. English
2. Spanish