

Mom with Teen Survey and Teen Survey 2013

INTRO Hello, my name is _____ and I'm calling on behalf of the Network for a Healthy California. We are conducting an important survey with moms and teenagers to help the Network for a Healthy California improve programs and services for families throughout the state. Your household was picked at random for this study from the list of CalFresh households in California. A letter about this study was recently sent to your home.

- (1) CONTINUE [GO TO S_CELL]
- (2) LANGUAGE BARRIER [SET CALL BACK WITH SPANISH INT]
- (3) RETURN TO CONTACT SCREEN
- (4) HANG UP DURING INTRO

S_CELL Am I speaking to you on your cell phone?

- (1) YES [GO TO S_WARM]
- (2) NO [GO TO S1]

S_WARM If you are currently driving a car or doing any activity that requires your full attention I need to call you back at a later time.

- (1) CONTINUE [GO TO S1]
- (2) R UNABLE TO CONTINUE [GO TO S_ATTN]

S_ATTN For your safety, we will call you back at another time. [SET CALL BACK]

S1 Am I speaking to someone who is over 17 years old?

- (1) YES, I AM [GO TO S5]
- (2) THIS IS A BUSINESS [TERMINATE]
- (3) NO, NEW PERSON COMES TO PHONE [GO TO S3]
- (4) NO ONE OVER 17 LIVES IN HH/USES PHONE [TERMINATE]
- (5) NO ONE OVER 17 HOME RIGHT NOW [GO TO S1B]
- (99) REFUSED [SET CALL BACK]

S1B I'll try back again later. Thank you. [SET CALL BACK]

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S3 Hello, my name is _____ and I'm calling on behalf of the Network for a Healthy California. We are conducting an important survey with moms and teenagers to help the Network for a Healthy California improve programs and services for families throughout the State. Your household was picked at random for this study from the list of CalFresh households in California. Are you over 17 years old?

- (1) YES [GO TO S7]
- (2) NO [TERMINATE]
- (77) DON'T KNOW [TERMINATE]
- (99) REFUSED [TERMINATE]

S3B May I speak with someone over 17 years old?

- (1) YES [GO TO S3]
- (2) NO [GO TO S1B]

S5 We would like to speak to the youngest mom in the household who has at least one teenager ages 12 to 17 years old. Is she available now?

- (1) I AM THAT PERSON [GO TO S7]
- (2) NEW PERSON COMES TO PHONE [GO TO S3]
- (3) PERSON NOT AVAILABLE [GO TO S5B]
- (4) THERE ARE NO TEENS AGES 12-17 IN THIS HH [GO TO S5TERM]
- (99) REFUSED [TERMINATE]

S5TERM We are only interviewing households with teenagers ages 12 to 17 years old. Thank you for your time.

S5B Are any of the moms who have teenagers ages 12 to 17 years old available now?

- (1) YES, NEW PERSON COMES TO PHONE [GO TO S3]
- (2) NO, NOT AVAILABLE [GO TO CB1]
- (77) DON'T KNOW [GO TO S1B]
- (99) REFUSED [TERMINATE]

CB1 Could you please tell me who we should ask for when we call back? [READ IF NECESSARY: You can give me her first name or initials.]

- (1) CONTINUE TO CBNAME
- (99) REFUSED [SET CALL BACK]

CBNAME _____ ENTER NAME

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CB2 Can she be reached at this telephone number?

- | | |
|-----------------|-----------------|
| (1) YES | [GO TO S1B] |
| (2) NO | [GO TO CBNUM] |
| (77) DON'T KNOW | [SET CALL BACK] |
| (99) REFUSED | [SET CALL BACK] |

CBNUM What is the best number to reach her?

_____ ENTER NUMBER [GO TO S1B]

S7 Do you currently live in [FILL] county?

- | | |
|----------------|-------------|
| (1) YES | [GO TO S10] |
| (2) NO | [GO TO S8] |
| (77)DON'T KNOW | [GO TO S10] |
| (99)REFUSED | [TERMINATE] |

S8 In what county do you live?

DROP DOWN LIST OF 17 COUNTIES [GP TO S10]
OTHER [GO TO S9]

S9 We are only interviewing people who live in certain counties. Thank you for your time.
[TERMINATE]

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S10

Before I continue, I would like you to know that your participation in this survey is voluntary. Everything you say is completely confidential. You may choose not to answer any questions you don't wish to answer, or end the interview at any time with no impact on the benefits you may receive. The survey will take about 15 minutes. First, I will ask you about your physical activity and foods that you eat. Then I would like to ask one of your teenagers the same kinds of questions.

In appreciation for your time, we will send you \$10 cash when the survey is over. Your teenager will also receive \$10 cash when his/her survey is over. In order to review my work, this call will be recorded and my supervisor may listen as I ask the questions. I'd like to continue now unless you have any questions.

READ IF NECESSARY: This is a research study being sponsored by the Network for a Healthy. The purpose of the study is to improve programs and services for families in California. If you have any questions about the survey, I can provide you with a free number for you to call.

Would you like to participate in an interview?

- | | |
|--------------------|----------------------------------|
| (1) YES | [VERBAL CONSENT GIVEN, GO TO M1] |
| (2) YES, CALL BACK | [SET CALL BACK] |
| (3) NO | [TERMINATE] |
| (77) DON'T KNOW | [SET CALL BACK] |
| (99) REFUSED | [TERMINATE] |

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- M1 First, I would like to ask you about your physical activity.
- During the past MONTH, other than your regular job, did you participate in any PHYSICAL ACTIVITIES or EXERCISES such as running, Zumba, gardening or walking for exercise?
- (1) YES
(2) NO SKIP TO M8
(77) DON'T KNOW SKIP TO M8
(99) REFUSED SKIP TO M8
- M2 During the past month, what type of physical activity or exercise did you spend the most time doing?
- _____ (SPECIFY)
(77) DON'T KNOW
(99) REFUSED
- M3 During the past month, how many times per week or per month did you take part in this activity?
- _____ Times per week
_____ Times per month
(777) DON'T KNOW GO TO M5
(999) REFUSED GO TO M5
- M4 When you took part in this activity, for how many minutes or hours did you usually keep at it?
- _____ HOURS
_____ MINUTES
(777) DON'T KNOW
(999) REFUSED
- M5 During the past month, what other type of physical activity gave you the next most exercise?
- _____ (SPECIFY)
(666) NO OTHER ACTIVITY SKIP TO M8
(777) DON'T KNOW SKIP TO M8
(999) REFUSED SKIP TO M8
- M6 During the past month, how many times per week or per month did you take part in this activity?
- _____ TIMES PER WEEK
_____ TIMES PER MONTH
(777) DON'T KNOW
(999) REFUSED

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- M7 When you took part in this activity, for how many minutes or hours did you usually keep at it?
- _____ HOURS
 - _____ MINUTES
 - (777) DON'T KNOW
 - (999) REFUSED

Now I would like to ask you about different types of drinks. Please think about the past month.

- M8 During the past month, how many times per day, week or month did you drink 100% PURE fruit juices? (Do not include fruit-flavored drinks with added sugar or fruit juice you made at home and added sugar to. Only include 100% juice.)
- _____ PER DAY
 - _____ PER WEEK
 - _____ PER MONTH
 - (777) DON'T KNOW
 - (999) REFUSED

- M9 During the past month, how many times per day/week/month did you drink a can, bottle, or glass of regular soda that contained sugar? Do not include diet soda.
- _____ TIMES PER DAY
 - _____ TIMES PER WEEK
 - _____ TIMES PER MONTH
 - (666) NEVER
 - (777) DON'T KNOW
 - (999) REFUSED

- M10 During the past month, how many times per day/week/month did you drink a can, bottle, or glass of diet soda that did not contain sugar?
- _____ TIMES PER DAY
 - _____ TIMES PER WEEK
 - _____ TIMES PER MONTH
 - (666) NEVER
 - (777) DON'T KNOW
 - (999) REFUSED

- M11 During the past month, how many times per day/week/month did you drink a glass or bottle of a sports drink like Gatorade, PowerAde, or Vitamin Water? Do not include caffeinated energy drinks like Red Bull, Rockstar, or GoGirl, or low-calorie sports drinks like G2 or Propel.
- _____ TIMES PER DAY
 - _____ TIMES PER WEEK
 - _____ TIMES PER MONTH
 - (666) NEVER
 - (777) DON'T KNOW
 - (999) REFUSED

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- M12 During the past month, how many times per day/week/month did you drink a glass or can of a caffeinated energy drink like Red Bull, Rockstar, or GoGirl? Do not include sugar free drinks or energy "shots".
- ___ TIMES PER DAY
 - ___ TIMES PER WEEK
 - ___ TIMES PER MONTH
 - (666) NEVER
 - (777) DON'T KNOW
 - (999) REFUSED
- M13 During the past month, how many times per day/week/month did you drink coffee or tea with sugar or a sweetened hot or iced specialty coffee drink like a mocha, latte, or Frappuccino? Do not include unsweetened coffee or tea drinks.
- ___ TIMES PER DAY
 - ___ TIMES PER WEEK
 - ___ TIMES PER MONTH
 - (666) NEVER
 - (777) DON'T KNOW
 - (999) REFUSED
- M14 During the past month, how many times per day/week/month did you drink a can, bottle, or glass of a sweetened fruit drink, such as Kool-Aid (Spanish: Tampico), Sunny D, Hawaiian Punch or lemonade? Include fruit drinks you made at home that you added sugar to. Do not include sugar free drinks or drinks you make with artificial sweeteners.
- ___ TIMES PER DAY
 - ___ TIMES PER WEEK
 - ___ TIMES PER MONTH
 - (666) NEVER
 - (777) DON'T KNOW
 - (999) REFUSED
- M15 During the past month, how many times per day/week/month did you drink a glass of milk? Count chocolate and flavored milk, and milk on cereal. [Only dairy milk. Lactose free and goat milk count, but soy, rice, coconut, and almond milk do not.]
- ___ TIMES PER DAY
 - ___ TIMES PER WEEK
 - ___ TIMES PER MONTH
 - (666) NEVER **GO TO M18**
 - (777) DON'T KNOW
 - (999) REFUSED

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M16 Was the milk you typically drank or used whole milk, reduced fat or 2%, lowfat or 1%, or nonfat or skim? [If more than one kind ask, "Which kind did you drink the most?" If he/she says "Vitamin D milk", probe if they mean whole milk]
(1) NONFAT/FAT FREE (SKIM)
(2) LOWFAT (1%)
(3) REDUCED FAT (2%)
(4) WHOLE
(77) DON'T KNOW
(99) REFUSED

M17 Was the milk you typically drank or used flavored, like chocolate or strawberry?
(1) YES
(2) NO
(77) DON'T KNOW
(99) REFUSED

M18 During the past month, how many times per day/week/month did you drink a glass or bottle of water? Count tap, bottled, and unflavored sparkling water.
___ TIMES PER DAY
___ TIMES PER WEEK
___ TIMES PER MONTH
(666) NEVER
(777) DON'T KNOW
(999) REFUSED

Now I would like to ask you about different types of foods. Please continue to think about the past month.

M19 During the past month, how many times per day, week, or month did you eat sweets like cake, cookies, donuts, ice cream, or candy?
___ TIMES PER DAY
___ TIMES PER WEEK
___ TIMES PER MONTH
(666) NEVER
(777) DON'T KNOW
(999) REFUSED

M20 During the past month, how many times per day, week, or month did you eat at least one meal or snack from a fast food restaurant such as McDonald's, Taco Bell, or KFC?
___ TIMES PER DAY
___ TIMES PER WEEK
___ TIMES PER MONTH
(666) NEVER
(777) DON'T KNOW
(999) REFUSED

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- M21 During the past month, how many times per day, week, or month did you eat French fries or other fried potatoes?
___ TIMES PER DAY
___ TIMES PER WEEK
___ TIMES PER MONTH
(666) NEVER
(777) DON'T KNOW
(999) REFUSED
- M22 During the past month, not counting juice, how many times per day, week, or month did you eat fruit? Count fresh, frozen, or canned fruit.
___ TIMES PER DAY
___ TIMES PER WEEK
___ TIMES PER MONTH
(666) NEVER
(777) DON'T KNOW
(999) REFUSED
- M23 During the past month, how many times per day, week, or month did you eat dark green vegetables for example broccoli or dark leafy greens including romaine, chard, collard greens or spinach?
___ TIMES PER DAY
___ TIMES PER WEEK
___ TIMES PER MONTH
(666) NEVER
(777) DON'T KNOW
(999) REFUSED
- M24 During the past month, how many times per day, week, or month did you eat cooked or canned beans, such as refried, baked, black, and pinto beans, beans in soup, soybeans, edamame, tofu or lentils? Do NOT include long green beans.
___ TIMES PER DAY
___ TIMES PER WEEK
___ TIMES PER MONTH
(666) NEVER
(777) DON'T KNOW
(999) REFUSED
- M25 During the past month, how many times per day, week, or month did you eat orange colored vegetables such as sweet potatoes, pumpkin, winter squash, or carrots?
___ TIMES PER DAY
___ TIMES PER WEEK
___ TIMES PER MONTH
(666) NEVER
(777) DON'T KNOW
(999) REFUSED

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- M26 Not counting what you just told me about, during the past month, about how many times per day, week, or month did you eat OTHER vegetables? Examples of other vegetables include tomatoes, tomato juice or V-8 juice, corn, eggplant, peas, lettuce, cabbage, and white potatoes that are not fried such as baked or mashed potatoes.
- ___ TIMES PER DAY
 - ___ TIMES PER WEEK
 - ___ TIMES PER MONTH
 - (666) NEVER
 - (777) DON'T KNOW
 - (999) REFUSED

Please tell me if you strongly agree, agree, neither agree nor disagree, disagree, or strongly disagree with the following statements:

- M27 In my neighborhood, it is easy to buy fresh fruits and vegetables.
- (1) STRONGLY AGREE
 - (2) AGREE
 - (3) NEITHER AGREE NOR DISAGREE
 - (4) DISAGREE
 - (5) STRONGLY DISAGREE
 - (77) DON'T KNOW
 - (99) REFUSED

- M28 In my neighborhood, it is easy to buy healthy foods, such as low-fat milk and whole grain bread.
- (1) STRONGLY AGREE
 - (2) AGREE
 - (3) NEITHER AGREE NOR DISAGREE
 - (4) DISAGREE
 - (5) STRONGLY DISAGREE
 - (77) DON'T KNOW
 - (99) REFUSED

The following questions will ask you to think about the last 3 months.

- M29 In the last 3 months, have you taken part in a class, workshop or other group activity about eating fruit and vegetables, drinking healthy beverages, or being physically active that was sponsored by the Network for a Healthy California Champions for Change?
- (1) YES
 - (2) NO
 - (77) DON'T KNOW
 - (99) REFUSED

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- M30 In the last 3 months, have you taken part in any other class, workshop or other group activity about eating fruit and vegetables, drinking healthy beverages, or being physically active?
(1) YES
(2) NO
(77) DON'T KNOW
(99) REFUSED
- M31 In the last 3 months, have you seen someone doing a live food demonstration of healthy cooking, one where they prepared a recipe with fruits or vegetables?
(1) YES
(2) NO
(77) DON'T KNOW
(99) REFUSED
- M32X01 In the last 3 months, (have any of your children) (has your child) brought home information about Eating fruit and vegetables?
(1) YES
(2) NO
(77) DON'T KNOW
(99) REFUSED
- M32X02 Drinking healthy beverages?
(1) YES
(2) NO
(77) DON'T KNOW
(99) REFUSED
- M32X03 Being physically active?
(1) YES
(2) NO
(77) DON'T KNOW
(99) REFUSED

Now I have a few more general questions about you and your household.

- M33 In the last 3 months, how often have you had fresh fruit or vegetables washed, cut-up, and ready-to-eat for your family in your home? Would you say every day, almost every day, most days, some days, or rarely?
(1) EVERY DAY
(2) ALMOST EVERY DAY
(3) MOST DAYS
(4) SOME DAYS
(5) RARELY
(77) DON'T KNOW
(99) REFUSED

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- M34 Do you currently have a garden to grow fruits and vegetables either at your home or at a shared site?
(1) YES
(2) NO
(77) DON'T KNOW
(99) REFUSED
- M35 What is the highest grade or year of school you completed?
(1) 8TH GRADE OR LESS
(2) 9TH-12TH GRADE, NO DIPLOMA
(3) HIGH SCHOOL GRADUATE OR GED COMPLETED
(4) SOME VOCATIONAL, TRADE, OR BUSINESS SCHOOL BUT NO DIPLOMA
(5) COMPLETED A VOCATIONAL, TRADE, OR BUSINESS SCHOOL PROGRAM
(6) SOME COLLEGE CREDIT BUT NO DEGREE
(7) COLLEGE GRADUATE
(8) POST GRADUATE OR PROFESSIONAL DEGREE
(77) DON'T KNOW
(99) REFUSED
- M36 What is your age?
____ YEARS
(777) DON'T KNOW
(999) REFUSED
- M37 What is your race? (Select one or more responses.)
(1) AMERICAN INDIAN OR ALASKAN NATIVE
(2) ASIAN
(3) BLACK OR AFRICAN AMERICAN
(4) LATINO/HISPANIC
(5) NATIVE HAWAIIAN OR OTHER PACIFIC ISLANDER
(6) WHITE
(7) OTHER
(77) DON'T KNOW
(99) REFUSED
- M38 How tall are you without your shoes on?
____ feet ____ inches OR ____ cm
(777) DON'T KNOW
(999) REFUSED
- M39 How much do you weigh without your shoes on?
____ pounds
(777) DON'T KNOW
(999) REFUSED

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M40 Are you currently pregnant or lactating?
(1) YES
(2) NO
(77) DON'T KNOW
(99) REFUSED

M41 How many teenagers ages 12 to 17 years old do you have?
____ ENTER NUMBER
(77) DON'T KNOW [GO TO M42]
(99) REFUSED [GO TO M42]

TAGE_X Please tell me the age of the [FIRST, SECOND, THIRD...] child who is between 12 and 17 years old.
____ ENTER AGE
(77) DON'T KNOW
(99) REFUSED

<<< RANDOMLY SELECT TEEN FROM THE LIST OF TEENS IN TAGE_X >>>

M42 Finally, is it okay to try to call you again about a year from now to ask you these same questions?
(1) YES
(2) NO
(77) DON'T KNOW
(99) REFUSED

AC Before we finish, I'll need to confirm your mailing address so we can send you \$10 cash.

AC_STREET PREFILL AND CONFIRM OR CORRECT
AC_CITY PREFILL AND CONFIRM OR CORRECT
AC_STATE PREFILL AND CONFIRM OR CORRECT
AC_ZIP PREFILL AND CONFIRM OR CORRECT
AC_NAME ASK PARTICIPANT FOR NAME

MEND [IF M41 = 77, 99 GO TO MEND, ELSE GO TO TCONS1]
Those are all the questions I have. Thank you for the time you spent answering these questions. If you have any questions about this survey, you may call my supervisor toll-free at 1-877-267-8999. Thank you again.

TCONS1 Thank you for the time you spent answering these questions. Now I would like to ask your [TAGE] year old some questions just like the ones I asked you and we will send him/her \$10 cash when that interview is finished. Are you the parent or legal guardian of the [TAGE] year old?
(1) YES [GO TO TCONS2]
(2) NO [GO TO TADULT]

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TCBEND Thank you. I'll try back later. [SET CALL BACK]

TCBEND1 Thank you. I'll try back later, but before we hang up, can you please take our toll free number to give to your [TAGE] year old? He/she can call us to complete the survey at a time that works best for him/her. That number is 1-877-267-8999. And please let him/her know that we will send him/her \$10 cash in appreciation for his/her time. [SET CALL BACK]

TAVAIL1 May I speak with your [TAGE] year old now?

(1) YES [TEEN COMES TO PHONE, GO TO TINTRO]
(2) NOT AVAILABLE [IF M41 = 1 GO TO TCB3, ELSE GO TO TAVAIL2]

TCB3 So we know who to ask for when we call back, may I please have the name of your [TAGE] year old? [READ IF NECESSARY: You can give me his/her first name or initials.]
_____ ENTER NAME
(99) REFUSED

TCB4 What is the best number for us to reach him/her?

(1) YES [GO TO TCBEND1]
(2) NO [GO TO TCBNUM2]

TCBNUM2 _____ ENTER NUMBER [GO TO TCBEND1]

TAVAIL2 Since your [TAGE] year old is not available, do you have any other teenagers who we could speak to right now?

(1) YES [GO TO TAGE_NEW]
(2) NO [GO TO TCBEND1]

TAGE_NEW What is the age of the teenager who is available?

ENTER AGE _____

TCONS3 Are you the parent or legal guardian of the [TAGE_NEW] year old?

(1) YES [GO TO TCONS4]
(2) NO [GO TO TADULT]

TCONS4 May I have your permission for the [TAGE_NEW] year old to participate in the survey?

(1) YES, CONTINUE [TEEN COMES TO PHONE, GO TO TINTRO]
(2) NO [TERMINATE]

TINTRO Hi, my name is _____ and I'm calling on behalf of the Network for a Healthy California. We are conducting an important survey with teenagers about physical activity and eating habits. We spoke with your parent or guardian about this survey.

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Before I continue, I would like you to know that your participation in this survey is voluntary. Everything you say is completely confidential. You may choose not to answer any questions you don't wish to answer, or end the interview at any time with no impact on the benefits you may receive.

The survey will take about 15 minutes. In appreciation for your time, we will send you \$10 cash when we finish. In order to review my work, this call will be recorded and my supervisor may listen as I ask the questions.

READ IF NECESSARY: This is a research study being sponsored by the Network for a Healthy California. The purpose of the study is to improve programs and services for families California. If you have any questions about the survey, I can provide you with a free number for you to call.

Would you like to participate in an interview?

- | | |
|--------------------|----------------------------------|
| (1) YES | [VERBAL CONSENT GIVEN, GO TO T1] |
| (2) YES, CALL BACK | [GO TO TCB5] |
| (3) NO | [TERMINATE] |
| (77)DON'T KNOW | [SET CALL BACK] |
| (99)REFUSED | [TERMINATE] |

TCB5 Who should we ask for when we call back?
_____ ENTER NAME

TCB6 Is this the best number to reach you?
(1) YES [GO TO TCBEND]
(2) NO [GO TO TCBNUM3]

TCBNUM3 What number should we call?
_____ ENTER NUMBER [GO TO TCBEND]

The following questions will ask you to think about an average week when you are in school.

T1 In an average week during the school year, on how many days do you go to physical education (PE) classes?
___ [NUMBER] OF DAYS
(0) NO DAYS
(77) DON'T KNOW
(99) REFUSED

T2 In an average week during the school year, on how many days do you walk or ride your bike to school when weather allows you to do so?
___ [NUMBER] OF DAYS
(0) NO DAYS
(77) DON'T KNOW

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(99) REFUSED

Now please think about the past 7 days.

T3 During the past 7 days, on how many days were you physically active for a total of at least 60 minutes per day? (Add up all the time you spent in any kind of physical activity that increased your heart rate and made you breathe hard some of the time.)

___ [NUMBER] OF DAYS

(0) NO DAYS

(77) DON'T KNOW

(99) REFUSED

T4 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.)

(1) I DID NOT DRINK 100% FRUIT JUICE DURING THE PAST 7 DAYS

(2) 1 TO 3 TIMES DURING THE PAST 7 DAYS

(3) 4 TO 6 TIMES DURING THE PAST 7 DAYS

(4) 1 TIME A DAY (7 TIMES DURING THE PAST 7 DAYS)

(5) 2 TIMES A DAY (14 TIMES DURING THE PAST 7 DAYS)

(6) 3 TIMES A DAY (21 TIMES DURING THE PAST 7 DAYS)

(7) 4 TIMES A DAY (28 OR MORE TIMES DURING THE PAST 7 DAYS)

(77) DON'T KNOW

(99) REFUSED

T5 During the past 7 days, how many times did you drink a can, bottle, or glass of *soda or pop*, such as Coke, Pepsi, or Sprite? (Do not count diet soda or diet pop.)

(1) I DID NOT DRINK SODA OR POP DURING THE PAST 7 DAYS

(2) 1 TO 3 TIMES DURING THE PAST 7 DAYS

(3) 4 TO 6 TIMES DURING THE PAST 7 DAYS

(4) 1 TIME A DAY (7 TIMES DURING THE PAST 7 DAYS)

(5) 2 TIMES A DAY (14 TIMES DURING THE PAST 7 DAYS)

(6) 3 TIMES A DAY (21 TIMES DURING THE PAST 7 DAYS)

(7) 4 TIMES A DAY (28 OR MORE TIMES DURING THE PAST 7 DAYS)

(77) DON'T KNOW

(99) REFUSED

T6 During the past 7 days, how many times did you drink a can, bottle, or glass of *diet soda or pop*, such as Diet Coke, Diet Pepsi, or Sprite Zero?

(1) I DID NOT DRINK DIET SODA OR POP DURING THE PAST 7 DAYS

(2) 1 TO 3 TIMES DURING THE PAST 7 DAYS

(3) 4 TO 6 TIMES DURING THE PAST 7 DAYS

(4) 1 TIME A DAY (7 TIMES DURING THE PAST 7 DAYS)

(5) 2 TIMES A DAY (14 TIMES DURING THE PAST 7 DAYS)

(6) 3 TIMES A DAY (21 TIMES DURING THE PAST 7 DAYS)

(7) 4 TIMES A DAY (28 OR MORE TIMES DURING THE PAST 7 DAYS)

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(77) DON'T KNOW

(99) REFUSED

T7 During the past 7 days, how many times did you drink a can, bottle, or glass of a *sports drink* such as Gatorade or PowerAde? (Do not count low-calorie sports drinks such as Propel or G2.)

(1) I DID NOT DRINK SPORTS DRINKS DURING THE PAST 7 DAYS

(2) 1 TO 3 TIMES DURING THE PAST 7 DAYS

(3) 4 TO 6 TIMES DURING THE PAST 7 DAYS

(4) 1 TIME A DAY (7 TIMES DURING THE PAST 7 DAYS)

(5) 2 TIMES A DAY (14 TIMES DURING THE PAST 7 DAYS)

(6) 3 TIMES A DAY (21 TIMES DURING THE PAST 7 DAYS)

(7) 4 TIMES A DAY (28 OR MORE TIMES DURING THE PAST 7 DAYS)

(77) DON'T KNOW

(99) REFUSED

T8 During the past 7 days, how many times did you drink a can, bottle, or glass of an *energy drink*, such as Red Bull or Jolt? (Do not count diet energy drinks or sports drinks such as Gatorade or PowerAde).

(1) I DID NOT DRINK ENERGY DRINKS DURING THE PAST 7 DAYS

(2) 1 TO 3 TIMES DURING THE PAST 7 DAYS

(3) 4 TO 6 TIMES DURING THE PAST 7 DAYS

(4) 1 TIME A DAY (7 TIMES DURING THE PAST 7 DAYS)

(5) 2 TIMES A DAY (14 TIMES DURING THE PAST 7 DAYS)

(6) 3 TIMES A DAY (21 TIMES DURING THE PAST 7 DAYS)

(7) 4 TIMES A DAY (28 OR MORE TIMES DURING THE PAST 7 DAYS)

(77) DON'T KNOW

(99) REFUSED

T9 During the past 7 days, how many times did you drink a can, bottle, or glass of a *sugar-sweetened beverage* such as lemonade, sweetened tea or coffee drinks, flavored milk, Snapple, or Sunny Delight? (Do not count soda or pop, sports drinks, energy drinks, or 100% fruit juice.)

(1) I DID NOT DRINK SUGAR-SWEETENED BEVERAGES DURING THE PAST 7 DAYS

(2) 1 TO 3 TIMES DURING THE PAST 7 DAYS

(3) 4 TO 6 TIMES DURING THE PAST 7 DAYS

(4) 1 TIME A DAY (7 TIMES DURING THE PAST 7 DAYS)

(5) 2 TIMES A DAY (14 TIMES DURING THE PAST 7 DAYS)

(6) 3 TIMES A DAY (21 TIMES DURING THE PAST 7 DAYS)

(7) 4 TIMES A DAY (28 OR MORE TIMES DURING THE PAST 7 DAYS)

(77) DON'T KNOW

(99) REFUSED

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T10 During the past 7 days, how many *glasses of milk* did you drink? (Count 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.)

- (1) I DID NOT DRINK MILK DURING THE PAST 7 DAYS **SKIP TO T12**
- (2) 1 TO 3 GLASSES DURING THE PAST 7 DAYS
- (3) 4 TO 6 GLASSES DURING THE PAST 7 DAYS
- (4) 1 GLASS A DAY (7 GLASSES DURING THE PAST 7 DAYS)
- (5) 2 GLASSES A DAY (14 GLASSES DURING THE PAST 7 DAYS)
- (6) 3 GLASSES A DAY (21 GLASSES DURING THE PAST 7 DAYS)
- (7) 4 GLASSES A DAY (28 OR MORE GLASSES DURING THE PAST 7 DAYS)
- (77) DON'T KNOW
- (99) REFUSED

T11 Was most of the milk you drank nonfat or skim, lowfat or 1%, reduced fat or 2%, whole, chocolate or some other kind?

- (0) NONFAT/FAT FREE (SKIM)
- (1) LOWFAT (1%)
- (2) REDUCED FAT (2%)
- (3) WHOLE
- (4) CHOCOLATE/OTHER FLAVORED
- (5) OTHER **GO TO T11OTHER**
- (77)DON'T KNOW
- (99)REFUSED

T11OTHER ENTER OTHER SPECIFY _____

T12 During the past 7 days, how many times did you drink a bottle or glass of plain *water*? Count tap, bottled, and unflavored sparkling water.

- (1) I DID NOT DRINK WATER DURING THE PAST 7 DAYS
- (2) 1 TO 3 TIMES DURING THE PAST 7 DAYS
- (3) 4 TO 6 TIMES DURING THE PAST 7 DAYS
- (4) 1 TIME A DAY (7 TIMES DURING THE PAST 7 DAYS)
- (5) 2 TIMES A DAY (14 TIMES DURING THE PAST 7 DAYS)
- (6) 3 TIMES A DAY (21 TIMES DURING THE PAST 7 DAYS)
- (7) 4 TIMES A DAY (28 OR MORE TIMES DURING THE PAST 7 DAYS)
- (77) DON'T KNOW
- (99) REFUSED

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- T13 During the past 7 days, how many times did you eat at least one meal or snack from a fast food restaurant such as McDonald's, Taco Bell, or KFC?
- (1) I DID NOT EAT FAST FOOD DURING THE PAST 7 DAYS
 - (2) 1 TO 3 TIMES DURING THE PAST 7 DAYS
 - (3) 4 TO 6 TIMES DURING THE PAST 7 DAYS
 - (4) 1 TIME PER DAY (7 TIMES DURING THE PAST 7 DAYS)
 - (5) 2 TIMES PER DAY (14 TIMES DURING THE PAST 7 DAYS)
 - (6) 3 TIMES PER DAY (21 TIMES DURING THE PAST 7 DAYS)
 - (7) 4 OR MORE TIMES PER DAY (28 TIMES DURING THE PAST 7 DAYS)
 - (77) DON'T KNOW / NOT SURE
 - (99) REFUSED
- T14 During the past 7 days, how many times did you eat sweets like cake, cookies, ice cream, doughnuts, or candy?
- (1) I DID NOT EAT SWEETS DURING THE PAST 7 DAYS
 - (2) 1 TO 3 TIMES DURING THE PAST 7 DAYS
 - (3) 4 TO 6 TIMES DURING THE PAST 7 DAYS
 - (4) 1 TIME PER DAY (7 TIMES DURING THE PAST 7 DAYS)
 - (5) 2 TIMES PER DAY (14 TIMES DURING THE PAST 7 DAYS)
 - (6) 3 TIMES PER DAY (21 TIMES DURING THE PAST 7 DAYS)
 - (7) 4 OR MORE TIMES PER DAY (28 TIMES DURING THE PAST 7 DAYS)
 - (77) DON'T KNOW / NOT SURE
 - (99) REFUSED
- T15 During the past 7 days, how many times did you eat fruit? (Do not count fruit juice.)
- (1) I DID NOT EAT FRUIT DURING THE PAST 7 DAYS
 - (2) 1 TO 3 TIMES DURING THE PAST 7 DAYS
 - (3) 4 TO 6 TIMES DURING THE PAST 7 DAYS
 - (4) 1 TIME PER DAY (7 TIMES DURING THE PAST 7 DAYS)
 - (5) 2 TIMES PER DAY (14 TIMES DURING THE PAST 7 DAYS)
 - (6) 3 TIMES PER DAY (21 TIMES DURING THE PAST 7 DAYS)
 - (7) 4 OR MORE TIMES PER DAY (28 TIMES DURING THE PAST 7 DAYS)
 - (77) DON'T KNOW / NOT SURE
 - (99) REFUSED
- T16 During the past 7 days, how many times did you eat green salad?
- (1) I DID NOT EAT GREEN SALAD DURING THE PAST 7 DAYS
 - (2) 1 TO 3 TIMES DURING THE PAST 7 DAYS
 - (3) 4 TO 6 TIMES DURING THE PAST 7 DAYS
 - (4) 1 TIME PER DAY (7 TIMES DURING THE PAST 7 DAYS)
 - (5) 2 TIMES PER DAY (14 TIMES DURING THE PAST 7 DAYS)
 - (6) 3 TIMES PER DAY (21 TIMES DURING THE PAST 7 DAYS)
 - (7) 4 OR MORE TIMES PER DAY (28 TIMES DURING THE PAST 7 DAYS)
 - (77) DON'T KNOW / NOT SURE
 - (99) REFUSED

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- T17 During the past 7 days, how many times did you eat potatoes? (Do not count French fries, fried potatoes, or potato chips.)
- (1) I DID NOT EAT POTATOES DURING THE PAST 7 DAYS
 - (2) 1 TO 3 TIMES DURING THE PAST 7 DAYS
 - (3) 4 TO 6 TIMES DURING THE PAST 7 DAYS
 - (4) 1 TIME PER DAY (7 TIMES DURING THE PAST 7 DAYS)
 - (5) 2 TIMES PER DAY (14 TIMES DURING THE PAST 7 DAYS)
 - (6) 3 TIMES PER DAY (21 TIMES DURING THE PAST 7 DAYS)
 - (7) 4 OR MORE TIMES PER DAY (28 TIMES DURING THE PAST 7 DAYS)
 - (77) DON'T KNOW / NOT SURE
 - (99) REFUSED
- T18 During the past 7 days, how many times did you eat French fries or other fried potatoes, such as home fries, hash browns, or tater tots? (Do not count potato chips.)
- (1) I DID NOT EAT FRENCH FRIES OR OTHER FRIED POTATOES DURING THE PAST 7 DAYS
 - (2) 1 TO 3 TIMES DURING THE PAST 7 DAYS
 - (3) 4 TO 6 TIMES DURING THE PAST 7 DAYS
 - (4) 1 TIME PER DAY (7 TIMES DURING THE PAST 7 DAYS)
 - (5) 2 TIMES PER DAY (14 TIMES DURING THE PAST 7 DAYS)
 - (6) 3 TIMES PER DAY (21 TIMES DURING THE PAST 7 DAYS)
 - (7) 4 OR MORE TIMES PER DAY (28 TIMES DURING THE PAST 7 DAYS)
 - (77) DON'T KNOW / NOT SURE
 - (99) REFUSED
- T19 During the past 7 days, how many times did you eat carrots?
- (1) I DID NOT EAT CARROTS DURING THE PAST 7 DAYS
 - (2) 1 TO 3 TIMES DURING THE PAST 7 DAYS
 - (3) 4 TO 6 TIMES DURING THE PAST 7 DAYS
 - (4) 1 TIME PER DAY (7 TIMES DURING THE PAST 7 DAYS)
 - (5) 2 TIMES PER DAY (14 TIMES DURING THE PAST 7 DAYS)
 - (6) 3 TIMES PER DAY (21 TIMES DURING THE PAST 7 DAYS)
 - (7) 4 OR MORE TIMES PER DAY (28 TIMES DURING THE PAST 7 DAYS)
 - (77) DON'T KNOW / NOT SURE
 - (99) REFUSED
- T20 During the past 7 days, how many times did you eat other vegetables? (Do not count green salad, potatoes, or carrots.)
- (1) I DID NOT EAT OTHER VEGETABLES DURING THE PAST 7 DAYS
 - (2) 1 TO 3 TIMES DURING THE PAST 7 DAYS
 - (3) 4 TO 6 TIMES DURING THE PAST 7 DAYS
 - (4) 1 TIME PER DAY (7 TIMES DURING THE PAST 7 DAYS)
 - (5) 2 TIMES PER DAY (14 TIMES DURING THE PAST 7 DAYS)
 - (6) 3 TIMES PER DAY (21 TIMES DURING THE PAST 7 DAYS)
 - (7) 4 OR MORE TIMES PER DAY (28 TIMES DURING THE PAST 7 DAYS)

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(77) DON'T KNOW / NOT SURE

(99) REFUSED

- T21 At your home, are there usually fresh fruit or vegetables ready to eat, like a fresh fruit bowl on the counter or carrot or celery sticks cut-up in the refrigerator?
- (1) YES
 - (2) NO
 - (77) DON'T KNOW
 - (99) REFUSED
- T22 Does your school have a vending machine that students can use to purchase fruits or vegetables? (Count dried fruit, such as raisins.)
- (1) YES
 - (2) NO
 - (77) DON'T KNOW
 - (99) REFUSED
- T23 In general, are fruits, vegetables, and 100% juices available to you whenever you are hungry?
- (1) YES
 - (2) NO
 - (77) DON'T KNOW
 - (99) REFUSED
- T24 Is there a free source of drinking water in your school cafeteria at meal times?
- (1) YES
 - (2) NO
 - (77) DON'T KNOW
 - (99) REFUSED
- T25 In the past 12 months, how often did you use school playing fields, playgrounds, or athletic facilities for personal exercise or recreation outside of school hours? Would you say at least once a week, once a month, a few times a year or never?
- (1) AT LEAST ONCE A WEEK
 - (2) AT LEAST ONCE A MONTH
 - (3) A FEW TIMES PER YEAR
 - (4) NEVER
 - (77) DON'T KNOW
 - (99) REFUSED
- T26 Are you a boy or a girl?
- (1) BOY
 - (2) GIRL
 - (99) REFUSED

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- T27 What is your race? (Select one or more responses.)
 (1) AMERICAN INDIAN OR ALASKAN NATIVE
 (2) ASIAN
 (3) BLACK OR AFRICAN AMERICAN
 (4) LATINO/HISPANIC
 (5) NATIVE HAWAIIAN OR OTHER PACIFIC ISLANDER
 (6) WHITE
 (7) OTHER
 (77) DON'T KNOW
 (99) REFUSED
- T28 How tall are you without your shoes on?
 ___ Feet ___ Inches OR ___ Centimeters
 (777) DON'T KNOW
 (999) REFUSED
- T29 How much do you weigh without your shoes on?
 ___ POUNDS OR ___ KILOGRAMS
 (777) DON'T KNOW
 (999) REFUSED
- T30 What is your date of birth?

 ___/___/_____
 (77) DON'T KNOW GO TO T30REF
 (99) REFUSED GO TO T30REF
- T30REF Would you be willing to tell me the month and year you were born?
- T30REFM In what month were you born?
 (1) JANUARY
 (2) FEBRUARY
 (3) MARCH
 (4) APRIL
 (5) MAY
 (6) JUNE
 (7) JULY
 (8) AUGUST
 (9) SEPTEMBER
 (10)OCTOBER
 (11)NOVEMBER
 (12)DECEMBER
 (77)DON'T KNOW
 (99)REFUSED

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T30REFY In what year were you born?

- (1) 1996
- (2) 1997
- (3) 1998
- (4) 1999
- (5) 2000
- (6) 2001
- (7) OTHER GO TO T31YOTH
- (77)DON'T KNOW
- (99)REFUSED

T30YOTH ENTER OTHER YEAR _____

T31 Finally, is it okay to try to call you again about a year from now to ask you these same questions?

- (1) YES
- (2) NO
- (77) DON'T KNOW
- (99) REFUSED

TAC Before I go I'll need to verify your mailing address so we can send you \$10 cash as a token of our appreciation for taking the time to answer these questions.

TACSTR PREFILL AND CONFIRM OR CORRECT

TACCITY PREFILL AND CONFIRM OR CORRECT

TACSTAT PREFILL AND CONFIRM OR CORRECT

TACZIP PREFILL AND CONFIRM OR CORRECT

TACNAME ASK PARTICIPANT FOR NAME

TEND Those are all the questions I have. Thank you for the time you spent answering these questions. If you have any questions about this survey, you may call my supervisor toll-free at 1-877-267-8999. Thank you again.