

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

**(2/25/04)**

**2004 Questionnaire**

2004 California Teens Exercise, Eating, Nutrition (CaTEENS) Instrument- ENGLISH

INTROQ

Hello. I'm           (interviewer name)           calling for the California Department of Health Services located in Sacramento.

Is this           (phone number)          ?

1. No -----> Thank you very much, but I seem to have dialed the wrong number (STOP)
2. Yes -----> (CONTINUE)

We are working on a special statewide research project about eating and exercise behaviors. 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.)

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

May I speak with the male or female head of household? | | [Interviewer: This question is asked only of households that report no adults age 18 or over. This is an effort to gain permission for the interview from the reported head of the household.]

Hello, my name is {intvrs->statid}, and I'm calling from the California Department of Health Services in Sacramento. We are working on a special statewide research project about eating and exercise behaviors.

First, I need to determine if your household is eligible to participate in this survey.

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

How many are men?

How many are women?

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.)

This survey is designed to gather information about eating, physical activity and exercise. The survey will take 20-30 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. 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.

May the {str(sample->age)}year old take part in this survey.

SELECTED

The person in your household I need to speak with is the           (SELECTED)          .

Are you the           (SELECTED)          ?

1. Yes -----> Go to STARTYTH
2. No -----> May I speak with the           (SELECTED)          ?

STARTYTH

Hello, my name is           (interviewer name)           and I'm calling from the California Department of Health Services in Sacramento. We are working on a special statewide research project about exercise and eating behaviors of 12-17 year olds. The information will be used to help design programs to improve the health of California teenagers. It will take about 30-35 minutes.

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.

2004 California Teens Exercise, Eating, Nutrition (CaTEENS) Instrument- ENGLISH

Your answers will be kept confidential and will only be used for the purposes of this research or as required by law. 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.

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 [Go to SEX ]
- 2. No
- 
- 77. Don't know
- 99. Refused

AGE2

2. What is your age, please?

- Enter response
- 77. Don't Know
- 99. Refused [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

**If HIGRADE ge 12 go to OPNCAMP  
If HIGRADE eq 00, 77, or 99 go to BRKFST2**

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                  |
| ----- |                     |
| 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 ge 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 ge 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 SCHPERF.  
Otherwise, continue.**

SCH2WKS

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

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

2004 California Teens Exercise, Eating, Nutrition (CaTEENS) Instrument- ENGLISH

SCHYDAY

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

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

SCHPERF

12. *[If GOSCHL2 eq 1 ask:]* **How do you do in school? Would you say much better than average, better than average, average, or below average?**

*[If GOSCHL2 eq 2,4,7,9 or if HIGRADE=12 ask:]* **How did you do in school? Would you say much better than average, better than average, average, or below average?**

- 1. Much better than average
- 2. Better than average
- 3. Average
- 4. Below average
- 
- 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)

2004 California Teens Exercise, Eating, Nutrition (CaTEENS) Instrument- ENGLISH

SCHLREST

16. From which fast food restaurants is food served on campus? [Interviewer: CHOOSE ALL THAT APPLY]

1. McDonald's
2. Burger King
3. Kentucky Fried Chicken
4. Taco Bell
5. Pizza Hut
6. Subway
7. Domino's Pizza
8. Not a name brand/school brand
9. Other \_\_\_\_\_ (specify)

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

SCHSTORE

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

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

SCHBYSTR

18. Yesterday/[LAST DAY OF SCHOOL], did you buy chips, cookies, candy, or soda from the student store?

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

SCHLSODA

19. Does your school have a soda vending machine that students can use?

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

SCHBYSOD

20. Yesterday/[LAST DAY OF SCHOOL], did you buy a soda from your school vending machine?

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

2004 California Teens Exercise, Eating, Nutrition (CaITEENS) Instrument- ENGLISH

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SCHLVEND

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

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

SCHBYVEN

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

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

EATPOL

23. **Now I am going to read a statement. Your school should have healthy eating policies for food sold outside of the cafeteria. Would you say...**

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

USEGYM

24. **How many days each week do YOU usually use the school gym 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

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

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

FOURYPPE

26. **Next, I have another statement. High schools should require students to take 4 years of Physical Education class? Would you say you...**

- 1. Strongly Agree
- 2. Agree
- 3. Disagree
- 4. Strongly Disagree with this statement

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

BRKSCHL

27. **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

28. **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
  - 99. Refused

(Go to BRKFST2)

(Go to BRKFST2)

FOODLIKE

29. **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

30. **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)

2004 California Teens Exercise, Eating, Nutrition (CaTEENS) Instrument- ENGLISH

99. Refused

(Go to SNKAM)

BRKFOOD

31. **Did you eat any fruits or vegetables, or drink any 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 BRKFD1**

SCHLBRK3

32. **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

SCHBRKFV

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

1. Yes

2. No

(Go to *BRKFD1*)

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

(Go to *BRKFD1*)

99. Refused

(Go to *BRKFD1*)

EATBRKFV

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

1. Yes

2. No

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

99. Refused

**IF BRKFOOD=1 or EATBRKFV=1 continue, else go to SNKAM**

BRKFD1-BRKFD5

35. **Which fruits, vegetables, or 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 BRKFD1-BRKFD5="POTATO" continue, else go to BRKLETT**

BRKPOTAT

36. **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 BRKFD1-BRKFD5="LETTUCE" or "LETTUCE AND TOMATO" GO TO BRKLETT ELSE GO TO BRKTOM**

BRKLETT

37. **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 BRKFD1-BRKFD5="TOMATO" or "LETTUCE AND TOMATO" GO TO BRKTOM ELSE GO TO BRKMXFRT**

BRKTOM

38. **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

39. **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 BRKFD1-BRKFD5="MIXED FRUIT or MIXED FRUIT SALAD" GO TO BRKMXFRT ELSE GO TO BRKMXVEG**

BRKMXFRT

40. **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 BRKFD1-BRKFD5="MIXED VEGETABLES" or "STIR FRIED VEGETABLES" or "MIXED VEGETABLE SALAD" GO TO BRKMXVEG ELSE GO TO BRKSLDTP**

BRKMXVEG

41. **What was the main vegetable in your "INSERT BRKFD1-BRKFD5"?**

Insert brand list FOOD

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

77. Don't know/Not sure

99. Refused

**If BRKFD1-BRKFD5="SALAD" or "GREEN SALAD" or "MIXED GREEN SALAD" or (BRKFD1-BRKFD5="LETTUCE" or "LETTUCE AND TOMATO" and BRKLETT=1) GO TO BRKSLDTP ELSE GO TO BRKSV1**

BRKSLDTP

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

1. Yes

2. No

(Go to BRKSV1-BRKSV5)

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

(Go to BRKSV1-BRKSV5)

99. Refused

(Go to BRKSV1-BRKSV5)

BRKSLD1-BRKSLD2

43. **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

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BRKSV1-BRKSV5 (repeat for each type of food listed)

44. (IF BRKFD1-BRKFD5=" fruit" then) : **How many servings of (BRKFD1-BRKFD5) 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 BRKFD1-BRKFD5=" vegetable" then) : **How many servings of (BRKFD1-BRKFD5) 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 BRKFD1-BRKFD5=" juice" then) : **How many servings of (BRKFD1-BRKFD5) 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

45. **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

46. **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

2004 California Teens Exercise, Eating, Nutrition (CaTEENS) Instrument- ENGLISH

SNAMFROM

47. **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 SNAFD1, else continue**

SNAFOOD

48. **Did you eat any fruits or vegetables, or drink any 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 SNAFOOD=1 continue, else go to LUNCH**

SNAFD1-SNAFD5

49. **Which fruits, vegetables, or 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 SNAFD1-SNAFD5="POTATO" continue, else go to SNALETT**

SNAPOTAT

50. **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 SNAFD1-SNAFD5="LETTUCE" or "LETTUCE AND TOMATO" GO TO SNALETT ELSE GO TO SNATOM**

SNALETT

51. **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 SNAFD1-SNAFD5="TOMATO" or "LETTUCE AND TOMATO" GO TO SNATOM ELSE GO TO SNAMXFRT**

SNATOM

52. **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

53. **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 SNAFD1-SNAFD5="MIXED FRUIT or MIXED FRUIT SALAD" GO TO SNAMXFRT ELSE GO TO SNAMXVEG**

SNAMXFRT

54. **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 SNAFD1-SNAFD5="MIXED VEGETABLES" or "STIR FRIED VEGETABLES" or "MIXED VEGETABLE SALAD" GO TO SNAMXVEG ELSE GO TO SNASLDTP**

SNAMXVEG

55. **What was the main vegetable in your "INSERT SNAFD1-SNAFD5"?**

Insert brand list FOOD

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

-----  
77. Don't Know

99. Refused

**If SNAFD1-SNAFD5="SALAD" or "GREEN SALAD" or "MIXED GREEN SALAD" or (SNAFD1-SNAFD5="LETTUCE" or "LETTUCE AND TOMATO" and SNALETT=1) GO TO SNASLDTP ELSE GO TO SNASV1**

SNASLDTP

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

1. Yes

2. No

(Go to SNASV1-SNASV5)

-----

77. Don't know/Not sure

(Go to SNASV1-SNASV5)

99. Refused

(Go to SNASV1-SNASV5)

SNASLD1-SNASLD2

57. **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

SNASV1-SNASV5 (repeat for each type of food listed)

58. (IF SNAFD1-SNAFD5=" fruit" then) : **How many servings of (SNAFD1-SNAFD5) 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 SNAFD1-SNAFD5=" vegetable" then) : **How many servings of (SNAFD1-SNAFD5) 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 SNAFD1-SNAFD5=" juice" then) : **How many servings of (SNAFD1-SNAFD5) did you drink? (A serving of juice is ¾ cup or a small glass.)**

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

88. None

-----

77. Don't know

99. Refused

LUNCH

59. **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)

2004 California Teens Exercise, Eating, Nutrition (CaTEENS) Instrument- ENGLISH

LCHPLAC

60. **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

LCHFOOD

61. **Did you eat any fruits or vegetables, or drink any 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 LCHFD1**

SCHLLCH3

62. **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

SCHCHFV2

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

1. Yes
2. No

(Go to *LCHFD1*)

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

(Go to *LCHFD1*)

(Go to *LCHFD1*)

**IF LCHFOOD=1 continue, else go to LCHFD1**

EATCHFV2

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

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

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

LCHFD1-LCHFD5

65. **Which fruits, vegetables, or 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 LCHFD1-LCHFD5="POTATO" continue, else go to LCHLETT**

LCHPOTAT

66. **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 LCHFD1-LCHFD5="LETTUCE" or "LETTUCE AND TOMATO" GO TO LCHLETT ELSE GO TO LCHTOM**

LCHLETT

67. **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 LCHFD1-LCHFD5="TOMATO" or "LETTUCE AND TOMATO" GO TO LCHTOM ELSE GO TO LCHMXFRT

LCHTOM

68. **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

69. **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 LCHFD1-LCHFD5="MIXED FRUIT or MIXED FRUIT SALAD" GO TO LCHMXFRT ELSE GO TO LCHMXVEG

LCHMXFRT

70. **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 LCHFD1-LCHFD5="MIXED VEGETABLES" or "STIR FRIED VEGETABLES" or "MIXED VEGETABLE SALAD" GO TO LCHMXVEG ELSE GO TO LCHSLDTP

LCHMXVEG

71. **What was the main vegetable in your "INSERT LCHFD1-LCHFD5"?**

Insert brand list FOOD

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

- 77. Don't Know  
99. Refused

**If LCHFD1-LCHFD5="SALAD" or "GREEN SALAD" or "MIXED GREEN SALAD" or (LCHFD1-LCHFD5="LETTUCE" or "LETTUCE AND TOMATO" and LCHLETT=1) GO TO LCHSLDTP ELSE GO TO LCHSV1**

LCHSLDTP

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

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

LCHSLD1-LCHSLD2

73. **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

LCHDRES2

74. **Was the dressing you had on the salad regular dressing, reduced fat or reduced calorie dressing, fat-free dressing, vinegar, lemon juice, salsa, or no dressing at all?**

- 1. Regular
- 2. Reduce fat or reduced calorie
- 3. Fat-free
- 4. Vinegar
- 5. Lemon juice
- 6. Salsa
- 7. No dressing
- 
- 77. Don't know/Not sure
- 99. Refused

LCHSV1-LCHSV5 (repeat for each type of food listed)

75. (IF LCHFD1-LCHFD5=" fruit" then) :**How many servings of (LCHFD1-LCHFD5) 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 LCHFD1-LCHFD5=" vegetable" then) : **How many servings of (LCHFD1-LCHFD5) 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 LCHFD1-LCHFD5=" juice" then) :**How many servings of (LCHFD1-LCHFD5) 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

2004 California Teens Exercise, Eating, Nutrition (CaTEENS) Instrument- ENGLISH

SNKPM

76. **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

77. **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

78. **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 SNPFD1, else continue**

SNPFOOD

79. **Did you eat any fruits or vegetables, or drink any 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)

2004 California Teens Exercise, Eating, Nutrition (CaTEENS) Instrument- ENGLISH

If SNPFOOD=1 continue, else go to DINNER

SNPFD1-SNPFD5

80. Which fruits, vegetables, or 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 SNPFD1-SNPFD5="POTATO" continue, else go to SNPLETT**

SNPPOTAT

81. 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 SNPFD1-SNPFD5="LETTUCE" or "LETTUCE AND TOMATO" GO TO SNPLETT ELSE GO TO SNPTOM**

SNPLETT

82. 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 SNPFD1-SNPFD5="TOMATO" or "LETTUCE AND TOMATO" GO TO SNPTOM ELSE GO TO SNPMXFRT**

SNPTOM

83. 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

84. 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 SNPFD1-SNPFD5="MIXED FRUIT or MIXED FRUIT SALAD" GO TO SNPMXFRT ELSE GO TO SNPMXVEG

SNPMXFRT

85. 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 SNPFD1-SNPFD5="MIXED VEGETABLES" or "STIR FRIED VEGETABLES" or "MIXED VEGETABLE SALAD" GO TO SNPMXVEG ELSE GO TO SNPSLDTP

SNPMXVEG

86. What was the main vegetable in your "INSERT SNPFD1-SNPFD5"?

Insert brand list FOOD

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

If SNPFD1-SNPFD5="SALAD" or "GREEN SALAD" or "MIXED GREEN SALAD" or (SNPFD1-SNPFD5="LETTUCE" or "LETTUCE AND TOMATO" and SNPLETT=1) GO TO SNPSLDTP ELSE GO TO SNPSV1

SNPSLDTP

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

1. Yes  
2. No (Go to SNPSV1-SNPSV5)  
-----  
77. Don't know/Not sure (Go to SNPSV1-SNPSV5)  
99. Refused (Go to SNPSV1-SNPSV5)

2004 California Teens Exercise, Eating, Nutrition (CaTEENS) Instrument- ENGLISH

SNPSLD1-SNPSLD2

88. **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

SNPSV1-SNPSV5 (repeat for each type of food listed)

89. (IF SNPFD1-SNPFD5=" fruit" then) : **How many servings of (SNPFD1-SNPFD5) 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 SNPFD1-SNPFD5=" vegetable" then) :**How many servings of (SNPFD1-SNPFD5) 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 SNPFD1-SNPFD5=" juice" then) :**How many servings of (SNPFD1-SNPFD5) 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

90. **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)

DNRFOOD

91. **Did you eat any fruits or vegetables, or drink any 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)

DNRFD1-DNRFD5

92. **Which fruits, vegetables, or 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 DNRFD1-DNRFD5="POTATO" continue, else go to DNRLETT**

DNRPOTAT

93. **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 DNRFD1-DNRFD5="LETTUCE" or "LETTUCE AND TOMATO" GO TO DNRLETT ELSE GO TO DNRTOM**

DNRLETT

94. **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 DNRFD1-DNRFD5="TOMATO" or "LETTUCE AND TOMATO" GO TO DNRTOM ELSE GO TO DNRMXFRT**

DNRTOM

95. **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

96. **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 DNRFD1-DNRFD5="MIXED FRUIT or MIXED FRUIT SALAD" GO TO DNRMXFRT ELSE GO TO DNRMXVEG**

DNRMXFRT

97. **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 DNRFD1-DNRFD5="MIXED VEGETABLES" or "STIR FRIED VEGETABLES" or "MIXED VEGETABLE SALAD" GO TO DNRMXVEG ELSE GO TO DNRSLDTP**

DNRMXVEG

98. **What was the main vegetable in your "INSERT DNRFD1-DNRFD5"?**

Insert brand list FOOD

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

77. Don't Know

99. Refused

**If DNRFD1-DNRFD5="SALAD" or "GREEN SALAD" or "MIXED GREEN SALAD" or (DNRFD1-DNRFD5="LETTUCE" or "LETTUCE AND TOMATO" and DNRLETT=1) GO TO DNRSLDTP ELSE GO TO DNRSV1**

DNRSLDTP

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

1. Yes

2. No

(Go to DNRDRESS)

77. Don't know/Not sure

(Go to DNRDRESS)

99. Refused

(Go to DNRDRESS)

DNRSLD1-DNRSLD2

100. **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

2004 California Teens Exercise, Eating, Nutrition (CaTEENS) Instrument- ENGLISH

DNRDRES2

101. **Was the dressing you had on the salad regular dressing, reduced fat or reduced calorie dressing, fat-free dressing, vinegar, lemon juice, salsa, or no dressing at all?**

- 1. Regular
  - 2. Reduce fat or reduced calorie
  - 3. Fat-free
  - 4. Vinegar
  - 5. Lemon juice
  - 6. Salsa
  - 7. No dressing
- 
- 77. Don't know/Not sure
  - 99. Refused

DNRSV1-DNRSV5 (repeat for each type of food listed)

102. (IF DNRFD1-DNRFD5=" fruit" then) : **How many servings of (DNRFD1-DNRFD5) 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 DNRFD1-DNRFD5=" vegetable" then) : **How many servings of (DNRFD1-DNRFD5) 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 DNRFD1-DNRFD5=" juice" then) : **How many servings of (DNRFD1-DNRFD5) 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

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

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

SNNFOOD

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

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

2004 California Teens Exercise, Eating, Nutrition (CaTEENS) Instrument- ENGLISH

SNNFD1-SNNFD5

105. **Which fruits, vegetables, or 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 FRUITTOT)

99. Refused

(Go to FRUITTOT)

**If SNNFD1-SNNFD5="POTATO" continue, else go to SNNLETT**

SNNPOTAT

106. **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 SNNFD1-SNNFD5="LETTUCE" or "LETTUCE AND TOMATO" GO TO SNNLETT ELSE GO TO SNNTOM**

SNNLETT

107. **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 SNNFD1-SNNFD5="TOMATO" or "LETTUCE AND TOMATO" GO TO SNNTOM ELSE GO TO SNNMXFRT**

SNNTOM

108. **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

109. **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 SNNFD1-SNNFD5="MIXED FRUIT or MIXED FRUIT SALAD" GO TO SNNMXFRT ELSE GO TO SNNMXVEG**

SNNMXFRT

110. **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 SNNFD1-SNNFD5="MIXED VEGETABLES" or "STIR FRIED VEGETABLES" or "MIXED VEGETABLE SALAD" GO TO SNNMXVEG ELSE GO TO SNNSLDTP**

SNNMXVEG

111. **What was the main vegetable in your "INSERT SNNFD1-SNNFD5"?**

Insert brand list FOOD

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

**If SNNFD1-SNNFD5="SALAD" or "GREEN SALAD" or "MIXED GREEN SALAD" or (SNNFD1-SNNFD5="LETTUCE" or "LETTUCE AND TOMATO" and SNNLETT=1) GO TO SNNSLDTP ELSE GO TO SNNSV1**

SNNSLDTP

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

1. Yes  
2. No (Go to SNNSV1-SNNSV5)  
-----  
77. Don't know/Not sure (Go to SNNSV1-SNNSV5)  
99. Refused (Go to SNNSV1-SNNSV5)

2004 California Teens Exercise, Eating, Nutrition (CaTEENS) Instrument- ENGLISH

SNNSLD1-SNNSLD2

113. **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

SNNSV1-SNNSV5 (repeat for each type of food listed)

114. (IF SNNFD1-SNNFD5=" fruit" then) : **How many servings of (SNNFD1-SNNFD5) 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 SNNFD1-SNNFD5=" vegetable" then) :**How many servings of (SNNFD1-SNNFD5) 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 SNNFD1-SNNFD5=" juice" then) :**How many servings of (SNNFD1-SNNFD5) did you drink? (A serving of juice is ¾ cup or a small glass.)**

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

88. None  
-----

77. Don't know

99. Refused

FRUTTOT2

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

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

88. None  
-----

77. Don't know

99. Refused

(verify if greater than 9)

VEGTOT2

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

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

88. None  
-----

77. Don't know

99. Refused

(verify if greater than 9)

**If juice was reported during structured recall go to JUICCAL; else go to FRTVEGNR**

JUICCAL

117. **Was most of the juice you drank yesterday calcium-fortified or was it regular?**

1. Calcium-fortified

2. Regular

3. Some of both  
-----

77. Don't know/Not sure

99. Refused

2004 California Teens Exercise, Eating, Nutrition (CaTEENS) Instrument- ENGLISH

118. INTENTIONALLY BLANK

YESFRIES

119. **Did you eat any french fries yesterday?**

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

TOTFRIES

120. **How many servings of french fries did you eat yesterday? A serving of french fries equals one small fast food order or 1.5 cup. [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

FRTVEGNR

121. **How many total servings 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

REASFV2

122. **What is the main reason you eat fruits and vegetables, or drink juice?** (fruit or vegetable)

- 1. Like taste
  - 2. Health
  - 3. Weight control
  - 4. It's what is available
  - 5. Easy to find or fix
  - 6. Served with meals
  - 7. Important to me
  - 8. Important to my parents
  - 9. Important to others
  - 10. Nutrients/energy
  - 11. Other \_\_\_\_\_ (specify)
- 
- 77. Don't know/not sure
  - 99. Refused

2004 California Teens Exercise, Eating, Nutrition (CaTEENS) Instrument- ENGLISH

BARFV2

123. **What is the main reason you don't eat more fruits and vegetables, or drink more 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. Other \_\_\_\_\_ (specify)

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

GRAIN

124. **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

125. **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

SOY

126. **Yesterday, how many servings of soy foods did you eat? This would include soybeans, soy burgers, tofu, or soy milk. This does not include soy sauce or soy oil. A serving would be ½ cup of beans, 1 burger, ½ cup or 4 oz. of tofu, or an 8-ounce glass of soy milk.**

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

2004 California Teens Exercise, Eating, Nutrition (CaITEENS) Instrument- ENGLISH

CEREAL

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

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

BOWLSIZE

128. **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

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

Insert brand list CEREAL

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

GRAINNR

130. **How many total servings of whole grain bread, tortillas and cereals do you think you should eat every day to be healthy?**

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

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

MILK

131. **Yesterday, how many servings of milk did you drink, including chocolate milk, fastfood 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 (verify if greater than 5)  
0. None (Go to CHEESE)  
-----  
77. Don't know (Go to CHEESE)  
99. Refused (Go to CHEESE)

2004 California Teens Exercise, Eating, Nutrition (CaTEENS) Instrument- ENGLISH

PERFAT

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

- 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

BARMILK (Asked if PERFAT GE 3)

133. **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. Other \_\_\_\_\_ (specify)  
-----
- 77. Don't know/not sure
- 99. Refused

CHEESE

134. **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

CALCIUM

135. **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

136. **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

2004 California Teens Exercise, Eating, Nutrition (CaTEENS) Instrument- ENGLISH

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ANIMPRO

137. **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

MEATNR2

138. **How many servings of meat, poultry, fish, eggs, beans, tofu and other soy meat alternatives do you think you should eat every day to be healthy? [Interviewer instruction: Soy alternatives include soy hot dogs, deli meats, veggie burgers, imitation bacon and sausage, and soy chicken-like nuggets and patties. They do not include soy sauce and soy oil.]**

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

PASTRY

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

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

FRIED

140. **Yesterday did you eat any deep-fried foods, such as, fried chicken, chicken nuggets, fried fish, fried shrimp, egg rolls or onion rings?**

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

CHIPS

141. **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

142. **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

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

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

SODA2

144. **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 or carbonated plain water]*

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

SODDIET2

145. **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]*

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

FASTFOOD

146. **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

2004 California Teens Exercise, Eating, Nutrition (CaTEENS) Instrument- ENGLISH

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FFWK

147. 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

CALORIE

148. Please tell me whether you strongly agree, agree, disagree or strongly disagree with the following statements. Fast food restaurants should have to put the calories of each food item on the menu. Would you say you...

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

TVUNHEAL

149. TV advertising encourages people to eat unhealthy foods. Would you say you...

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

TVMUCH

150. TV advertising encourages people to eat too much food. Would you say you...

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

2004 California Teens Exercise, Eating, Nutrition (CaTEENS) Instrument- ENGLISH

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**

SCHLTRAN

151. How do you usually get to school?

1. Car/carpool
2. School bus
3. Walk
4. Ride bicycle
5. City bus
6. Skateboard/scooter/roller blade
7. Other (specify): \_\_\_\_\_

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

SCHLTRN2

152. How do you usually get home from school?

1. Car/carpool
2. School bus
3. Walk
4. Ride bicycle
5. City bus
6. Skateboard/scooter/roller blade
7. \_\_\_\_\_ Other (specify)

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

SCHLDIST

153. 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

154. [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 EXEROFTW)

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

(Go to EXEROFTW)  
(Go to EXEROFTW)

2004 California Teens Exercise, Eating, Nutrition (CaTEENS) Instrument- ENGLISH

PESCHLX

155. [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 EXEROFTW**

SCHPE

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

1. Yes

2. No

(Go to EXEROFTW)

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

(Go to EXEROFTW)

99. Refused

(Go to EXEROFTW)

SCHPEMIN

157. **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

EXEROFTW

158. **How many times during the past week did you participate in physical activities, exercise, or sports? (If you exercised more than once a day, include each time. Also include time spent in physical education class.)**

\_\_\_\_\_ enter number of times

88. None

-----  
77. Don't know

99. Refused

XVIGYRBS

159. **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 activity? F6=none**

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

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

99. Refused

2004 California Teens Exercise, Eating, Nutrition (CaTEENS) Instrument- ENGLISH

XMODYRBS

160. 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? F6=none

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

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

EXERDAY

161. Yesterday, that was (INSERT DAY) did you participate in any physical activities, exercise, sports or a physical education class?

1. Yes  
2. No (Go to SPRTSNW2)  
-----  
77. Don't know/Not sure (Go to SPRTSNW2)  
99. Refused (Go to SPRTSNW2)

EXEACTY1

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

- |   |                                      |
|---|--------------------------------------|
| 01. Aerobics class  | 31. Rope skipping                    |
| 02. Backpacking   | 32. Scuba diving                     |
| 03. Badminton   | 33. Skating – ice, roller or in-line |
| 04. Basketball  | 34. Sledding, tobogganing            |
| 05. Bicycling for pleasure                                      | 35. Snorkeling                       |
| 06. Boating (canoeing, rowing, sailing for pleasure or camping) | 36. Snowshoeing                      |
| 07. Bowling   | 37. Snow shoveling by hand           |
| 08. Boxing  | 38. Snow blowing                     |
| 09. Calisthenics  | 39. Snow skiing                      |
| 10. Canoeing/rowing – in competition                            | 40. Soccer                           |
| 11. Carpentry   | 41. Softball                         |
| 12. Dancing-aerobics/ballet                                     | 42. Squash                           |
| 13. Fishing from river bank or boat                             | 43. Stair climbing                   |
| 14. Gardening (spading, weeding, digging, filling)              | 44. Stream fishing in waders         |
| 15. Golf  | 45. Surfing                          |
| 16. Handball  | 46. Swimming laps                    |
| 17. Health club exercise  | 47. Table tennis                     |
| 18. Hiking – cross-country                                      | 48. Tennis                           |
| 19. Home exercise   | 49. Touch football                   |
| 20. Horseback riding  | 50. Volleyball                       |
| 21. Hunting large game – deer, elk                              | 51. Walking/walking on a treadmill   |
| 22. Jogging   | 52. Water-skiing                     |
| 23. Judo/karate   | 53. Weight lifting                   |
| 24. Mountain climbing   | 54. Other (specify)_____             |
| 25. Mowing lawn   | 55. Bicycling machine exercise       |
| 26. Paddleball  | 56. Rowing machine exercise          |
| 27. Painting/papering house                                     | 57. Baseball                         |
| 28. Racquetball   | 58. Football                         |
| 29. Raking lawn   | 59. Hockey (field)                   |
| 30. Running/running on a treadmill                              | 60. Hockey (ice)                     |
| -----   | 61. Skateboarding                    |
| 77. Don't know/not sure (Go to EXEOTHY2)                        | 62. Snowboarding                     |
| 99. Refused (Go to EXEOTHY2)                                    | 63. Wrestling                        |

2004 California Teens Exercise, Eating, Nutrition (CaTEENS) Instrument- ENGLISH

**If EXEACTY1 EQ JOG, RUN, SWIM, or WALK go to EXEDISY1**  
**If EXEACTY1 NE JOG, RUN, SWIM, or WALK go to EXEHMMY1**

EXEDISY1

163. **How far did you JOG | RUN | SWIM | WALK yesterday?** [Interviewer: 1 lap of outdoor track=0.25 mile; 2 laps of indoor track=0.25 mile; about 3 city blocks=0.25 mile]

EXAMPLE: one half mile is coded as 0.5 -- 1 mile is coded as 1.0

\_\_\_ Enter distance (verify if GT 8 miles)

-----  
777. Don't Know/ Not Sure

999. Refused

EXEHMMY1

164. **For how many minutes or hours did you do this activity?**

EXAMPLE: for 30 MINUTES ENTER 30 for AN HOUR AND 30 MINUTES ENTER 130)

\_\_\_ ENTER HOURS/MINUTES OR MINUTES ONLY (verify if GT 400)

-----  
7777. Don't Know / Not Sure

9999. Refused

EXEOTHY2

165. **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

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

01. Aerobics class

02. Backpacking

03. Badminton

04. Basketball

05. Bicycling for pleasure

06. Boating (canoeing, rowing, sailing for  
pleasure or camping)

07. Bowling

08. Boxing

09. Calisthenics

10. Canoeing/rowing – in competition

11. Carpentry

12. Dancing-aerobics/ballet

13. Fishing from river bank or boat

14. Gardening (spading, weeding,  
digging, filling)

15. Golf

16. Handball

17. Health club exercise

18. Hiking – cross-country

19. Home exercise

20. Horseback riding

21. Hunting large game – deer, elk

22. Jogging

23. Judo/karate

24. Mountain climbing

25. Mowing lawn

26. Paddleball

27. Painting/papering house

28. Racquetball

29. Raking lawn

30. Running/running on a treadmill

31. Rope skipping

32. Scuba diving

33. Skating – ice, roller or in-line

34. Sledding, tobogganing

35. Snorkeling

36. Snowshoeing

37. Snow shoveling by hand

38. Snow blowing

39. Snow skiing

40. Soccer

41. Softball

42. Squash

2004 California Teens Exercise, Eating, Nutrition (CaTEENS) Instrument- ENGLISH

- 43. Stair climbing
  - 44. Stream fishing in waders
  - 45. Surfing
  - 46. Swimming laps
  - 47. Table tennis
  - 48. Tennis
  - 49. Touch football
  - 50. Volleyball
  - 51. Walking/walking on a treadmill
  - 52. Water-skiing
  - 53. Weight lifting
  - 54. Other (specify)\_\_\_\_\_
- 55. Bicycling machine exercise
  - 56. Rowing machine exercise
  - 57. Baseball
  - 58. Football
  - 59. Hockey (field)
  - 60. Hockey (ice)
  - 61. Skateboarding
  - 62. Snowboarding
  - 63. Wrestling

- 77. Don't know/not sure (Go to PESCHL)
- 99. Refused (Go to PESCHL)

**If EXEACTY2 EQ JOG, RUN, SWIM, or WALK go to EXEDISY2**  
**If EXEACTY2 NE JOG, RUN, SWIM, or WALK go to EXEHMMY2**

EXEDISY2

167. **How far did you JOG | RUN | SWIM | WALK yesterday? [Interviewer: 1 lap of outdoor track=0.25 mile; 2 laps of indoor track=0.25 mile; about 3 city blocks=0.25 mile]**

EXAMPLE: one half mile is coded as 0.5 – 1 mile is coded as 1.0

\_\_\_ Enter distance (verify if GT 8 miles)

- 777. Don't Know/ Not Sure
- 999. Refused

EXEHMMY2

168. **For how many minutes or hours did you do this activity?**

EXAMPLE: for 30 MINUTES ENTER 30 for AN HOUR AND 30 MINUTES ENTER 130)

\_\_\_ ENTER HOURS/MINUTES OR MINUTES ONLY (verify if GT 400)

- 7777. Don't Know / Not Sure
- 9999. Refused

SPRTSNW2

169. **[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, or out-of school programs?**

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

SPORTYP2

170. **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

2004 California Teens Exercise, Eating, Nutrition (CaTEENS) Instrument- ENGLISH

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

EXERMIN

171. **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

EXERDAYS

172. **About how many days EACH WEEK do you think you should exercise or be physically active by doing things like bicycling, dancing, or playing basketball for at least one hour?**

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

88. None

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

REASEXE2

173. **What is the main reason you get exercise or physical activity?**

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

1. Fun
2. Feels good
3. Friends do it
4. Healthy
5. Important
6. Important to
7. Important to others
8. Reduce stress
9. Strength or fitness
10. Lose weight
11. School requirement
12. Stay/get in shape
13. Other \_\_\_\_\_ (specify)
14. Transportation/To get from one place to another

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

2004 California Teens Exercise, Eating, Nutrition (CaTEENS) Instrument- ENGLISH

BAREXER2

174. **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. 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

175. **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

176. **Yesterday, how many minutes or hours did you watch television or videos or play video or computer games that were for fun?**

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

177. **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

2004 California Teens Exercise, Eating, Nutrition (CaITEENS) Instrument- ENGLISH

COMPTR

178. **Yesterday, 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

HISPANIC

179. **Are you of Hispanic origin, such as Mexican-American, Latin 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

180. **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

181. **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]

2004 California Teens Exercise, Eating, Nutrition (CaTEENS) Instrument- ENGLISH

ORACE4

182. 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

183. 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

184. 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

185. 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

2004 California Teens Exercise, Eating, Nutrition (CaTEENS) Instrument- ENGLISH

WEIGHT

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

*(Round fractions up)*

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

-----

777. Don't know/Not sure

999. Refused

IDEALWT

187. **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

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

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

189. **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

190. **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

191. **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

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

1. Go on a diet
2. Fast
3. Exercise or workout
4. Smoke
5. \_\_\_\_\_ Other (specify)  
-----
77. Don't know/Not sure
99. Refused

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

LOSEDIET

193. **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

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DIETING

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

- 1. Yes
- 2. No

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

HEALTH

195. **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

196. **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

- 
- 7777. Don't know/Not sure
  - 9999. Refused

PAIDJOB

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

- 1. Yes
- 2. No

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

NUMHOLD

198. **Do you have more than one telephone number in your household?**

- 1. Yes
- 2. No

[Go to COUNTY1 ]

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

[Go to COUNTY1 ]  
[Go to COUNTY1 ]

NUMPHON2

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

\_\_\_\_ Response

- 8. 8 or more numbers

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

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COUNTY1

200. **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

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

- Response  
77777. Don't know/Not sure  
99999. Refused

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

FVAVAL

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

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

CUTFRT

203. **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

204. **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

2004 California Teens Exercise, Eating, Nutrition (CaITEENS) Instrument- ENGLISH

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99. Refused

GARDEN

205. **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

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

1. Yes

2. No

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

99. Refused

TCHCOOK

207. **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

FEELBAD3

208. **Do you feel guilty on days when you haven't eaten healthy food?**

1. Yes

2. No

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

99. Refused

PRNTNOTE

209. **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

210. **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

2004 California Teens Exercise, Eating, Nutrition (CaITEENS) Instrument- ENGLISH

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SNKLMT

211. **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

212. **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

213. **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

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

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

EXERSAFE

215. **Do you live near a school, park or other place where you feel safe to exercise or workout?**

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

THKEXER

216. **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

2004 California Teens Exercise, Eating, Nutrition (CaTEENS) Instrument- ENGLISH

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FEELBAD4

217. **Do you feel guilty on days when you don't get any physical activity or exercise?**

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

HUNGRY

218. **Have you ever gone hungry because there was not enough money to buy food for your house or home?**

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

HUNGRY12

219. **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

220. **...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

221. **...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

2004 California Teens Exercise, Eating, Nutrition (CaTEENS) Instrument- ENGLISH

FODASST2

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

- |   |          |
|---|----------|
| 222. Free or reduced price school breakfast | FREEBRK2 |
| 223. Free or reduced price school lunch     | FREELUN3 |
| 224. Food stamps                            | FASSTMP2 |
| 225. WIC                                    | FASWIC2  |

MAXEDMOM

**226. What is the highest grade of school or year of college your mother completed? [Interviewer: Indicate highest level]**

1. Eighth grade or less
  2. Some high school
  3. Finished high school or got GED
  4. Did some college or training after high school
  5. Finished college
  6. Master's degree
  7. PhD or other professional degree
- 
77. Don't know/Not sure  
99. Refused

MAXEDDAD

**227. What is the highest grade of school or year of college your father completed? [Interviewer: Indicate highest level]**

1. Eighth grade or less
  2. Some high school
  3. Finished high school or got GED
  4. Did some college or training after high school
  5. Finished college
  6. Master's degree
  7. PhD or other professional degree
- 
77. Don't know/Not sure  
99. Refused

STATUS

**228. Compared to other families, how well-off do you think your family is? (Do not probe a DK)**

1. Very well-off
  2. Quite well-off
  3. Average
  4. Not very well-off
  5. Not well off at all
- 
77. Don't know/Not sure  
99. Refused

CLOSING

**That is my last question. Remember 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)

2004 California Teens Exercise, Eating, Nutrition (CaITEENS) Instrument- ENGLISH

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SUSPECT

229. (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

230. (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
4. Not Real Sure
5. Very Sure that No One was listening in

BIASED

231. (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

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

1. English
2. Spanish