0925-0294 exp. 12/89

NHLBI GROWTH AND HEALTH STUDY

NGHS Form 09 FTYPE Rev. 0 3/87 FREV

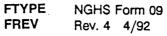
NUTRITION FORM - C

SELF ADMINISTERED

This form is to be completed by the NGHS child at the time of the baseline and each annual follow-up examination.

TO BE COMPLETED BY INTERVIEWER/CENTER:

	ID number of NGHS child:		RID	
	Name code of NGHS child:			
	Visit number:	•••••	•••••	VISIT
BEGIN HERE:	************************	******	*********	******
	Today's date:	Month	DO_FORM _	Year
	Places PPINT your full name here.	Month	рау	icai,
	Please PRINT your full name here: First Name Middle Initial		Last Name	





GROWTH AND HEALTH STUDY NUTRITION FORM

ID number of NGHS girl:	<u>- R</u>	<u> </u>	
Name code of NGHS girl:			
Visit number:		VISIT	
Date:	Month Day	M - Year	
Please PRINT your full r	name:		
	-		
First Name	Middle Initial	Last Name	-



GROWTH AND HEALTH STUDY NUTRITION FORM

ID			
NC			
VN			

1.	On weekdays:	Yes	No
	A. Do you USUALLY eat breakfast?		BREAKFST
	B. Do you USUALLY eat lunch?		LUNCH
	C. Do you USUALLY eat an afternoon snack?		AFTSNK
	If YES, do you usually eat it while watching TV?		AFTSNKTV
	D. Do you USUALLY eat dinner/supper?		DINNER
-	If NO, go to Question E. If YES, answer Questions 1-4.	-	
	1. Do you usually eat it at home?		DINHM
	2. Do you usually eat it while watching TV?		DINTV
	3. Do you usually eat it by yourself?		DINSELF
	4. Do you usually eat it with a parent or other adult?		DINADLT
	E. Do you USUALLY eat an evening snack?		EVNSNK
	If YES, do you usually eat it while watching TV?		EVNSNKTV

The following questions are about the types of food you normally eat. 2. A. When you eat chicken is it usually (check only one box): EATCHK **EATCHKRM** Other (specify) Don't eat chicken B. Do you usually eat the skin on chicken? CHKSKN Don't eat chicken C. Do you usually eat the fat on meat? **EATFAT** Yes No Don't eat meat

The following questions are about the types of food you (Continued)	ou normally eat.
D. At home, do you usually add butter or margarine t after it has been prepared?	to your food
Butter	
Margarine	
Other (specify) EATGRSRM	3
Don't use butter or margarine	
E. What type of milk do you usually drink at home?	TYPMLK
Skim, Non fat, or 1/2%	
Low fat (1% - 2%)	
Whole	
Other (specify) TYPMLKRM	
Don't drink milk	5

2.

3.	Chick	often do you eat fast food from a place like ken, Pizza Hut, or any other place that you			ried	
	mear	ns food eaten there or carried out.)		ī	STFOOD7	
		Never		• • • • • •	01	
		Less than once a week		• • • • • •	02	
		Once a week	· · · · · · · · · · ·	• • • • • •	o3	
		2 to 3 times a week			04	
		4 to 5 times a week			05	
		6 to 7 times a week		• • • • • •	oe	
-		More than 7 times a week		• • • • • •	07	
4.		well do these statements describe you? Pe box that best describes how often this ha			:•	
			Never or Almost Never	Some- times	Usually or Always	s
	A.	When I am bored I eat more				BOREDMR
	В.	I sneak food when no one is looking				SECRET
	C.	I am physically active, that means I get lots of exercise				PHYSACT
	D.	My parents tell me that I should gain weight				GAINWT
	E.	My parents try to get me to eat less food				EATLESS
	F.	I eat while I watch TV				EATTV
	G.	When I am happy I eat less				HADDVIC

4. How well do these statements describe you? Put a check in the box that best describes how often this happens. (Continued)

		Never or Almost Never	Some- times	Usually or Always
Н.	I diet to lose weight			DIETLOS
1.	l eat between meals even when l am not hungry			NOTHUNGY
J.	My parents tell me that I should lose weight			LOSWT
K.	When I am worried I eat less			WORRYLS
L.	When I do something well I give myself a food treat			REWARD
M.	When I am sad I eat more			SADMR
N.	I help choose the food my family buys			BUYFMLY
Ο.	I eat while I do my homework			HOMEWRK
P.	When I am happy I eat more			HAPPYMR
Q.	I prepare my own food			FIXOWN
R.	I eat big helpings of food			BHELPS
S.	When my friends and I get together, I usually have something to eat			FRIENDS
T.	When I am worried I eat more			WORRYMR
U.	I eat what my parents tell me to eat .			ASTOLD
V.	I eat food in my bedroom			BEDRM
W.	When I am sad I eat less			SADLS
X.	I wish I weighed less			WGHLES

		Never or			
		Almost	Some-	Usually	
		Never	times	or Always	
Y.	My parent(s) nag(s) me about the kinds of food I eat				IAG
Z.	I eat more when I am mad				MADMR
AA.	I can eat as much as I want at meals				ALLWNT
BB.	I wish I weighed more			v	VGHMOR
CC.	I eat less when I am mad				MADLS
DD.	I can buy snacks whenever I want			SI	NKFOOD2
EE.	I eat desserts with or after meals			DE	ESSERT
FF.	I east all the food on my plate			FN	ISHPLT2
GG.	When I am bored I eat less			ВС	OREDLS
HH.	I am a picky eater			PI	CKEAT
If vo	ou eat while watching television, what three	foods do vou	eat most ofte	en?	
	what you eat most often when you watch				
A	SNKTV1				
	SNKTV2				
B.	JINI VZ				

6.	Within the LAST YEAR, have any of these people been on a diet to lose weight for more than a week? (Please check one answer for each line.)					
		The state of the s	Yes	No	Don't Know	Don't Have One
	A.	A best girl friend of yours				DBFRND
	B.	Any other friends				DFRND
	C.	Your mother				Т
	D.	A sister of yours				DSIS
	E.	Any other relative				DRELAT
7.	How	do you think of yourself?				SELFWT
		Very underweight				1
		Slightly underweight				2
		About the right weight				₃
		Slightly overweight				□ 4
		Very overweight				5
8.	At th	e present time are you:				PRSNTWT
		Trying to gain weight?				1
		Trying to lose weight?				
		Trying to stay the same weight?				З
		Not trying to do anything about my we	eight?			

9.	How mean	often have you gone on a diet during the last year? By "diet" we changing the way you eat so that you can lose weight.		
		Never	FRQDT	
		1-4 times	2	
		5-10 times	3	
		More than 10 times		
		I am always dieting	5	
10.		you ever lost 5 or more pounds on a	5 No	
11.		ou ever use any of the following to lose weight? (You may more than one answer.)		-
	A.	I have never tried to lose weight or keep from gaining weight	1	LSNOTRY
	В.	I dieted		LSDIET
	C.	I did not eat at all for one or more days		LSNOEAT
	D.	I exercised		LSEXER
	E.	I made myself throw up		LSVOMIT
	F.	I took diet pills		LSPILL
	G.	I used laxatives, ipecac, or diuretics		LSLAX
	Н.	I used diet drinks such as Slim Fast		LSDRNK
	1.	I used some other method (specify)		LSOTHR
		LSRMK		

		LSMRMK	•	
	l.	I used some other method (specify)		LSMOTHR
	H.	I used diet drinks such as Slim Fast		LSMDRNK
	G.	I used laxatives, ipecac, or diuretics		LSMLAX
	F.	I took diet pills	\Box ,	LSMPILL
	E.	I made myself throw up		LSMVOMIT
	D.	I exercised	\Box ,	LSMEXER
	C.	I did not eat at all for one or more days		LSMNOEAT
	B.	I dieted		LSMDIET
	A.	I did not try to lose weight or keep from gaining weight		LSMNOTRY
12.		ng the past 30 days, which of the following did you do to lose weight eep from gaining weight? (You may check more than one answer.)	or	

The next two questions ask about drinking alcohol. This includes drinking beer, wine, wine coolers, and liquor such as rum, gin, vodka, or whiskey. For these questions, drinking alcohol does not include drinking a few sips of wine for religious purposes. (Remember, all information that you give us is confidential and will <u>NOT</u> be shared with parents, guardians, teachers, or friends.)

13.	A.	During the past 30 days, on how many days did you have at least one drink of alcohol?	
			ALCHLFRQ
		I have never had a drink of alcohol or	ALCHLING
		only had a few sips	L ₀₁
		None	02
		1 or 2 days	L ₀₃
-			
		3 to 5 days	L ₀₄
		6 to 9 days	L ₀₅
		-	
		10 to 19 days	₀₆
			·
		20 to 29 days	L ₀₇
		All 30 days	L 08
	_		
	B.	On the days when you do drink, how many drinks do you usually have? (If you do not drink write "0" on the line.)	ALCHLNUM

The next five questions ask about cigarette smoking. (Remember, all information that you give us is confidential and will <u>NOT</u> be shared with parents, guardians, teachers, or friends.)

14.	How old were you when you smoked a cigarette for the first time?	SMKAGE
	I have never smoked a whole cigarette	
	Less than 9 years old	2
	9 or 10 years old	3
	11 or 12 years old	4
	13 or 14 years old	5
÷	15 years old	6
15.	How much do you smoke cigarettes?	SMKAMT
15.	How much do you smoke cigarettes? I've never smoked	
15.	- -	
15.	I've never smoked	
15.	I've never smoked	
15.	I've never smoked	

16.	How old were you when you first started smoking cigarettes regularly? (Nearly every day for 30 days.)	SMK30AGE
	I have never smoked cigarettes regularly	
	Less than 9 years old	
	9 or 10 years old	
	11 or 12 years old	4
	13 or 14 years old	5
	15 years old	6
-		
17.	During the past 30 days, on how many days did you smoke cigarettes?	SMK30DAY
	None	
	None	01
		01
	1 or 2 days	01
	1 or 2 days	01
	1 or 2 days	01

Angelogical contract

18.	During the past 30 days, on the days you smoked, how many cigarettes did you smoke per day?	
	cigarottes did you sirioke per day:	SMK30AMT
	I did not smoke cigarettes during the past 30 days	01
	Less than 1 cigarette per day	02
	1 cigarette per day	₀₃
	2 to 5 cigarettes per day	04
	6 to 10 cigarettes per day	05
	11 to 20 cigarettes per day	
-	More than 20 cigarettes per day	07
19.	I play sports or very active games a lot Yes	DRTS2 No
20.	Would you say that our are:	ACTIVE
	Less active than most girls your age?	
	About as active as most girls your age?	
	More active than most girls your age?	

* 12* + 12 + 1 + 1

21.	In the past 7 days, about how many minutes each day do you exercise or participate in sports activities in which you worked up a sweat or got out of breath, such as jogging, fast dancing, swimming laps, tennis, fast bicycling, or similar aerobic activities? (Write in the time for each day below. DO NOT INCLUDE TIME SPENT IN GYM OR P.E. CLASS.)					r
						NOEXER7
	,	A.	Did not exercise			
	E	В.	Sunday	EXERSUN	minutes	
			Monday	EXERMON	minutes	
			Tuesday	EXERTUE	minutes	EXERWK
			Wednesday	EXERWED	minutes	
			Thursday	EXERTHR	minutes	-
-			Friday	EXERFRI	minutes	
	•		Saturday	EXERSAT	minutes	
	-					
22.	How long during this school classes? (If you are filling this question for the year	g o	ut this form during sum			PELNG
	,	All	Year			
	ŀ	Hal	f year			
	(Oth	ner (specify)	PERMK		
	I	Do	not take PE			4

	PER WEEK do you take p	part in them?	
			PEDAYS
	1	I do not take PE	
		1 day	
	:	2 days	3
	;	3 days	4
	•	4 days	5
	!	5 days	6
24.		cal education (PE) class, how many minutes ercising or playing sports?	
24.			PEMIN
24.	do you spend actually ex		PEMIN
24.	do you spend actually ex	ercising or playing sports?	PEMIN 1
24.	do you spend actually ex	ercising or playing sports? I do not take PE	PEMIN 1 2
24.	do you spend actually ex	l do not take PE	PEMIN 1 2 3

والمراجع والمعروب

TVSAT2

TVSAT3

TVSUN2

TVSUN3

TVFRI2

TVFRI3

25.	or by organizations Commission, Park E (Do not include PE	outside ye Board, So	our scho	ol (YMCA	-YWCA, F	Recreatio	n	
	(DO NOT MOIDE TE	0.00000.7						TEAMS
		Non	e					1
		1 tea	am					2
		2 tea	ams					
		3 or	more tea	ams				4
26.	Please estimate the TV per day (Be sur						ing	
				VIDT	rvwk			
		MON	TUE	WED	THUR	FRI	SAT	SUN
	Morning	TVMON1	TVTUE1	TVWED1	TVTHR1	TVFRI1	TVSAT1	TVSUN1
	(6 am to 12 noon)						-	

TVTUE2

TVTUE3

TVMON2

TVMON3

Afternoon

(12 noon to 6 pm)

Nighttime

(6 pm to 6 am)

Thank you very much for answering these questions.

TVWED2

TVWED3

FTYPE NGHS Form 09 FREV Rev. 5 1/93

GROWTH AND HEALTH STUDY NUTRITION FORM



This form is to be completed by the NGHS girl.

ID number of NGHS girl:	RID
Name code of NGHS girl:	
Visit number:	visit
Date:	DO_FORM
	Month Day Year
Please PRINT your full name:	
First Name Middle Initia	l Last Name



GROWTH AND HEALTH STUDY NUTRITION FORM

ID			
NC			
VN			

All information that you give us is confidential and we will NOT share it with parents, teachers, or friends. As in previous years, we ask that you fill out this form on your own.

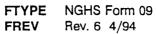
1.	On W	/EEKDAYS, do you USUALLY eat:	Yes	No
	A.	Breakfast		BREAKFST
	В.	Lunch		LUNCH
	C.	Afternoon snack		AFTSNK
	D.	Dinner/supper		DINNER
		If YES, do you USUALLY eat dinner/supper:		•
		1. At home		DINHM
	-	2. Watching TV		DINTY
		3. Do you USUALLY eat dinner/supper (Check only one box for Question D3.)	- DI	NWHOM
		a. By yourself		
		b. With a parent or adult	• • • •	2
		c. With someone else	• • • •	3
	E.	Evening snack	Yes	EVNSNK
2.	How or an	often do you eat fast food from a place like McDonald's, Kentucky Fried Chicken, Pizza by other place where you can buy fast food? (This means food eaten there or carried o	out.) FS	STFOOD7
		Never	•	01
		Less than once a week	• • • •	02
		Once a week		03
		2 to 3 times a week		04
		4 to 5 times a week		05
		6 to 7 times a week		06
		More than 7 times a week		07

3. How well do these statements describe you? Put a check in the box that best describes how often this happens.

		Never or Almost Never	Some- times	Usually or Always
A.	When I am bored I eat more			BOREDMR
B.	I sneak food when no one is looking			SECRET
C.	I wish I weighed more			WGHMOR
D.	I am physically active, which means that I get lots of exercise			PHYSACT
E.	I eat while I watch TV			EATTV
F.	When I am happy I eat less			HAPPYLS
G.	I diet to lose weight			DIETLOS
H.	I eat between meals even when I am not hungry			NOTHUNGY
l.	When I am worried I eat less			WORRYLS
J.	When I do something well I give myself a food treat			REWARD
K.	When I am sad I eat more			SADMR
L	I eat while I do my homework			HOMEWRK
M.	When I am happy I eat more			HAPPYMR
N.	l eat more when I am mad			MAD2
Ο.	l eat big helpings of food			BHELPS
P.	When I am worried I eat more			WORRYMR
Q.	I eat food in my bedroom			BEDRM
R.	When I am sad I eat less			SADLS
S.	I eat less when I am mad			MADLS
T.	When I watch TV, I snack			TVSNAK
U.	l eat desserts with or after meals			DESSERT
٧.	When I am bored I eat less			BOREDLS
W.	I wish I weighed less			WGHLES

4.	Duri	ng the last year how often have you gone on a diet to lose weight?	FRQDT	
		Never	1	
		1-4 times	2	
		5-10 times	3	
		More than 10 times	4	
		I am always dieting	5	
5.	Durii or to	ng the past 30 days, which of the following did you do to lose weight keep from gaining weight? (You may check more than one answer.)		
	A.	I did not try to lose weight or keep from gaining weight	1	LSMNOTRY
	В.	l dieted	1	LSMDIET
	C.	I did not eat at all for one or more days	1	LSMNOEAT
	D	I exercised to lose weight or keep from gaining weight	1	LSMEXER
-	E.	I made myself throw up	1	LSMVOMIT
	F.	I took diet pills	1	LSMPILL
	G.	I used laxatives, ipecac, or diuretics	1	LSMLAX
	Н	I used diet drinks such as Slim Fast	1	LSMDRNK
	1	I used some other method (specify)	1	LSMOTHR
		LSMRMK		
liqu	or su w sip	two questions ask about drinking alcohol. This includes drinking beer, wine, wine coolers, arch as rum, gin, vodka, or whiskey. For these questions, drinking alcohol does not include dries of wine for religious purposes. During the past 30 days, on how many days did you have at least one drink of alcohol?	nd nking	
O.	Λ.	None	ALCHLFR	Q
		1 or 2 days	°'	
			L 02	
		3 to 5 days		
		6 to 9 days	<u></u>	
		10 to 19 days	05	
		20 to 29 days	08	
		All 30 days	07	
	В.	During the past 30 days, on the days when you did drink, how many drinks	ALCHLN	UM

The next three questions ask about cigarette smoking. 7. How much do you smoke cigarettes? **SMKAMT** I've never smoked I've smoked once or twice I've smoked a few times I smoke occasionally but less than once a month I smoke weekly but not every day I smoke every day or nearly every day 8. During the past 30 days, on how many days did you smoke cigarettes? SMK30DAY I did not smoke cigarettes during the past 30 days 1 or 2 days 6 to 9 days 10 to 19 days 20 to 29 days 9. During the past 30 days, on the days you smoked, about how many cigarettes did you usually smoke per day? (Write "0" if you did not smoke during the last 30 days.) **NCIGDAY**





GROWTH AND HEALTH STUDY NUTRITION FORM

4 Jan 1944 195

ID number of NGHS girl:			RID	
Name code of NGHS girl:				
Visit number:				VISIT
Date		_	DO_FORM	•
Date:		Month	Day	Year
Please PRINT your full name:				
		-		
First Name	Middle Initial	······································	Last Nan	
Firet Name	Middle Hillal		Lust Hull	

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GROWTH AND HEALTH STUDY NUTRITION FORM

ID			
NC			
VN			

All information that you give us is confidential and we will NOT share it with parents, teachers, or friends. 1. On WEEKDAYS, do you USUALLY eat: Yes No Breakfast BREAKFST Α. LUNCH B. Afternoon snack AFTSNK C. DINNER D. Evening snack **EVNSNK** Ē. 2. How often do you eat fast food from a place like McDonald's, Kentucky Fried Chicken, Pizza Hut, or any other place where you can buy fast food? (This means food eaten there or carried out.) FSTFOOD7 Never Once a week 2 to 3 times a week 4 to 5 times a week

More than 7 times a week

3.	How	well do these statements describe you? Put a check in the bo	ox that best de	scribes how ofte	n this happe	ens.
			Never or Almost Never	Some- times	Usually or Alway	
	A.	I am physically active, which means that I get lots of exercise				PHYSACT
	B.	I am a picky eater				PICKEAT
	C.	When I am stressed I eat more				STRSDMR
	D.	I eat a healthy diet				HLTHDIET
	E.	I diet to lose weight				DIETLOS
	F.	When I watch TV, I snack				TVSNAK
4.	Do v	ou usually eat the skin on chicken?				
••		Yes			CHKSKN	
	Ī	No				
		Don't eat chicken				
5.	Do y	ou usually eat the fat on meat?			EATFAT	
		Yes			1	
		No			2	
		Don't eat meat			3	
6.	Wou	ld you say that you: (Mark one box only.)			EATAGE	
		Eat less food than most girls your age?			·	
		Eat about as much food as most girls your age?			2	
		Eat more food than most girls your age?			3	
7.	Wou	ld you say that you: (Mark one box only.)			JNKAGE	
		Eat less junk food than most girls your age?				
		Eat about as much junk food as most girls your age?			2	₩ ¥*
		Eat more junk food than most girls your age?			П,	

Francisco de

8.	How do you think of yourself? (Mark one box only.)	SELFWT
	Very underweight	
	Slightly underweight	2
	About the right weight	3
	Slightly overweight	4
	Very overweight	5
9.	At the present time are you: (Mark one box only.)	PRSNTWT
	Trying to gain weight	1
	Trying to lose weight	2
	Trying to stay the same weight?	3
	Not trying to do anything about your weight?	4
10.	Have you ever dieted?	RDIET No
11.	If NO, skip to question 14. Have you ever lost five pounds on a weight loss diet? Yes	No
12.	During the past year how often have you gone on a diet to lose weight?	FRQDT
	Never	1
	1-4 times	2
	5-10 times	3
	More than 10 times	4
	I am always dieting	<u> </u>

F 28 - 52 - 5 - 5

13.	Durin or to	g the past 30 days , which of the following did you do to lose weight keep from gaining weight? (You may check more than one answer.)		
	A.	I did not try to lose weight or keep from gaining weight	1	LSMNOTRY
	В.	I dieted	·	LSMDIET
	C.	I did not eat at all for one or more days	,	LSMNOEAT
	D	I exercised to lose weight or keep from gaining weight	1	LSMEXER
	E.	I made myself throw up	1	LSMVOMIT
	F.	I took diet pills	1	LSMPILL
	G.	I used laxatives, ipecac, or diuretics	1	LSMLAX
	Н	I used diet drinks such as Slim Fast	1	LSMDRNK
	l.	I used some other method	1	LSMOTHR
		1. Specify: LSMRMK		
liqu a f	uor su ew sip	three questions ask about drinking alcohol. This includes drinking beer, wine, wine coolers, ch as rum, gin, vodka, or whiskey. For these questions, drinking alcohol does not include drus of wine for religious purposes.	and inking	
14.	Duri	ng the past 30 days, on how many days did you have at least one drink of alcohol?	ALCHLFR	Q
		None		
		1 or 2 days		
		3 to 5 days		
		6 to 9 days		
		10 to 19 days		
		20 to 29 days		
		All 30 days	7	
15	i. Dur did	ing the past 30 days, on the days when you did drink, how many drinks you usually have? (If you did not drink write "0" on the line.)	ALCHLNU	М
16	S. Dur	ing the past 30 days, on how many days did you have four or more drinks of alcohol		
	in a	row, that is, within a couple of nours?	DRNK4R	ow
		0 days		
		1 day		
		2 days		
		3-5 days		
		6-9 days		
		10 or more days		

* 12* 1 *2 * 2 * 1 * 1.

17.	During the past and felt that you	three months have your were unable to stop	you eaten unusua eating once you	lly large amounts o	n 100a at one time	TP3MO No
	if NO, go to	Question 18.				
	A. If yes, how o	ften have you done t	his in the past 3 i	months?		NSTP3FQ
	I have not d	one this at all in the	past 3 months .			1
	Rarely	(once or twice in the	past 3 months)			2
	Sometimes	(3 to 11 times in the	past 3 months) .			3
	Often	(12 to 23 times in th	e past 3 months)			4
	Regularly	(24 times or more in	the past 3 month	ns)		s
18.	During the past felt you were un	12 months have you able to stop eating of the control of the contr	eaten unusually l nce you started?	arge amounts of fo	od at one time and	P12MO No
	A. If ves. how o	ften have you done t	his in the past 12	months?	4	NSTP12FQ
	•	_				
	Rarely		*			
						The state of the s
	Sometimes	(once a month or	ess)			;
	Sometimes Often	·				
		(once a week or le	ss)			3
19.	Often Regularly	(once a week or le	nore)			3
19.	Often Regularly	(once a week or le (twice a week or notes a months, how imp	ortant was your w			3

* 124 x 424 x 14 12

20.	During the past 3	months, how	satisfied have you felt	t with your weight?	•	
			SATWT			
	Very Satisfied	Satisfied	Neither Satisfied nor Dissatisfied	Dissatisfied	Very Dissatisfied	
The	next three question	ons ask about c	igarette smoking.			
21	How much do yo	u smoke cigare	ettes?			
						SMKAMT
		I've never sm	oked			1
		I've smoked o	once or twice			2
		I've smoked a	a few times			3
		I smoke occa	sionally but less than	once a month .		4
-		I smoke weel	dy but not every day			5
		I smoke every	y day or nearly every	day		6
22.	During the past 3	0 days, on how	many days did you	smoke cigarettes?		SMK30DAY
	-	I did not smo	ke cigarettes during t	he past 30 days		1
		1 or 2 days				2
		3 to 5 days .				3
		6 to 9 days .				4
		10 to 19 days				5
		20 to 29 days	·			
		All 30 days .				7
23.	During the past 3 usually smoke ea	0 days, on the ch day? (Write	days you smoked, ab	out how many cig oke during the last	arettes did you t 30 days.)	NCIGDAY

Lots of people talk about nutrition these days. We are trying to learn what teenagers believe about the foods they eat. 24. Are these statements true or false to you? I don't need to worry about what I eat if: True False A. **IFMILK** I maintain my weight B. **IFWT** I take vitamins regularly C. **IFVITMN** I eat a low-fat diet D. **IFLOFAT** 25. Are these statements about eating fast food true or false for you? I would eat fast food more often if: True False A. **FFMONEY** It were more nutritious B. FFNUTR C. It contained less fat **FFLSFAT** D. It had fewer calories **FFLOCAL** E. There were more fast food restaurants near my house **FFMRRST** READNUTR No Yes If NO, go to Question 27. If YES, how often do you do the following? Usually Rarely NTRCONFS A. When I read the information on nutrition labels I find them confusing NTRSNAK B. C. I read the nutrition labels for calorie information NTRCAL D. NTRFAT I use the information on nutrition labels to help me choose the foods I eat E. NTRCHOS

27.	How	important are the following things for you?				
	It is	important for me to choose foods that:				
			Not Important	Important	Very Import	ant
	A.	Are low in sugar				CHLOSUG
	B.	Are low in fat				CHLOFAT
	C.	Are low in calories				CHLOCAL
	D.	Include plenty of breads, cereals, pasta and rice				CHGRN
	E.	Include plenty of fruits and vegetables				CHFRUIT
	F.	Include a variety of foods				CHVARTY
	G.	Include plenty of milk and cheese				CHDAIRY
	H.	Include plenty of meat, fish and chicken				CHMEAT

Thank you very much for answering these questions.

ID		 		1	-	
NC		:	1	1	 	
VN		:				

NGHS Form 09 Rev. 0 3/87 8 Pages

NHLBI GROWTH AND HEALTH STUDY

NUTRITION FORM - C

1.	On	school	days:									
										YES	NO	
			Α.	Do	you	usually	eat	breakfast	• • • • • • • •			BREAKFST
			В.	Do	you	usually	eat	a morning snack				MORNSNK
			С.	Do	you	usually	eat	lunch	, 			LUNCH
			D.	Do	you	usually	eat	a snack after so	chool			AFTSNK
			Ε.	Do	you	usually	eat	dinner/supper	, , , , , , , , , , , , , , , , , , , ,			DINNER
			F.	Do	you	usually	eat	an evening snack	· · · · · · · · · · · · · · · · · · ·			EVNSNK
2.						r people the same		you usually finie?	ish		FINSH	
									First		1	
									Last	• • • • • • •	2	
									Same t	ime	3	

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3•	How often do you eat food from a Kentucky Fried Chicken, Pizza Hu other fast food restaurant?	a place like McDonald's, ut, Burger King, or some FSTFOOD4
		Never or less than once a week
		1 to 3 times a week 2
		4 to 7 times a week
		8 or more times a week
4.	How often do you eat a meal at s	someone else's house?
		Never or less than once a week
		1 to 3 times a week2
		4 to 7 times a week
		8 or more times a week
II)	VN

. .: ..

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5.	Who fixes the food you eat <u>most</u> of the time? more than one place, think of where you live mand then who fixes the food you eat <u>most</u> of the	ost of the time,	PREPAR
		Mother	: 1
		Father	2
		Sister or brother	3
		Grandparent	4
		Me	5
		Other person	6
6.	Who decides what you eat for dinner most of the	e time?	PLANS
		Mother	1
		Father	2
		Sister or brother	3
		Grandparent	4
		Me	5
		Other person	6
7.	When dinner is served do you usually help your	self or is	
	your plate made up for you by someone else?		FIXPLAT
	I help	p myself	1
	Plate	is made up for me	2
			
ID		VN	

1. 28 x 32 x 2 x 3 x 3 x 3 z

VN

8. How well do these statements describe you? Put a mark in the box that best describes how often this happens. | Never or | Almost ; Usually Never Sometimes | or Always A. I take vitamins VITAMINS B. When I am bored I eat more BOREDMR C. I sneak food when no one is looking SECRET D. I am physically active **PHYSACT** E. My parents tell me that I should gain weight GAINWT F. My parents try to get me to eat less food EATLESS G. I eat while I watch TV EATTV H. I drink beer, wine, or other drinks with liquor DRINK I. I eat with my parent(s) WFAMLY J. I eat vegetables VEGGIE K. My parent(s) buy the snacks I like PARSNACK L. I am on a diet to lose weight DIETLOS M. I eat between meals even when I am not hungry NOTHUNGY

ID

8. How well do these statements describe you? Put a mark in the box that \underline{best} describes how often this happens. (Continued)

		Never or Almost	 Sometimes	Usually or Always
N.	I bring a lunch from home to eat at school		CRRYLNCH	
٥.	My parents tell me that I should lose weight	 	LOSWT	
Р.	When I do something well I give myself a food treat		 - REWARD	
Q.	When I am sad I eat more		SADMR	
R.	I help choose the food my family buys		BUYFMLY	
s.	I eat while I do my homework		HOMEWRK	
т.	I eat the school lunch	1	SCHLNCH	! ! !
Ü.	I get very hungry		VRHUNGY	1 1 1 1
٧.	I buy snack food		SNKFOOD1	
W.	When I am happy I eat more		HAPPYMR	! ! ! !
х.	I fix my own food		FIXOWN	! ! ! !
Υ.	I eat alone		ALONE	
Ζ.	I eat big helpings of food	1	BHELPS	t t
AA.	I eat with friends		FRIENDS	1

8. How well do these statements describe you? Put a mark in the box that best describes how often this happens. (Continued)

		Never or Almost	Ssometimes	Usually or Always
вв.	When I am worried I eat more	 	WORRYMR	!
cc.	My parents tell me that I can't eat certain foods for snacks	 	CERTFOOD	
DD.	I eat what my parents tell me to eat		ASTOLD	
EE.	I eat food in my bedroom		BEDRM	!
FF.	I wish I weighed less		WGHLES	
GG.	My parent(s) nag me about the kinds of food I eat		NAG	
нн.	I skip lunch		SKIPLNCH	
II.	I eat when I am mad		MAD2	
JJ.	I have to finish all the food on my plate		FNSHPLT1	!
KK.	I can eat as much as I want at meals		ALLWNT	
LL.	I wish I weighed more		WGHMOR	**
MM.	I eat when I go out to movies or go to watch a sporting event		SPORTEAT	
NN.	I eat desserts after meals		DESSERT	-

ID

NGHS Form 09 Rev. 0 3/87 Page 7 of 8

in the last year, have any of these people been on a for more than a week? (Please mark one answer box each line.) Don Don't hav					· · · · · · · · · · · · · · · · · · ·	
you ever stopped eating for more than a except for days when you were sick? YES N in the last year, have any of these people been on a for more than a week? (Please mark one answer box each line.) Don't have one A. A friend of yours	3. SNK3DESC					
for more than a week? (Please mark one answer box each line.) Don Yes No know one A. A friend of yours				• • • • • • •	🔲	NO NO
Yes No know one A. A friend of yours		than a week? (Please mark o				
A. A friend of yours			Ye s	No		Don't have one
B. One of your parents	i					
		B. One of your parents				
C. A brother		C. A brother				
D. A sister		D. A sister				
E. Any other relative						

* 12* + 12* * 1 * 12

NGHS Form 09 Rev. 0 3/87 Page 8 of 8

12.	If a person is fat,	what	do you think are	the reasons?				
						YES	NO	
		A. T	ey don't exercis	e enough	• • • • • •			NOEXCISE
		в. Т	ey have big bone	s	•••••			BIGBONE
		C. T	ey have a gland mething is wrong	problem or with their b	ody			GLAND
		D. T	ey eat the wrong	foods	•••••			WRFOOD
-		E. T	ey don't control	themselves .	•••••			NOCNTL
-		F. T	ey eat a lot of	snacks	•••••			SNACKLOT
		G. T	ney eat a lot		•••••			EATALOT
		н. і	is natural for	them to be fa	t			NATURAL
13.	People often drink counting that, in alcoholic beverages have you had? Write "O. (If NONE, write "O.	the pa s, suc te the	st month how many as beer, wine o	glasses of whiskey,		Numb alco	TDRK er of holic rages	
	Thank you very muc	ch for	your help. We a	appreciate you	ır coopei	ation.		
II)	 			VN			

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חום

NHLBI Growth And Health Study Nutrition Form - C

NGHS FORM 09 FTYPE Rev. 1 1/89 FREV

ID number of NGHS child:		
Name code of NGHS child:		
Visit number:		VISIT
Please PRINT the child's full name	e:	
First Name	Middle Initial	Last Name

We think this questionnaire will take about 10-13 minutes for you to complete including listening to or reviewing instructions and collecting information. If you have comments about this time estimate or any part of the questionnaires, including suggestions for reducing the time required, please send them to Reports Clearance Officer, PHS, 721-8 Hubert H. Humphrey Building, 200 Independence Avenue S.W., Washington, D.C. 20201; and to Office of Management and Budget, Paper Work Reduction Project (0925-0294), Washington, D.C. 20503.



NHLBI Growth And Health Study Nutrition Form - C

NGHS FORM 09 Rev. 1 1/89 8 Pages

	VN		<u> </u>	J
4. What is to dow's data?	_	DO_FORM	***************************************	-
1. What is today's date?	Month	Day	Year	•
2. ON SCHOOL DAYS:		Yes	No	
A. Do you USUALLY eat breakfast	?			BREAKFST
B. Do you USUALLY eat a mornin				MORNSNK
C. Do you USUALLY eat lunch?				LUNCH
D. Do you USUALLY eat a snack a				AFTSNK
E. Do you <i>USUALLY</i> eat dinner/su				DINNER
F. Do you USUALLY eat an evening				EVNSNK
3. When you eat with your family, do you us	sually finish first	, last,		
or about the same time?		1	FAMFINSH	
First			1	
Last			2	
Sama tima			3	

4.	When you eat with your friends, do you usually finish first, last, or about the same time?	FRNFINSH
	First	1
	Last	2
	Same time	3
5.	How often do you eat food from a place like McDonald's, Kentucky Fried Chicken, Pizza Hut, Burger King, or some	
	other fast food restaurant?	FSTFOOD5
	Never	1
	Less than once a week	2
	1 to 3 times a week	3
	4 to 7 times a week	4
	8 or more times a week	5
	-···	•
6.	. When dinner is served do you usually help yourself or is your pla	ate
	made up for you by someone else?	FIXPLAT
	I help myself	1
	Plate is made up for me	2

7. How well do these statements describe you? Put a mark in the box that best describes how often this happens.

	Never or Almost Never		Usually or Always
A. I take vitamins		VITAMINS	
B. When I am bored I eat more		BOREDMR	
C. I sneak food when no one is looking		SECRET	
D. I am physically active, that means I get lots of exercise		PHYSACT	
E. My parents tell me that I should gain weight		GAINWT	
F. My parents try to get me to eat less food		EATLESS	
G. I eat while I watch TV	-	EATTV	
H. I drink beer, wine, or other drinks with liquor		DRINK	
I. I eat with my parent(s)		WFAMLY	
J. I eat vegetables		VEGGIE	
K. My parent(s) buy the snacks I like		PARSNACE	<
L. I diet to lose weight		DIETLOS	
M. I eat between meals even when I am not hungry		NOTHUNG	Y

7. How well do these statements describe you? Put a mark in the box that best describes how often this happens. (Continued)

Andrew Commission

	Never or Almost Never	Some-	Usually or Always
N. I bring a lunch from home to eat at school		CRRYLNCH	
O. My parents tell me that I should lose weight		LOSWT	
P. When I do something well I give myself a food treat		REWARD	
Q. When I am sad I eat more		SADMR	
R. I help choose the food my family buys		BUYFMLY	
S. I eat while I do my homework		HOMEWRK	
T. I eat the school lunch		SCHLNCH	
U. I get very hungry		VRHUNGY	
V. I buy snack food		SNKFOOD1	
W. When I am happy I eat more		HAPPYMR	
X. I fix my own food		FIXOWN	
Y. I eat alone		ALONE	
Z. I eat big helpings of food		BHELPS	
AA. When my friends and I get together, I usually have something to eat		FRIENDS	

7. How well do these statements describe you? Put a mark in the box that best describes how often this happens. (Continued)

* 12* + 12* + 11

	Never or Almost Never	Some-	Usually or Always
BB. When I am worried I eat more		WORRYMR	
CC. My parents tell me that I can't eat certain foods for snacks		CERTFOOD	
DD. I eat what my parents tell me to eat		ASTOLD	
EE. I eat food in my bedroom		BEDRM	
FF. I wish I weighed less		WGHLES	
GG. My parent(s) nag me about the kinds of food I eat		NAG	
HH. I skip lunch		SKIPLNCH	
II. I eat when I am mad		MAD2	
JJ. I have to finish all the food on my plate		FNSHPLT1	
KK. I can eat as much as I want at meals		ALLWNT	
LL. I wish I weighed more		WGHMOR	
MM. I eat when I go out to movies or go to watch a sporting event		SPORTEAT	
NN. I eat desserts after meals		DESSERT	

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8.	When you have snacks, what are the THREE SNACKS YOU HAVE OFTEN? (Remember to put what you have most often in the first	E MOST t space.)
	1. SNACK1	
	2. SNACK2	
	3. SNACK3	
9.	Have you ever stopped eating for more than a day? (Do not include days when you were sick.)	STOPEAT S No
10.	Are most of the meals in your house specially prepared because someone is on a "special diet"?	SPDIET es No
	If YES, do you eat the same food at these meals as the person who is on the special diet?	ETSPDIET es No

in the contract of the contract of

12. If a person is fat, what do you think are the reasons?			
12 a person to tall, the same of the s	Yes	No	
A. They don't exercise enough			NOEXCISE
B. They have big bones			BIGBONE
C. They have a gland problem or something is wrong with their body			GLAND
D. They eat the wrong foods			WRFOOD
E. They don't control themselves			NOCNTL
F. They eat a lot of snacks			SNACKLOT
G. They eat a lot			EATALOT
H. It is natural for them to be fat			NATURAL

Thank you very much for your help.

11. Within the last year, have any of these people been on a diet for more than a week? (Please mark one answer box for each line.)

	Yes	No	Don't know	Don't have one	
A. A friend of yours					DFRIEND
B. Any other child you know					DCHILD
C. Either of your parents					DPARENT
D. A brother					DBRO
E. A sister					DSIS
F. Any other relative					DRELAT
G. Any other adult you know					DADULT





FTYPE FREV NGHS Form 09 Rev. 2 12/89

NHLBI GROWTH AND HEALTH STUDY

NUTRITION FORM

	ID number of NGHS girl:		RID	
·	Name code of NGHS gir	l:		
	Visit number:	•••••	•••••	VISIT
	Date:		DO_FORM	
		Month	Day	Year
		-		
	Please PRINT your full n	ame:		
		***************************************	l and	None
	First Name	Middle Initial	Last	Name

We think this questionnaire will take about twelve minutes for you to complete including listening to or reviewing instructions and collecting information. If you have comments about this time estimate or any part of the questionnaires, including suggestions for reducing the time required, please send them to Reports Clearance Officer, PHS, 721-H Herbert H. Humphrey Building, 200 Independence Avenue S.W., Washington D.C. 20201; and to Office of Management and Budget, Paper Work Reduction Project (0925-0294), Washington DC 20503.



NHLBI GROWTH AND HEALTH STUDY NUTRITION FORM

0925-0294 exp. 9/92

NGHS Form 09 Rev. 2 12/89 9 Pages

ID			
NC			
VN			

														
1.	On	sc	hool	days:										
												Yes	No	
	A.	Do	you	USUALL	Y eat bre	eakfast?	••••••		************	• • • • • • • • • • • • • • • • • • • •	•••••			BREAKFS
	В.	Do	you	USUALL	Y eat a r	morning	snack? .			•••••	•••••			MORNSNI
-	C.	Do	you	USUALL	Y eat lur	nch?	•••••	**********	•••••		•••••			LUNCH
	D.	Do	you	USUALL	Y eat a s	snack aft	ter schoo	ol?	••••••	***********	•••••			AFTSNK
	E.	Do	you	USUALL	Y eat dir	ner/sup	per?	••••••			•••••			DINNER
	F.	Do	you	USUALL	Y eat an	evening	snack?	••••••	••••••	•••••	············. ,			EVNSNK
2.				eat with			ou usual	lly finis	sh				FAMFINS	Sui
			First		•••••	•••••	•••••	••••••						оп
			Last	•••••	•••••••••••••••••••••••••••••••••••••••	•••••	••••••	•••••			••••	·····		
			Sam	e time								••••		

3.	When you eat with your friends, do you usually finish first, last, or about the same time?	
	, or acces are canno anno	FRNFINSH
	First	1
	Last	2
	Same time	3
4.	How often do you eat food from a place like McDonald's, Kentucky Fried Chicken, Pizza Hut, Burger King, or some other fast food restaurant?	
		FSTFOOD5
	Never	1
	Less than once a week	2
	1 to 3 times a week	- 3
	4 to 7 times a week	4
	8 or more times a week	5
	SCHI	LUNCH
5	Is lunch conved at your cabacit	
J.	Is lunch served at your school?	No.

		Yes	No
6.	Is breakfast served at your school?		SCHBRKF
		Yes	No
7.	A. Does your school sell snacks or have vending machines for selling snacks?		SCHSNACK
	If YES, do you buy them?		вичеснек
-	B. Is there any place near your home or school that sells snacks?		NEARSNK
	If YES, do you buy them?		BUYNRSNK
		-	
8.	When dinner is served do you usually help yourself or is your plate made up for you by someone else?		FIXPLAT
	I help myself	•••••	1
	Plate is made up for me	•••••	2

9. How well do these statements describe you? Put a mark in the box that best describes how often this happens.

		Never or Almost Never	Some- times	Usually or · Always
Α.	I take vitamins		VITAMINS	
В.	When I am bored I eat more		BOREDMR	
C.	I sneak food when no one is looking		SECRET	
D.	I am physically active, that means I get lots of exercise		PHYSACT	
E.	When I am mad I get something to eat		MAD1	
F.	My parents tell me that I should gain weight		GAINWT	
G.	My parents try to get me to eat less food		EATLESS	
Н.	I eat while I watch TV		EATTV	
1.	I drink beer, wine, or other drinks with liquor	_	DRINK	
J.	I eat dinner or supper with my parent(s)		WFAMLY	
K.	I eat vegetables		VEGGIE	
L.	When I am happy I eat less		HAPPYLS	
М.	My parent(s) buy the snacks I like		PARSNACK	
N.	I diet to lose weight		DIETLOS	
0.	I eat between meals even when I am not hungry		NOTHUNGY	
P.	I bring a lunch from home to eat at school		CRRYLNCH	

9. How well do these statements describe you? Put a mark in the box that best describes how often this happens. (Continued)

best describes now often this happens. (Continued)		•	•
	Never or Almost Never	Some- times	Usually or Always
My parents tell me that I should lose weight		LOSWT	
When I am worried I eat less		WORRYLS	
When I do something well I give myself a food treat		REWARD	
When I am sad I eat more		SADMR	
I help choose the food my family buys		BUYFMLY	
I eat while I do my homework		HOMEWRK	
I eat the school lunch		SCHLNCH	
I get very hungry		VRHUNGY	
I buy snack food		SNKFOOD1	
When I am happy I eat more		HAPPYMR	
I prepare my own food		FIXOWN	
I eat alone		ALONE	
I eat big helpings of food		BHELPS	
When my friends and I get together, I usually have something to eat		FRIENDS	
When I am worried I eat more		WORRYMR	
	My parents tell me that I should lose weight When I am worried I eat less When I do something well I give myself a food treat When I am sad I eat more I help choose the food my family buys I eat while I do my homework I eat the school lunch I get very hungry I buy snack food When I am happy I eat more I prepare my own food I eat alone I eat big helpings of food When my friends and I get together, I usually have something to eat	My parents tell me that I should lose weight When I am worried I eat less When I do something well I give myself a food treat When I am sad I eat more I help choose the food my family buys I eat while I do my homework I eat the school lunch I get very hungry I buy snack food When I am happy I eat more I prepare my own food I eat alone I eat big helpings of food When my friends and I get together, I usually have something to eat	My parents tell me that I should lose weight LOSWT When I am worried I eat less When I do something well I give myself a food treat When I am sad I eat more I help choose the food my family buys I eat while I do my homework HOMEWRK I eat the school lunch I get very hungry I buy snack food When I am happy I eat more I prepare my own food I eat alone I eat big helpings of food When my friends and I get together, I usually have something to eat

9. How well do these statements describe you? Put a mark in the box that best describes how often this happens. (Continued)

		Never or Almost Never	Some- times	Usually or Always
FF.	My parents tell me that I can't eat certain foods or snacks		CERTFOOD	
GG.	I eat what my parents tell me to eat		ASTOLD	
нн.	I eat food in my bedroom		BEDRM	
II.	When I am sad I eat less		SADLS	
JJ.	I wish I weighed less		WGHLES	
KK.	My parent(s) nag me about the kinds of food I eat		NAG	
LL.	I skip lunch		SKIPLNCH	
MM.	I eat when I am mad		MAD2	
NN.	I have to finish all the food on my plate		FNSHPLT1	
00.	I can eat as much as I want at meals		ALLWNT	
PP.	I wish I weighed more		WGHMOR	
QQ.	I can buy snacks whenever I want		SNKFOOD2	
RR.	I eat when I go out to movies or go to watch a sporting event		SPORTEAT	
SS.	I eat desserts after meals		DESSERT	·
TT.	I eat all the food on my plate		FNSHPLT2	-
UU.	When I am bored I eat less		BOREDLS	

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10.			e snacks, what are the THREE SNACKS YOU HAVE MOST put what you have most often in the first space.)	OFTEN	?	
	1.	SNACK1		_		
	2.	SNACK2		_		
	3.	SNACK3		_		
				STOP	EAT	
11.			stopped eating for more than a day? e days when you were sick.)			
				Yes	No	
12.			e meals in you house cooked differently swer each part.)			
	שפ	cause. (Ans	Swell each part.	Yes	No	
	Α.	1. Someon pressure	ne has high blood pressure or a blood e problem?			BLDPRES
		2. Someon	ne has a heart problem?			HRTPROB
		3. Someon	ne has diabetes or high blood sugar?			DIABET
		4. Someon	ne has high cholesterol or high blood fat?			HICHOL
		5. Someon	ne is a vegetarian?			VEGTARN
		6. Someon	ne has some other health problem or reason?			OTHPROB
			(What is the other health problem or reason?)			
			REMARK			
				Yes	No	
	В.	Do you also food at the	o eat the differently cooked se meals?			ETSPDIET

13. Within the LAST YEAR, have any of these people been on a diet to lose weight for more than a week? (Please mark one answer box for each line.)

	Yes	No	Don't know	Don't have one
A. A friend of yours				DFRIEND
B. A brother				DBRO
C. A sister				DSIS
D. Any other person your age that you know				DCHILD
E. Either of your parents				DPARENT
F. Any other relative				DRELAT
G. Any other adult you know				DADULT

14.	If a person is fat, what do you think are the reasons?		
		Yes	No
	A. They don't exercise enough		NOEXCISE
	B. They have big bones		BIGBONE
	C. They have a gland problem or something is wrong with their body		GLAND
	D. They eat the wrong foods		WRFOOD
-	E. They don't control themselves		NOCNTL
-	F. They eat a lot of snacks		SNACKLOT
	G. They eat a lot		EATALOT
	H. It is natural for them to be fat		NATURAL

Thank you very much for your help.

0925-0294 exp. 9/92

NGHS Form 09

Rev. 3 10/90





NHLBI GROWTH AND HEALTH STUDY NUTRITION FORM

Date: DO_FORM Month Day	
	Year

We think this questionnaire will take about 10-13 minutes for you to complete including listening to or reviewing instructions and collecting information. If you have comments about this time estimate or any part of the questionnaire, including suggestions for reducing the time required, please send them to Reports Clearance Officer, PHS, 721-H Herbert H. Humphrey Building, 200 Independence Avenue S.W., Washington, D.C. 20201; and to Office of Management and Budget, Paper Work Reduction Project (0925-0294), Washington, D.C. 20503.



0925-0294 exp. 9/92

NGHS Form 09 Rev. 3 10/90 11 Pages

NHLBI GROWTH AND HEALTH STUDY NUTRITION FORM

ID			
NC			
VN			

1.	ON SCHOOL DAYS:	Yes	No
	A. Do you USUALLY eat breakfast? [BREAKFST
	B. Do you USUALLY eat a morning snack?		MORNSNK
-	C. Do you USUALLY eat lunch?		LUNCH
	D. Do you USUALLY eat a snack after school?		AFTSNK
	E. Do you USUALLY eat dinner/supper?		DINNER
	F. Do you USUALLY eat an evening snack? [EVNSNK
2.	When you eat with your family, do you usually finish first, last, or about the same time?	ſ	FAMFINSH
	First		1
	Last	••••	2
	Same time		

3.	When you eat with your friends, do you usually finish first, last, or about the same time?	
	about the same time:	FRNFINSH
	First	1
	Last	2
	Same time	3
4.	How often do you eat food from a place like McDonald's, Kentucky Fried Chicken, Pizza Hut, Burger King, or some other fast food restaurant?	FSTFOOD5
	Never	1
-	Less than once a week	2
	1 to 3 times a week	3
	4 to 7 times a week	4
	8 or more times a week	5
5.	Is lunch served at your school?	ILUNCH No

enger i gran i dan

	Yes	No
6. A. Is breakfast served at your school?		SCHBRKF
B. If <u>YES</u> , do you eat the school breakfast?		EATSCH
	Yes	No
7. A. Does your school sell snacks or have vending machines for selling snacks?		SCHSNACK
- 1. If <u>YES</u> , do you buy them?		BUYSCHSK
B. Is there any place near your home or school that sells snacks?		NEARSNK
1. If <u>YES</u> , do you buy them?		BUYNRSNK

8.	one	fixes the food you eat MOST of the time? I place, think of where you live MOST of the food you eat MOST of the time.	f yo	ou live in more than and then who fixes		
	UIIC	Toda you can need on one ormer	Α.	Mother	1	FIXMOSTA
			В.	Father	1	FIXMOSTB
			С.	Sister or brother	1	FIXMOSTC
		•	D.	Grandparent	1	FIXMOSTD
-			Ε.	Me	1	FIXMOSTE
-			F.	Other person	1	FIXMOSTF
9.	Who	decides what you eat for dinner MOST of the	e tim	ne?		
		·	Α.	Mother	1	DECMOSTA
			В.	Father	1	DECMOSTB
			c.	Sister or brother	1	DECMOSTO
			D.	Grandparent	1	DECMOSTD
			Ε.	Me	1	DECMOSTE
			F.	Other person	1	DECMOSTF

10.	Wher up f	n dinner is served do you usually help yourself or is for you by someone else?	your plat	e made	FIXPLA	т
		I help myself		• • • • •		1
		Plate is made up for me		· • • • • •		2
11.	How desc	well do these statements describe you? Put a mark i cribes how often this happens.	n the box Never or Almost Never	that best Some- times	Usually or Alway	
	Α.	I take vitamins				VITAMINS
-	В.	When I am bored I eat more				BOREDMR
•	С.	I sneak food when no one is looking				SECRET
	D.	I am physically active, that means I get lots of exercise				PHYSACT
	Ε.	When I am mad I get something to eat				MAD1
	F.	My parents tell me that I should gain weight				GAINWT
	G.	My parents try to get me to eat less food				EATLESS
	н.	I eat while I watch TV				EATTV
	I.	I drink beer, wine, or other drinks with liquor				DRINK
	J.	I eat dinner or supper with my parent(s)				WFAMLY
	Κ.	I eat vegetables				VEGGIE
	L.					HAPPYLS

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11.	How des	well do these statements describe you? Put a mark i cribes how often this happens. (Continued)		that best	t
			Never or Almost Never	Some- times	Usually or Always
	М.	My parent(s) buy the snacks I like			PARSNACK
	N.	I diet to lose weight			DIETLOS
	0.	I eat between meals even when I am not hungry			NOTHUNGY
	Р.	I bring a lunch from home to eat at school			CRRYLNCH
	Q.	My parents tell me that I should lose weight			LOSWT
-	R.	When I am worried I eat less			WORRYLS
-	s.	When I do something well I give myself a food treat.			REWARD
	т.	When I am sad I eat more			SADMR
	U.	I help choose the food my family buys			BUYFMLY
	٧.	I eat while I do my homework			HOMEWRK
	W.	I eat the school lunch			SCHLNCH
	χ.	I get very hungry			VRHUNGY
	Υ.	I buy snack food			SNKFOOD1
	Z.	When I am happy I eat more			HAPPYMR
		. I prepare my own food			FIXOWN

11.	How well do these statements describe you? Put a mark in the box that best describes how often this happens. (Continued)					
		Never or Almost Never	Some- times	Usually or Always		
	BB. I eat alone			ALONE		
	CC. I eat big helpings of food			BHELPS		
	DD. When my friends and I get together, I usually have something to eat			FRIENDS		
	EE. When I am worried I eat more			WORRYMR		
	FF. My parents tell me that I can't eat certain food or snacks	•		CERTFOOD		
-	GG. I eat what my parents tell me to eat			ASTOLD		
	HH. I eat food in my bedroom			BEDRM		
	II. When I am sad I eat less			SADLS		
	JJ. I wish I weighed less			WGHLES		
	KK. My parent(s) nag(s) me about the kinds of food I eat			NAG		
	LL. I skip lunch			SKIPLNCH		
	MM. I eat when I am mad			MAD2		
	NN. I have to finish all the food on my plate			FNSHPLT1		
	OO. I can eat as much as I want at meals			ALLWNT		
	PP. I wish I weighed more			WGHMOR		

	3.	SNACK3				
	2.	SNACK2				
	1.	SNACK1				
12:	Whe	n you have snacks, what are the THREE SNACKS YOU HAV member to put what you have most often in the first :	E MOST OFTE space.)	N?		
	UU.	When I am bored I eat less				BOREDLS
	TT.	I eat all the food on my plate				FNSHPLT2
	ss.	I eat desserts after meals				DESSERT
	RR.	I eat when I go out to the movies or go to watch a sporting event				SPORTEAT
	QQ.	I can buy snacks whenever I want				SNKFOÖD2
	desc	cribes how often this happens. (Continued)	Never or Almost Never	Some- times	Usually or Alway	
11.	How	well do these statements describe you? Put a mark i	ents describe you? Put a mark in the box that bes	t		

		STOP		
13.	Have you ever stopped eating for more than a day? (Do not include days when you were sick.)			
	(bo not include days when you not be them, to the terms)	Yes	No.	
		163	110	
14.	Are most of the meals in your house cooked differently because:			
	Answer each part.)	Yes	No	
	A. 1. Someone has high blood pressure or a blood			
	pressure problem?			BLDPRES
				HRTPROB
	2. Someone has a heart problem?			
	3. Someone has diabetes or high blood sugar?			DIABET
	4. Someone has high cholesterol or high blood fat?			HICHOL
-	5. Someone is a vegetarian?			VEGTARN
-	5. Someone is a vegetarian:			TEGIANN
	6. Someone has some other health problem or reason?			OTHPROB
	-			
	(What is the other problem or reason?)			-
	REMARK			
		Yes	No	
	B. Do you also eat the differently cooked			ETSPDIET
	food at these meals?			

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15. Within the LAST YEAR, have any of these people been on a diet to lose weight for more than a week? (Please mark one answer box for each line.) Don't Don't Have Yes No Know One **DFRIEND** A. A friend of yours **DBRO** B. A brother DSIS C. A sister D. Any other person your age that **DCHILD** you know **DPARENT** E. Either of your parents DRELAT F. Any other relative **DADULT** G. Any other adult you know

16	Τ£	a person is fat, what do you think are the reasons?			
10.	11	a person is rat, what do you think are one recens.	Yes	No	
	Α.	They don't exercise enough			NOEXCISE
	В.	They have big bones			BIGBONE
	c.	They have a gland problem or something is wrong with their body			GLAND
	D.	They eat the wrong foods			WRFOOD
-	Ε.	They don't control themselves			NOCNTL
•	F.	They eat a lot of snacks			SNACKLOT
	G.	They eat a lot			EATALOT
	н.	It is natural for them to be fat			NATURAL
17.	Α.	Do you think there are any other reasons why a person is fat?			OTHFAT
	В.	If <u>Yes</u> , what are the reasons? FATRMK		·	

Thank you very much for your help.