

FTYPE NGHS Form 10 FREV Rev. 0 3/87 14 Pages

### NHLBI GROWTH AND HEALTH STUDY

#### NUTRITION FORM - A

These	are	questions	about	the	child	who	is	participating	in	the	NHLBI	Growth
		Study:										

nese are q nd Health	questions about the child who is participal Study:	acing in the Malbi Growth
	she take vitamins? VITAMINS	
		Daily
		Most of the time
		Some of the time
		Never 4
2. Are th an all	nere certain foods she does <u>not</u> eat becaus Lergy or other health reasons?	ALLERGY se of YES NO
-	ES, answer question A.  O, skip to question 3 on next page.	•
A. Pl	lease identify these foods:	YES NO
Α.	.1. Milk or milk productsMIL	K
Α.	.2. Chocolate	
Α.	.3. Seafood	εD □
Α.	.4. Other foods	LER
	If YES, please write the names of the other foods in this space:	he
	<u> </u>	ALKGOTHR

3.	In general, do you want her to eat: AMTEAT
	Less than she eats now
	The same as she eats now
	More than she eats now
	It doesn't matter how much she eats
4.	In general, do you want her to be physically active: $PHYSACT$
	Less than she is now
	The same as she is now
	More than she is now
	It doesn't matter how physically active she is 4
ID	VN

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5.	their child eats. F	d 10 year olds feel the lease mark below how mu at each of these times	ch you kno	know what ow about	
	wildo jour cirra caoc	, 40 04011 01 011000 01000	Know a little	Know some	Know a lot
	Α.	Breakfast BKEAKFST			
	В.	MORNS <b>N</b> K Mid-morning snacks			
	С.	LUNCH			
	D.	AFTSNK Mid-afternoon snacks	1 1		
	Ε.	DinnerDINNEK			
	F.	Evening snacks	IK _		
6.	A. Some people eat snacks between m	between meals. Do you meals:	think your	child	
	BE	TWNMLS	Never or a	almost never	1
			Sometimes		2
			Usually or	r always	3
	If she <u>NEVER OR ALM</u> please go to questi	MOST NEVER snacks between on 7.	n meals,		
	B. If she snacks SC snack most?	METIMES or USUALLY OR A	LWAYS, who	en does she	r
		MORNMST		Morning	1
		AF-	TM ST	Afternoon	2
		EV	EMST	Evening	3 
ID				VN	

7.	Do you try to control what your child eats	?
	CNTRL	Never or almost never
		Sometimes
		Usually or always
8.	A. After eating a meal, except for having again within one hour?	dessert, does she eat
	EATAGN	Never or almost never
		Sometimes
		Usually or always
	B. After eating a meal, except for water beverages, does she drink beverages wi	or other no-calorie thin one hour?
	DRKAGN	Never or almost never
		Sometimes
		Usually or always
9.	Has she ever stopped eating for more than except for days when she was sick? $NOFOOD$	
ID		VN

10.	10. How would you describe her eating habits? Please answer questions A through H, marking the best answer ( <u>NEVER OR ALMOST NEVER</u> , <u>SOMETIMES</u> or <u>USUALLY OR ALWAYS</u> ) for each one.						
			Never or almost never	Sometimes	Usually or always		
	Α.	She eats too much					
	В.	She eats too little					
	С.	She eats too many snacks	/				
	D.	NOVAKT She eats too little variety					
	E.	She is a picky eater PICKY					
	F•	SAMFOOD She eats only one or two foods for several days at a time					
	G.	She eats very large amounts of food at one timeLGAMTS					
	Н.	She eats the wrong kinds of food					
11.	Ma D	often does she eat food from a plac onald's, Kentucky Fried Chicken, Pi ger King, or some other fast food r	zza nu ,				
		FSTFOOD		or almost nev	er 1		
			Sometin	nes	2		
			Often .		3		
II	) !			VN	1		

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12.	When dinner is served at home does sh or is her plate made up for her?	e usually help herself
	STYLE	She helps herself
		Plate is made up for her 2
13.	Does she trim and discard the fat off meat or the skin off chicken?	
		never
NC	Sometimes	2
	Usually or alway	7S 3
	Fat or skin is	removed before she is served 4
14.	Does she drink an instant meal or di of having meals?	et supplement instead
	SUPPLMNT	Never or almost never
		Sometimes 2
		Usually or always 3
15.	Does she prepare or help cook meals?	
	PREPAR	Never or almost never
	I KLIVIK	Sometimes 2
		Usually or always 3
	D	VN

16.	Does she bake or make desserts or	snacks by herself?
	BAKE	Never or almost never
		Sometimes 2
		Usually or always 3
17.	Do you ever tell her that she is	eating too much?
	TEL2 MUCH	Never or almost never
		Sometimes 2
		Often 3
18.	Do you ever tell her that she is	not eating enough?
	TELZLTTL	Never or almost never
		Sometimes 2
		Often 3
19.	Is she allowed to eat as much as	she wants?
	ASWANTS	Never or almost never
		Sometimes 2
		Usually or always
I	D	VN

20.	Doe	s she ever complain that you nag her ab	out what she eats?	
		U NA 6	Never or almost never	
			Sometimes	
			Often	
The	foll	owing questions are about your househol	<u>d</u> :	
21.	som	most of the meals in your household speone is on a "special diet"? (Mark as apply in your household.)		
			YES	ИО
	Α.	Yes, because someone has high blood pro	essure HIBI?	
	В.	Yes, because someone has a heart probl	em HEARTIO	
		Yes, because someone has diabetes or h	DIABETTO	
	D.	Yes, because someone has high choleste	rol HICHOLE	
	Ε.	Yes, because someone has another healt	othuh h problem	
	F.	Yes, because someone is a vegetarian .	VEGTARN	
	G.	Yes, because of some other reason	)TREA	
		If $\underline{\text{YES}}$ , please write the reason in thi	s space.	
		SPDTOTHR		
			Ţ ! !	
ID	i !		VN	

22.	Who <u>usually</u> prepares the food eate	n at home for d	inner?	
		Mother	HOPREPI	1
		Father	HOVKEPZ	2
		Child in st	udy WHOPREP3	3
		Other child	WHOPKERY	4
		Other adult	WHOPKEPS	5
		Doesn't eat	WHOPREY6 dinner at home	6
23.	Who <u>usually</u> shops for the food eat	en at home?		
	L	WHOSHOPI	Mother	1
		WHOSHOPZ	Father	2
		WHOSHOPS	Child in study	3
		WHOSHOP4	Other child	4
		WHOSHOPS	Other adult	
ID			VN !	

24. How	often do you serve the follow	ing dess	serts with or a	after meals	?
		1	Wever or almost never Som	netimes o	Usually or always
DAIRY	A. Dairy products such as identification cream, pudding, etc				
FRUIT	B. Fruit	•••••			
CAKE	C. Cake, cookies, candy, etc	o			
	ase answer the following questi way foods are prepared in your				Never
		Never o almost never		Usually or always	have that
FFRIED A.	When you have fish, is it fried?				
CFRIEDB.	When you have chicken, is it fried?				
MFRIED C.	When you have other meat, is it fried?				
PERIED D.	When you have food such as potatoes, are they fried?				
FATVEG	When you have vegetables, is butter, margarine, salt pork, ham hocks, or meat drippings added to them?				
F. SALDRESS	When you have salads, is any dressing added?				
ID		]	VN		

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26. In some homes certain food items are always on the table or are put out with meals. Please mark whether you have the food items listed below on your table at meals:

	Never or almost never	Sometimes	Usually or always
A. Pepper PEPPER	·		
B. Salt SALT			
c. Butter BUTTE.	R. []		
D. Margarine .М.ДК	(6		
E. Mayonnaise MAYO	<u> </u>		
OTSPK F. Other spreads			
G. SugarSUGAR	·		
H. Jelly or honey J.	Erry [		
PEANTI. Peanut butter	BUT		
J. Water WATE	R.		
K. Soft drinks/soda	DDA _		
L. Milk MILK-2			
M. JuiceJUICE			
N. Ketchup KETCH	1P		
0. Mustard MUSTAG	20		
ID		VN	

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27.	How does your family usually eat t meal? (Mark the one best answer.)	he evening
	HOWDINE	People sit down together 1
	100001100	People eat at different times 2
28.	How long does the evening meal usu	ally take?
		Less than 10 minutes 1
	HOWLONG	Between 10 and 20 minutes
		Between 20 and 30 minutes
		More than 30 minutes 4
		•
ID		VN

		Negerable of	OTING OF	gnor tening	Bacon, porks	Marg	Butter	Mayonnaise	Other to	never used
	Lard	Ore or		aning .	ocks	Margarine Nargarine		naise	Orner below.	or used
A. Veg	vE61A VEG1B			!			!	!		
B. Fis	h FISHA FISHB		!	!	! !	!	! ! !	! ! !		
C. Chi	cken CHICKA CHICKB	;         		! ! ! !	! !	! ! ! !	 	1             		
D. Mea	t MEATA MEATB	 				 	     			-
E. Pot	atoes POTAIA									 
*If mar	ked "other," pl		list t		her f	`at he	ere:			

30.	30. Please check which fat you add <u>most often</u> at the table or use as dressing on each of the following foods (salad, vegetables and potatoes):																										
	•						\	Lard	Neg	letable (	120	orthe ort	Shore	tening	Bacon, nock	Porx.	Marke	- arine	Butter		A Sounds	1137 188	Other below.	Fat inteaso	never us	aed	\
	<del></del>				C 1		<i>i</i> 2.6		$ \downarrow $		Ť		<u>/</u>		<u> </u>	$\overline{}$	\	$\overline{}$		7	<del></del> -	7		7			$\overline{A}$
	Α.		Sala	ad			DA DE		1		i !		;		i 		; : :		; ! !					 			¦ ¦
	В.	1	ege	eta	ble	S	Æ6		•						<del>:</del>     		<u> </u>	·····	! ! !				<u> </u>	<del>- </del> -		<del>- </del>   	<del></del>
	с.	F	ota	ito	es		7A2										!			1		     		-	<del></del>	1	
31.	*If	_	ual					F	<u></u>	<b>Σ</b> Ε		1 K	2													 	
J	,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,	<u> </u>	<u>uar</u>	<u>+ y</u>	pi v	<b>-</b> pa	1 63		16	mec	31.5	, T.			1001 104					'ou	rse	1 f	• • •		••		] 1
														W	HC	OF,	1X	2	Y	ou	r s	poi	use		• •		2
														Ν	)1+0	ンド	IX,	3	C	th	er j	pei	rsor	ı .	••		3
	Thai	nk	уоц	ı v	ery	m	uch	fo	r	you	r	hel	p.	We	e ap	pro	eci	iat	е у	ou	r co	oop	pera	ti	on.		
ID	1						1		1												VN				1		

ID						RIL
NC		 	; ;			
VN		1	VI	1517	-	

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#### NHLBI GROWTH AND HEALTH STUDY

#### NUTRITION FORM - A

# Th an

	are ques ealth Stu	stions about the child who is participating in the NHLBI Growth	
1.	Does she	take vitamins? VITAMINS	
		Daily	_  1
		Most of the time	2
		Some of the time	3
		Never	4
2. ;	Are there an allerg	e certain foods she does <u>not</u> eat because of ALLERGY YES NO	
		answer question A.  Skip to question 3 on next page.	
Į	A. Pleas	se identify these foods: YES NO	)
	A.1.	Milk or milk products	
	A.2.	Chocolate	
	A.3.	Seafood SEAFOOD	]
	A.4.	Other foods OTHALLER	]
		If $\underline{\text{YES}}$ , write the names of the other foods in this space:	
		ALRGOTHR	

ID		VN I
		It doesn't matter how physically active she is
		More than she is now
		The same as she is now
		PHYSACT Less than she is now
4.	In general, do yo	ou want her to be physically active:
		It doesn't matter how much she eats
		More than she eats now
		The same as she eats now
		Less than she eats now
3.	In general, do yo	ou want her to eat: AMTEAT

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5.	Many parents of 9 and 10 year olds feel they do not their child eats. Please mark below how much you know what your child eats at each of these times.		
	Know a little		Know a lot
	A. Breakfast BREAKFST		
	MORNSNK  B. Mid-morning snacks		
	C. Lunch LUNCH		
	D. Mid-afternoon snacks		
	E. Dinner DINNER		
	F. Evening snacks EVESNK		
6.	A. Some people eat between meals. Do you think your snacks between meals:	child	
	Never or a	lmost never	1
	Sometimes		2
	Usually or	always	3
	If she <u>NEVER OR ALMOST NEVER</u> snacks between meals, please go to question 7.		
	B. If she snacks <u>SOMETIMES</u> or <u>USUALLY OR ALWAYS</u> , whe snack most?	n does she	
	MOKNMST	Morning	1
	AFTMST	Afternoon	2
	EVEMST	Evening	3
ID		VN	7

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7.	Do you try to control what your child ea	ts?
	CNTRL	Never or almost never
		Sometimes 2
		Usually or always
8.	A. After eating a meal, except for havi again within one hour?	ng dessert, does she eat
	EATAGN	Never or almost never
		Sometimes 2
		Usually or always
	B. After eating a meal, except for wate beverages, does she drink beverages	
	DRKAGN	Never or almost never
		Sometimes 2
		Usually or always 3
9.	Has she ever stopped eating for more tha except for days when she was sick?	n a day NOFOOD YES NO
		[
ID		VN

10.	thro	would you describe her eating habit ough H, marking the best answer ( <u>NEV</u> JSUALLY OR ALWAYS) for each one.			
			Never or almost never	Sometimes	Usually or always
	Α.	She eats too much TOMUCH			
	В.	She eats too little TOLITTLE			
	c.	She eats too many snacks TOMANY			
	D.	NOVARTY She eats too little variety			
	E.	She is a picky eater PICKY SAMFOOD			
	F.				
	G.	She eats very large amounts of food at one time			
	Н.	She eats the wrong kinds of food			
11.	Mc Do	often does she eat food from a place nald's, Kentucky Fried Chicken, Pizz er King, or some other fast food res	za Hut,		
			Never or	almost never	
		FSTFOOD	Sometime	s	
			Often	• • • • • • • • • • • • • • • • • • • •	= 3
ID	 			VN	

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12.	when dinner is served at home does she usually help herself or is her plate made up for her?							
	STY	LE	She helps herself					
			Plate is made up for her 2					
13.	Does she trim and di meat or the skin of							
		Never or almost ne	ever 1					
	•	Sometimes	2					
	in a C 1	Usually or always	3					
	notat	Fat or skin is rem	noved before she is served 4					
14.	.4. Does she drink an instant meal or diet supplement instead of having meals?							
	S (10)	o a nit	Never or almost never					
	24 44	LMNT	Sometimes 2					
			Usually or always 3					
15.	Does she prepare or	help cook meals?						
	PREP	AR	Never or almost never					
			Sometimes 2					
			Usually or always 3					
ID	, , , , , , , , , , , , , , , , , , , ,		VN					

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16.	Does she bake or make desserts or snacks b	y herself?
	BAKE	Never or almost never
		Sometimes
		Usually or always 3
17.	Do you ever tell her that she is eating to	o much?
	TELZMUCH	Never or almost never
		Sometimes 2
		Often
18.	Do you ever tell her that she is not eatin	g enough?
	TEL2LTTL	Never or almost never
		Sometimes 2
		Often 3
19.	Is she allowed to eat as much as she wants	?
		Never or almost never
	ASWANTS	Sometimes 2
		Usually or always 3
ID		VN
		1 1 1

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20.	Does she eve	r co	mplain that you nag her ab	oout what sh	e eats?		
	i	J N.	O. 6.	Never or a	lmost nev	er	1
		<i>x</i> [ <i>0 i</i>		Sometimes	•••••	••••	2
				Often	• • • • • • • •	••••	3
The	following que	stio	ns are about your househol	<u>ld</u> :			
21.	Are most of because some	the i	meals in your household spis on a "special diet"?	SPDIET	pared	YES	NO
	If meals are many reasons	spe A t	cially prepared, is it bec hrough G as apply in your	cause: (Mar household.)	k as		
						YES	NO
		Α.	Someone has high blood pr	ressure	1BP		
		В.	Someone has a heart probl	Lem HEAR	110		
		С.	Someone has diabetes or h		BET10 ugar		
		D.	Someone has high choleste	erol HICH	WLE		
		Ε.	Someone has another healt	th problem.	THUTH		
		F.	Someone is a vegetarian .	VEGTA			
		G.	Of some other reason	OTREA	4		
			If <u>YES</u> , please write the this space.	other reaso	n in		
			SPPT	OTHR			
							<del></del>
ID	)	 			VN i	i	

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22.	Who <u>usually</u>	prepares	the food e	aten at home for o	dinner?	
				Mother	WHOPREP1	
				Father	NHOPREP2	
				Child in st	oudyWHOPREP3	
				Other child	WHOPREP4	-
				Other aduli	WHOPREP5	
				Doesn't eat	WHOPREP6 dinner at home	6
23.	Who <u>usually</u>	shops for	the food e	eaten at home?		
				WHOSHOPI	Mother	1
				MHOSHOPZ	Father	2
				WHOSHOP3	Child in study	3
				WHOOHOP4	Other child	4
				WH05H0P5	Other adult	5
· · · · · ·						
ID					VN	
			<del></del>	<del></del>		

24. How	often do you serve the follow	ing dess	serts with or a	ifter meals?	•
		I	Never or almost never Som		Usually r always
	A. Dairy products such as incream, pudding, etc.	čę Ky			
	B. Fruit FRUIT				
	CALI C. Cake, cookies, candy, et	E			
	ase answer the following quest: way foods are prepared in you				
		Never o almost never		Usually or always	Never have that food
FFRIED A.	When you have fish, is it fried?				
CFRIEDB.	When you have chicken, is it fried?				
MFRIEDC.	When you have other meat, is it fried?				
PFRIED.	When you have food such as potatoes, are they fried?				
FATVEGE.	When you have vegetables, is butter, margarine, salt pork, ham hocks, or meat drippings added to them?				
SALDRESS F.	When you have salads, is any dressing added?				
ID		7	V	v ! ;	
ID		7	VN	1	

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26.	In some homes certain food items are always on the table or are put
	out with meals. Please mark whether you have the food items listed
	below on your table at meals:

	Never or almost never	Sometimes	Usually or always
A. Pepper Depou			
B. Salt Dalt			
c. Butter butter			
D. Margarine Mailj			
E. Mayonnaise			
F. Other spreads	5		
G. Sugar Auga.	<del> </del>		
H. Jelly or honey			
Peantbut  I. Peanut butter			
J. Water Water			
Alda K. Soft drinks/soda			
L. Milk Milka			
M. Juice			
N. Ketchup			
0. Mustard Mustard			
ID		VN	

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27.	How does your family <u>usually</u> eat t meal? (Mark the <u>one</u> best answer.)	
	haudine	People sit down together
		People eat at different times
28.	How long does the evening meal usu	ally take?
		Less than 10 minutes
	howlong	Between 10 and 20 minutes
		Between 20 and 30 minutes
		More than 30 minutes
		•
ID		VN

			Vegerable Negerable	OTING OF	anor tening	Bacon, pocks	Marg	Autrer Putrer	List nnaise	Ot her be	t never uses	
		\	01	02	ming 03	OKKS 04	Margarine or of	06	07	Orner below.	Cuse 09	1
Α.	Veget	ables Ven 1.	b l			 	 	! ! !	! ! !	! ! !		1
В.		fisha fishb				! !	 	!	     	 	 	1
С.	Chick	chrka			     	 	1	! ! !	!	1 1 1	 	 
D.	Meat	meata meatb	!	:		! ! !	!	: :	!	 	   	
Ε.	Potat	coes pota 1	al bl		     	, ! !	, ! !	   	,         	: : :	,           	
<b>*</b> 1		ed "other,"			the o			ere:				_
												_

30. Please check which fat you add <u>most often</u> at the table or use as dressing on each of the following foods (salad, vegetables and potatoes):														
			//	Negeraple	OTTHE OFT	mortening	Bacon, porks	war garine	Butter	11.30 matse	Orner peron.	t never user	\	
			:	01	02	03	04	05	06	07	08	09	10	<b>,</b>
	Α.	Salad S	ulada uladb	} }	- - -	-	   	! ! !	; ! ! !	[   	¦   	 	 	<u> </u>
	В.	Vegetab	les		:	 	 	 	<u> </u> 	 	   	 	 	
	С.	Potatoe	pota 20 pota 2 k	ι   Ο	:	  -  -  -	 	! ! !		!  -  -  -  -	t t t	! ! ! !	! ! !	<u></u>
	*If marked "other," please list the other fat here:									_				
31.	Who	usually	prepares	the me	eals in	your	hous	ehold	?				<b>-</b>	
						W	xofi x Xofi		Yo	ursel	f	•••		1
						N	hofi	x2	Yo	ur sp	ouse	•••		1
						<i>\(\rangle\)</i>	hufi	¥З	Ot	her p	erson	•••		1
	Tha	nk you v	ery much	for yo	our hel	p. W	le app	recia	te yo	ur co	opera	tion.		
	)	II		l						VN	!	1		



## NHLBI Growth And Health Study Nutrition Form - A

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		RID	ID		
		(11)	NC I		
		VISIT	VN		
1. What is today's date? .			Month	Day	Year
Please answer the followi in the Growth and Health	• .	the child who is	participating		
2. How often does she take	e vitamins? \(\sqrt{j}\)	TAMINS			
	Daily				1
	Most of the time			[	2
	Some of the time	·			3
	Never			[	4
Are there certain foods so or other health reason?		ause of an allerg	ALLERGY	Yes [	(Skip to 4)
If YES, answer Question	<b>A</b> .				
A. Are these foods:				Yes	No
A.1. Milk or milk pro	ducts				
A.3. Seafood		Deaf	bod.		
A.4. Other foods		othalla			
, -	c to other foods, pleaseds in this space:				
		alra	Ottli	_ )	

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4.	In general, do you want her to eat:
	Less than she eats now
	The same as she eats now 2
	More than she eats now
	It doesn't matter how much she eats 4
5.	In general, do you want her to be physically active: $\rho \gamma \gamma s \alpha C t$
	Less than she is now
	The same as she is now 2
	More than she is now
	It doesn't matter how physically active she is 4
6.	Many parents of 11 and 12 year olds feel they do not know what their child eats. Please mark below how much you know about what your child eats at each of these times.
	Know a Know Know
	A. Breakfast breakfsf little some a lot
	B. Mid-morning snacks
	C. Lunch
	D. Mid-afternoon snacks
	E. Dinner Unner
	F. Evening snacks EVESTIK

7. A. Some people eat betw	een meals. Do you think your child snacks between meals:
	Never or almost never
betwhmls	Sometimes 2
	Usually or always
If she NEVER OR ALMOS between meals, please go	
B. When she snacks, wh	en does she snack most?
	In the morning Mornmot
	In the offernoon
	In the evening
	It varies
8. Do you try to control wha	ut your child eats?
,	Never or almost never
cntrl	Sometimes 2
	Usually or always
9 A. After eating a meal,	except for having dessert, does she eat again within one hour?
<b>3.</b> y v. asser	Never or almost never
eatagn	Sometimes 2
	Usually or always
B. After eating a meal, beverages within or	except for water or other no-calorie beverages, does she drink ne hour?
5010.0930	Never or almost never
drkagn	Sometimes 2
-	Usually or always

10.	Has she ever stopped eating days when she was sick?	for more than a day except for	Ed	Yes	No			
11. How would you describe her eating habits? Please answer questions A through H, marking the banswer (NEVER OR ALMOST NEVER, SOMETIMES or USUALLY OR ALWAYS) for each one.								
			Never or almost never	Sometimes	Usually or always			
	A. She eats too much  B. She eats too little	tomuch						
	B. She eats too little	tolithe						
	C. Sho eats too many snac	cks 10,000, 9						
	D She eats too little variet	y						
	E. She is a picky eater	picky somfood						
	F She eats only one or tw	o foods for several days at a time						
	G. She eats very large am	ounts of food at one time I gamts						
	H. She eats the wrong kir	nds of food Wrkind						
1	<ol> <li>How often does she eat for Burger King, or some other</li> </ol>	od from a place like McDonald's, Kentuc er fast food restaurant?			Hut,			
	0 4	Never or almost never			,			
	fstfood	Sometimes			2			
		Often			3			
	13. When dinner is served at	home does she usually help herself or is	s her plate n	nade up for he	er?			
	2	She helps herself			1			
	Style	Plate is made up for her			2			

14. Do	es she trim and discard	d the fat off meat (or is it removed before she is served)?	
		Never or almost never	1
		Sometimes	2
		Usually or always	3
1000 C	etmt	OR	
NO terri	<i>3170</i>	Fat is usually removed before she is served	4
		OR	
		She doesn't eat meat	5
15. Do	es she take the skin off	f chicken (or is it removed before she is served)?	
		Never or almost never	1
	-	Sometimes	2
nofo	atchK	Usually or always	3
, ,		OR	
		Skin is usually removed before she is served	4
		OR	
		She doesn't eat chicken	5
16. Do	es she drink an instant	meal or diet supplement instead of having meals?	
	_	Never or almost never	1
SI	upplmnt	Sometimes	2
		Usually or always	3

17.	Does she prepare or help	cook meals?	
	, ,	Never or almost never	1
	prepur	Sometimes	2
		Usually or always	3
		Lacarda ar an actio bu barnalt?	
18.	Does she bake or make o	lesserts or snacks by herself?	
	bake	Never or almost never	1
		Sometimes	2
		Usually or always	3
19.	Do you ever tell her that s	the is eating too much?	
		Never or almost never	1
	telzmuch	Sometimes	2
		Often	3
20.	Do you ever tell her that s	she is not eating enough?	
		Never or almost never	1
		Sometimes	2
	+ELZLTTL	Often	3
21.	Is she allowed to eat as n	nuch as she wants?	
		Never or almost never	1
	aswants	Sometimes	2
		Usually or always	3

22.	Does she ever complain t	hat you nag her about what she eats?
		Never or almost never 1
	unaq	Sometimes 2
	O	Often 3
		u la desadarramentos is vour households
Ple	ase answer the following	questions about food preparation in your household:
23.	Are most of the meals in a because someone is on a	your household specially prepared Sparet
	If NO, skip to Question 2 If YES, answer Question	i e e e e e e e e e e e e e e e e e e e
	A. If meals are specially (Mark as many reason	ns 1 through 6 as apply in your household.)  Yes No
		2. Someone has a heart problem heart 10
		3. Someone has diabetes or high blood sugar light 70
		4. Someone has high cholesterol Nichole Vegtarn
		5. Someone is a vegetarian otrea
		6. Someone has some other health reason or problem
		(What is the other health reason:
		OTHER HEALTH REASON
	B. Does the child in the	study eat these specially prepared foods?
		Never or almost never
		Sometimes 2
		Usually or always

24.	Who USUALLY prepares the food eaten at home for dinner?							
	Mother Whoprep!	1						
	Eather Whoprep2	1						
	Child in study Who prep3	1						
	110 - 1100 01	1						
		1						
	100000	1						
	Dinner usually not eaten at nome	•						
25.	. Who USUALLY shops for the food eaten at home?							
	Mother	1						
	Lothor	1						
	Child in Stildy	1						
	Other child Whoshop?	1						
	Other adult whoshops	1						
26	6. How often do you serve the following desserts with or after meals?  Never or							
	almost Usuall never Sometimes or alwa	•						
	A. Dairy products such as ice cream, pudding, etc.	]						
	A. Dairy products such as ice cream, pudding, etc.	7						
	B. Fruit	1						
	C. Cake, cookies, candy, etc.	]						
2	27. Please answer the following questions concerning the way foods are prepared in your household:							
	Never or have							
	almost Usually that							
	never Sometimes or always food	ג ר						
	A. When you have fish, is it fried?							
	B. When you have chicken, is it fried?	اــا						
	C. When you have other meat, is it fried?							
	ρι/κα	٦						
	D. When you have food such as potatoes, are they fried?							
	E. When you have vegetables, is butter, margarine,	7						
	salt pork, ham hocks, or meat drippings added to them?	_						
	F. When you have salads, is dressing added?							

28 1	In some homes certain	food items are on	the table dui	ring meals.
------	-----------------------	-------------------	---------------	-------------

Please mark whether you have the food items listed below on your table at meals:

		Never or		
		almost never	Sometimes	Usually or always
A. PepperPej	per	Never		
B. SaltSG	!t			
C. Butter	tter			
D. Margarine	<u>r</u> g			
E. Mayonnaise . M.	ayoh			
F. Other spreads				
G. Sugar	ugar			
H. Jelly or honey	Jelly			
I. Peanut butter∳	eantbut			
J. Water				
K. Soft drinks/soda				
L. Milk				
M. Juice	ue			
N. Ketchup	(etchup			
O. Mustard	ustard			
29. How does your family USUALLY eat the evening	meal? (Mark the C	NE best ans	wer).	
We sit down together				1
howdine We eat at different time	es			2

30. How long does the eveni	ng meal usually take?						
	Less than 10 minutes						
houstone	Between 10 and 20 minutes						
howlong	Between 20 and 30 minutes						
	More than 30 minutes						
31. Please check the fat you (vegetables, fish, chicker	use MOST OFTEN when cooking or frying each of the following foods n, meat, and potatoes):						
Late Office Offi							
A. Vegetables Vegila							
B. Fish fisha							
C. Chicken Chicka							
D. Meat meat b							
E. Potatoes potata							
**If you use an other fat that we did not name, please list it here:							

32.	Please check the fat or dressing you add MOST OFTEN at the table on each of the following foods
	(salad, vegetables, and potatoes):

Bid	Vegetable on	Olive Oi	Snortening	Bacon, pocks 04	Margarine 05	Buttet 06	Mayonnaise 67	Commercial 8	Other list belo	Fator salad dised	ing shind 11
A. Salad Salado											
B. Vegetables $\frac{\sqrt{e^{Q}}}{\sqrt{e^{Q}}}$	1										
C. Potatoes Poto	220 126										

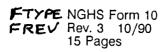
**If you use an other fat	or dressing that we did not name, please list it here:	
	fremk2	

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33.	In t	the past year, have you made any change in the way you usually ok or prepare foods eaten in your house?
	IF Y	ES, answer Questions A - C.
	A.	What changes have you made in the way you cook or prepare food? (List.)
	B.	Why did you make these changes?  WhyChCK
	C.	Has your daughter in the study suggested making any changes Chidchck in the way foods are cooked or prepared at home? Yes No

	the past year, have you made any change Chngfood
If YE	ES, answer Questions A-C.
A.	What changes have been made in the kinds of food bought? (List)
В.	Why did you make these changes?  Whychfd
C.	Has your daughter in the study suggested making any changes Chlochfol in the kinds of food bought?
	If YES, please list:

Thank you very much for your help. We appreciate your cooperation.





## NHLBI GROWTH AND HEALTH STUDY NUTRITION FORM

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	VISIT	VN		
		TO PROPERTY OF THE PROPERTY OF		- Marie - Mari
Please answer the following in the Growth and Health St	questions about the udy:	girl who is p	articipating	
1. How often does she tak	se vitamins? $\bigvee l^2$	TAMINS		
	Daily	• • • • • • • • • • • • • • • • • • • •	• • • • • • • • • • • • • • • • • • • •	
	Most of the time			
	Some of the time		•••••	
	Never	• • • • • • • • • • • • • • • • • • • •		4
2. Are there certain food allergy or other healt	h reason?		Yes	(Skip to 3)
If YES, answer Quest	ion A.			
A. Are these foods:			Yes	No
<ol> <li>Chocola</li> <li>Seafood</li> </ol>	milk products  te	MILK HOC AFOOD HALLER		
(If she the name	is allergic to other es of the other food: $A  L  R  C$	r foods, pleasos s in this space らつれん	e write e: )	

3.	In general, do	you want her to eat: AMTEAT	Γ		
		Less than she eats now	• • • • • • • • • • • • • • • • • • • •		1
		The same as she eats now	• • • • • • • • • • • • • • • • • • • •		2
		More than she eats now	• • • • • • • • • • • • • • • • • • • •	• • • • • •	3
		It doesn't matter how much she eats	• • • • • • • • • • • • • • • • • • • •	· • • • • • •	4
4.	In general, do	you want her to be physically active:	PHYSA	CT	
		Less than she is now	• • • • • • • • • • • • • • • • • • • •	• • • • •	
		The same as she is now	• • • • • • • • • • • • • • • • • • • •	• • • • •	2
		More than she is now		• • • • •	3
		It doesn't matter how physically activ	e she is	• • • • •	4
5.	Many parents of eats. Please meach of these t	f 13 and 14 year olds feel they do not mark below how much you know about what cimes.	know what t your girl	heir gir eats at	I
			Know A Little	Know Some	Know A Lot
		A. Breakfast BREAKFST			
		B. Mid-morning snacks MORNSNK			
		C. LunchLUNCH			
		D. Mid-afternoon snacks AFTSNK			
		E. Dinner DINNER			
		F. Evening snacks EVESNK			

6.	Α.	Some people eat	between meals. Do you think your girl snacks betwee	en meals:
	BE	TWNMLS	Never or almost never	1 2 2 3
			MOST NEVER snacks ip to Question 7.	
	В.	When she snacks 1. 2. 3.	In the morning  AFTMST  In the afternoon  AFTMST  In the evening  VARYMST	
7.	Do y	ou try to contro	Never or almost never	1 2 3
8.	Α.	After eating a eat again with	meal, except for having dessert, does she in one hour?  EATAGN  Never or almost never  Sometimes  Usually or always	1 2 2 3
	В.	After eating a beverages, does	meal, except for water or other no-calories she drink beverages within one hour? DRKAGN  Never or almost never	1 2 2 3

9.	Has for	she ever stoppe days when she w	ed eating for mo vas sick?	re than a day exc	cept	····· Yes	No
10.	mark	would you descr ing the best ar each one.	ribe her eating swer (NEVER OR	habits? Please a ALMOST NEVER, SOM	answer que METIMES or	stions A th USUALLY OR	rough H, ALWAYS)
					Never or Almost Never	Sometimes	Usually or Always
	Α.	She eats too m	uchTo	OMUCH			
	В.	She eats too 1	ittle	OCITTLE			
	С.	She eats too m	any snacks	TOMANY			
	D.	She eats too 1	ittle variety .	NOVARTY			
	Ε.	She is a picky	eater $\mathcal{I}$	PICKY			
	F.	She eats only days at a time	one or two food	s for several SAM:FOOD:			
	G.			f food LGAMTS			
	Н.	She eats the w	rong kinds of f	ood WRKIND			
11.	How Chic	often does she ken, Pizza Hut,	eat food from a Burger King, o	place like McDon r some other fast	ald's, Ke food res	ntucky Frie taurant?	d
			Never or almos	t never	• • • • • • • •	• • • • • • • • • •	
	F	STFOOD	Sometimes				
			Often		•••••	•••••	3
12.		dinner is serv s her plate mad		she usually help	herself		
	,	~~ V , ~	She helps hers	elf			
	٠.	STYLE	Plate is made	up for her			

13.	Does she trim and she is served)?	discard the fat off meat (or is it removed before	
		Never or almost never	
٨	IOFATMT	Usually or always	3
		Fat is usually removed before she is served	4
		OR She doesn't eat meat	5
14.	Does she take the	skin off chicken (or is it removed before she is serv	ed)?
		Never or almost never	
N	OFATCHK	Usually or always	3
		Skin is usually removed before she is served  OR	4
		She doesn't eat chicken	5
15.	Does she drink an	instant meal or diet supplement instead of having mea	ls?
		Never or almost never	ı
	SUPPLMNT	Sometimes	

16. Does she prepare o	r help cook meals?	
PREPAR UNAC	Never or almost never	
17. Does she bake or m	ake desserts or snacks by herself?	
BAKE	Never or almost never	1 2 2 3
18. Do you ever tell h	er that she is eating too much?	
TEL2MUCH	Never or almost never	
19. Do you ever tell he	er that she is not eating enough?	
TEL2LTTL	Never or almost never	
20. Is she allowed to	eat as much as she wants?	
ÁSWANTS	Never or almost never	1 2 2 3 3

21.	Does she ever co	mplain that you nag her about what she eats?	
		Never or almost never	
		Sometimes	
	UNAG	Often	3
Plea	se answer the fol	lowing questions about food preparation in your househ	old:
22.	Are most of the because someone	meals in your household specially prepared is on a "special diet"?	No
		o Question 23. r Questions A and B.	
		e specially prepared, is it because: ny reasons 1 through 6 as apply in your household.) Yes	No
	<ol> <li>Solution</li> <li>Solution</li> <li>Solution</li> <li>Solution</li> <li>Solution</li> <li>Solution</li> <li>Solution</li> </ol>	omeone has high blood pressure	
	B. Does the gi	rl in the study eat these specially prepared foods?  Never or almost never	1
	ETSPDIET	Sometimes	2
		Usually or always	3

23.	Who	USUALLY prepares the	food eaten at home for dinner?
		A. B. C. D. E.	Mother Whoprep1  Father Whoprep2  Girl in the study Whoprep3  Other young person Whoprep4  Other adult Whoprep5  Dinner usually not eaten at home Whoprep6  1
24.	Who	USUALLY shops for th A. B. C. D. E.	Mother Whoshop1 1  Father Whoshop2 1  Girl in the study Whoshop3 1  Other young person Whoshop5 1  Other adult Whoshop5 1
25.	How	often do you serve t	he following desserts with or after meals?  Never or Almost Usually
	Α.	Dairy products such pudding, etc	as ice cream, dury Sometimes or Always
	В.	Fruit	
	С.	Cake, cookies, cand	y, etc. Cake $\square$

26.	Please answer the following	questions	concerning	the v	way	foods	are
	prepared in your household.						

	Ffried	Never or Almost Never	Sometimes	Usually or Always	Never Have That Food
Α.	When you have fish, is it fried?				
В.	When you have chicken, is it fried?.				
С.	When you have other meat, is it maked?	d			
D.	When you have food such as potatoes, are they fried?	d			
Ε.	When you have vegetables, is butter, margarine, salt pork, ham hocks, or meat drippings added to them? fulveq				
F.	When you have salad, is dressing added?				

27. In some homes certain food items are on the table during meals.

Please mark whether you have the food items listed below on your table at meals:

		Never or Almost Never	Sometimes	Usually or Always
Α.	Pepper Pepper			
В.	SaltSult			
С.	Butter butter			
D.	Margarine			
Ε.	Mayonnaise			
F.	Other spreads 0.65prds			
G.	Sugar Sugar			
Н.	Jelly or honey			
Ι.	Peanut butter prantbut.			
J.	Water Wuter			
Κ.	Soft drinks/sodada			
L.	Milk MIK2			
Μ.	Juice Juice			
Ν.	Ketchup Ketchup			
0.	Mustard mustard			

28.	How doe	es your	fami	ly USUA	\LLY e	at the	eveni	ng mea	1? (M	ark th	e ONE	best a	answer.)
	houx	line	ر				togetl iffere						1 2
29.	How lon	g does	the e	evening	meal	usual	ly take	?					
	hou	NIO,	g		Betwee	en 10 a	O minutand 20 and 30 O minut	minuto minuto	es		• • • • • •	• • • •	1 2 3 3 4
30.	Please followi	check ng foo	the fa	t you getabl	use MC es, fi	ST OF	TEN whe	n cool meat	king on , and p	r fryi ootatoo	ng each es):	n of t	he
		Lard	Vederable on	Olive oi	Shortening	Bacon Pocks 04	Marganne 05	Butter 06	Mayonnaise 07	Other list pelo	Fall never uses	Do not eat mo	1000
A.	Vegetable	veg	1a 1b					,					
B.	Fish	fish	b										
C.	Chicken	Chic Chi	ka Kb										
D.	Meat	meat meat	a										
Ε.	Potatoes	pot pot	ata u1b										
**If	you use	anoth	er fat	that	_	not n		lease	list i	t here	:		

31. Please check the fat or dressing you add MOST OFTEN at the table on each of the following foods (salad, vegetables, and potatoes):

Laid legelable or	Olive Oli Storteniis	Bacon Pork of 05	Buttell Wayoning	Commercial	Falor salad dressing 11
A. Salad Salad b					
B. Vegetables Veg26					
C. Potatoes pota 20 pota 26					

**If	you	use	another	fat	or	dressing	that	we	did	not	name,	please	list	it	here:	
						Fr	em	k:	2_							
			***************************************			1					***************************************					_

	f YES, answer Questions A-C.
Α.	What changes have you made in the way you cook or prepare food? (Lis
В.	Why did you make these changes?

It	YES, answer Questions A-C.
Α.	What changes have been made in the kinds of food bought? (List.)
В.	Why did you make these changes?
В.	Why did you make these changes?  Whychfd
B. C.	Why did you make these changes?  Whychfd  Has your daughter in the study suggested making any changes in the kinds of food bought?  Chidchfd  Yes

34.	If	a person is fat, what do you think are the reasons?		
			Yes	No
		A. They don't exercise enough . NOEXUSE		
		B. They have big bones		
		C. They have a gland problem or something is quant		
		D. They eat the wrong foods Wrfood		
		E. They don't control themselves		
		F. They eat a lot of snacks SMCKIOT		
		G. They eat a lot		
		H. It is natural for them to be fat		
35.	Α.	Do you think there are any other reasons why Affat a person is fat?	 Yes	No
	В.	If YES, what are the reasons?FA+rmk		
				<del></del>

Thank you very much for your help. We appreciate your cooperation.



## GROWTH AND HEALTH STUDY NUTRITION FORM

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NC			
VN			

VISIT

Section 1:	Please tell us	about YOUR	eating habits.	activity	patterns.	and opinions.
Occion i.	i icacc ton as	about 10011	cating nabito,	activity	patterno,	and opinions.

1.		often do you eat fast food from a place like McDonald's, Kentuother place that you can buy fast food? (This includes food eat			or
		Never FRQFST	·F.D		01
		Less than once a week			
		Once a week			
		2 to 3 times a week			
		4 to 5 times a week			
		6 to 7 times a week			08
		More than 7 times a week			
2.	How		t describes ho Never or Almost Never	w often this hap Some- times	opens. Usually or Always
	A.	When I am bored I eat more			
	B.	I am physically active Physact2			
	C.	l eat while I watch TV eat tV			
	D.	When I am happy I eat less			
	E.	I eat between meals even when I am not hungry			
	F.	When I am worried I eat less			
	G.	When I do something well I give myself a food treat			
	H.	When I am sad I eat more5admr			

2.	How	well do these statements describe you? Mark the box that best	describes how of	ten this happen	s. (Continued)
		1	Never or Almost Never	Some- times	Usually or Always
	I,	When I am happy I eat more			
	J.	l eat big helpings of food			
	K.	When I am worried I eat more			
	L.	When I watch TV, I snack tv Snuk			
	M.	When I am sad I eat less 5ad 15			
	N.	$\frac{1}{2}$			
	Ο.	I eat more when I am mad			
	P.	I eat more when I am mad  I wish I weighed less  Wghmor  I eat less when I am mad  Mghmor  Mad 2  I wish I weighed more  Mghmor  Mad 5			
	Q.	I eat less when I am mad			
	R.	l eat desserts with or after meals dessert  When I am bored I eat less bored Is			
	S.	When I am bored I eat less bored Is			
3.	Did y	ou ever try any of the following to lose weight? (You may chec	ck more than one	answer.)	
	A.	I have never tried to lose weight or keep from gaining weight	15not	<u>-</u> y	
	В.	I dieted			. 🗖 1
	C.	I did not eat at all for one or more days	eat		
	D.	I exercised to lose weight	.r		
	E.	I made myself throw up	H		
	F.	I took diet pills	<i>[</i>		. 🗀
	G.	I used laxatives, ipecac, or diuretics	lax		. 🗀 1
	H.	I used diet drinks such as Slim Fast	n <u>k</u>		
	1.	I used some other method (specify)	thr		
		ISMK			·

4. Have you ever been	on a weight-loss diet for MORE THAN ONE WEEK? Yes No
If NO, skip to Que	estion 8.
5. In the last 6 years, he	ow often have you tried a weight loss diet whether successful or not?
	Almost always 1
Crall (	Frequently 2
fradt 6	Occasionally 🔲 3
	Rarely 🔲 ₄
6. How often have you	gone on a weight-loss diet during the last year?
	Never
0 11110	1-4 times
fradtyr	5-10 times
	More than 10 times
	I am always dieting 5
7. Have you ever lost 5	or more pounds on a weight-loss diet? d+5 Yes No
8. Are you currently on	some kind of a diet, either from a doctor or on your own? The some some kind of a diet, either from a doctor or on your own? Yes No
If NO, skip to Que	stion 9.
If YES, answer Qu	estions A and B.

8.	(Cc	ontinued)		
	A.	What kind of diet are you on? (Mark as many as apply). Is it:		
		1. To lose weight		1
		2. For low salt AHOSOLE	• • • • • • • • • • • • • • • • • • • •	1
		3. For low cholesterol	• • • • • • • • • •	1
		4. To gain weight		1
		5. For diabetes Atdiabet		1
		6. For some other reason dtothr		
	_			
	B.	Who put you on this diet? (Mark as many as apply). Was it:		
				1
		2. A nurse? Othurs		1
		3. A dietitian?		$\Box$ .
		4. Yourself?		1
		5. Someone else? dtelse		1
9.	lf a	person is fat, what do you think are the reasons?		
			Yes	No
	A.	They don't exercise enough		
	В.	They have big bones big bone.		
	C.	They have a gland problem or something is wrong with their body		
	D.	They eat the wrong foods		
	E.	They don't control themselves		
	F.	They eat a lot of snacks 5 MUCKIOH		
	G.	They eat a lot		
	Н.	It is natural for them to be fat		

## Section 2: Please tell us about the GIRL in the NGHS program.

10.		would you describe the eating habits of the girl in the study? est answer for each question.	Please answe	r questions A thro	ugh F. Mark
		1	Never or Almost Never	Some- times	Usually or Always
	Α.	She eats too much			
	В.	She eats too little			
	C.	She eats too many snacks			
	D.	She eats too little variety			
	E.	She eats very large amounts of food at one time 1900.			
	F.	She eats the wrong kinds of food . Wrkind			
11.	In ge	neral, do you want her to eat:			
		Less than she eats now			1
		The same as she eats now			
		More than she eats now			3
		It doesn't matter how much she eats			4
12.	In gei	neral, do you want her to be physically active: $ ho \! \dot{\gamma} \gamma$	sact		
		Less than she is now			
		The same as she is now			2
		More than she is now			
		It doesn't matter how physically active she is			4
13.	Do yo	ou ever tell her that she is eating too much?	nuch		
		Never or almost never			1
		Sometimes			2
		Often			

14. Do you ever tell her that she is not eating enough	•	2141		1
Sometimes				2
Often				
Section 3: This section has questions about	ut the cooking	and eating habits	s of your <b>FAMIL</b> '	Υ.
15. Do you do most of the food preparation for the h	ousehold?	ucook	Yes	No
16. How does your family <b>usually</b> eat the evening me				
We eat at different times				`
17. Please answer the following questions about the	way foods are	prepared in your	household.	
A	Never or Almost Never	Sometimes	Usually or Always	Never Have That Food
A. When you have fish, is it fried?	. $\square$			
B. When you have chicken, is it fried?				
C. When you have foods such as potatoes, are they fried?				
D. When you prepare vegetables do you add butter, margarine, salt pork, ham hocks, or meat drippings to them?				

18. Please check the fat you use **most often** in preparing each of the following foods:

		Lard	\ oji			\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\		argarine		\	haise	\	\			\
A.	Vegetables	Vegta Vegtb	01 \	02 \	03 \	04\	05 \	06 \	07 \	/ 80	09 \	10 \	11 \	12\	13 \	14
В.	Fish	fisha fishb														
C.	Chicken	chicka Chickb														
D.	Meat	meator meatb														
Ε.	Potatoes /	Otala POtalb														

19. Please check the fat you add **most often** at the table to the following foods:

	Vegetable Oil	, \	Butter 84	Light Mayonnaise 66	Diet Salad Dressing Commercial Commercial Commercial Commercial Commercial Commercial Commercial Commercial	Diet Sour Cream 9	Fat or saled dressing 12
A. Salad Saladb							
B. Vegetables Veg2b							
C. Potatoes Pota 20							