OMB: 0925-0294 Expires 12/89

NGHS Form 17 Rev. 0 2/88

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NHLBI GROWTH AND HEALTH STUDY

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NUTRITION FORM - C

SELF ADMINISTERED

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This	form	is	to	be	completed	рλ	the	NGHS	child	at	tne	time	01	eacn	annuar
follo	w-up	exa	ami	nat:	ion.										

		TO BE COMPLETED BY INTERVIEWER/CENTER:
		ID number of NGHS child:
		Name code of NGHS child:
	-	Visit number: VISIT
		·
BEGIN	HERE	*****
		·
		We think this questionnaire will take about ten 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 NGHS Project Office, DECA, NHLBI, Room 220 Federal Building Bethesda, Maryland 20892; and to the Office of Information and Regulatory Affairs, Office of Management and Budget, Washington, D.C. 20503.
		·
		Today's date: DO_FORM
		Month Day Year
		Please PRINT your full name here:
		First Name Middle Initial Last Name

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FOR OFF	ICE USE	::				
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NHLBI GROWTH AND HEALTH STUDY

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NUTRITION FORM - C

1.	On school days:					
				YES	МО	
	Α.	Do you usually eat b	reakfast			BREAKFS
·	В.	Do you <u>usually</u> eat a	morning snack			MORNSNK
	c.	Do you usually eat 1	unch			LUNCH
	D•	Do you <u>usually</u> eat a	snack after school			AFTSNK
	E.	Do you <u>usually</u> eat d	linner/supper			DINNER
	F.	Do you usually eat a	nn evening snack			EVNSNK
2.	How often do yo Kentucky Fried other fast food	ou eat food from a pla Chicken, Pizza Hut, F i restaurant?	ace like McDonald's, Burger King, or some			_
			Never	-	STFOOD	1
			Less than once a we	ek		2
			l to 3 times a week	•••••		3
		-	4 to 7 times a week			4
			8 or more times a w	reek		5

3•	How well do these statements describe you? P that best describes how often this happens.	Never or Almost	Never or			
	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	 	PARSNACK			
	L. I am on a diet to lose weight		DIETLOS	1		
gr et sk	M. I eat between meals even when I am not hungry		NOTHUNGY			

ID

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

ID

		Never or Almost Never	Sometimes	Usually or Always
N •	I bring a lunch from home to eat at school	1	CRRYLNCH	
0.	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	1 1 1	BUYFMLY	
s.	I eat while I do my homework	1	HOMEWRK	i
т.	I eat the school lunch	 	SCHLNCH	-
U •	I get very hungry	1	VRHUNGY	
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	
z.	I eat big helpings of food	!	BHELPS	
AA.	When my friends and I get together, I usually have something to eat		FRIENDS	

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

ID

		Never or Almost Never	Sometimes	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	1	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	1	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	1	DESSERT	1

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4.	When ofter	you n?	have (Write	snacks the r	s, w	hat as of	ire the	three	snacks n the li	you ha	ave most elow.)			
	1.	SNA	ACK1			-								
	2.	SNA	CK2											
	3•	SNA	CK3											
5•	Have day	you	ever pt for	stopp days	ed e	eating en you	g for mo	ore th sick?	an a	••••	•••••	STOR	PEAT	
6.	If a	per	son is	s fat,	wha	at do	you th	ink ar	e the r	easons	?			
												YES	NO	
	-				Α.	They	don't	exerci	Lse enou	gh	• • • • • • •			NOEXCISE
				•	В.	They	have b	ig bor	nes	·•··• • • • •				BIGBONE
					C.	They some	have a thing i	gland s wron	i proble	m or their	body			GLAND
					D.	They	eat th	e wroi	ng foods	• • • •	• • • • • • •			WRFOOD
					E.	They	don't	contro	ol thems	elves	•••••			NOCNTL
					F.	They	eat a	lot o	f snacks					SNACKLOT
					G.	They	eat a	lot .	•••••	••••				EATALOT
					н.	It i	s natur	al fo	r them t	o be :	fat			NATURAL
					Th	ank y	ou very	much	for you	r help) .			:
Ī	D ;			-	!		!!				VN			