

Patient Survey/Questionario para Paciente

[initial_visit_arm_1][first_name] [initial_visit_arm_1][last_name]

1.[eng] During the past 7 days, on how many days were you physically active for a total of at least 60 minutes per day?

(Add up all the time you spent in any kind of physical activity that increased your heart rate and made you breathe hard some of the time.)[esp]Durante los últimos 7 días, ?Cu´nos días estuviste físicamente activo por un total de por lo menos 60 minutos al día?

(Suma todo el tiempo que pasó en cualquier tipo de actividad física que aumento tu ritmo cardíaco y te hizo respirar fuerte parte del tiempo.)

- ☐ [eng] 0 days[esp]0 dias
- ☐ [eng] 1 day[esp]1 dia
- ☐ [eng] 2 days[esp]2 dias
- ☐ [eng] 3 days[esp]3 dias
- ☐ [eng] 4 days[esp]4 dias
- ☐ [eng] 5 days[esp]5 dias
- ☐ [eng] 6 days[esp]6 dias
- ☐ [eng] 7 days[esp]7 dias

2.[eng] On how many of the past 7 days did you exercise or participate in physical activity for at least 20 minutes that made you sweat and breathe hard, such as basketball, soccer, running, swimming laps, fast bicycling, fast dancing, or similar aerobic activities?[esp]?En cu´nos de los últimos 7 días ha hecho ejercicio o participado en actividad física por lo menos 20 minutos que te hizo sudar y respirar rapidamente, como el baloncesto, el fútbol, correr, natación, bicicleta r´pida, baile movido o una actividad aeróbica similar ?

- ☐ [eng] 0 days[esp]0 dias
- ☐ [eng] 1 day[esp]1 dia
- ☐ [eng] 2 days[esp]2 dias
- ☐ [eng] 3 days[esp]3 dias
- ☐ [eng] 4 days[esp]4 dias
- ☐ [eng] 5 days[esp]5 dias
- ☐ [eng] 6 days[esp]6 dias
- ☐ [eng] 7 days[esp]7 dias

3.[eng] On how many of the past 7 days did you do exercises to strengthen or tone your muscles, such as push-ups, sit-ups, or weight lifting?[esp]?En cu´nos de los últimos 7 días hiciste ejercicios para fortalecer o tonificar tus músculos, como flexiones, abdominales o levantar pesas?

- ☐ [eng] 0 days[esp]0 dias
- ☐ [eng] 1 day[esp]1 dia
- ☐ [eng] 2 days[esp]2 dias
- ☐ [eng] 3 days[esp]3 dias
- ☐ [eng] 4 days[esp]4 dias
- ☐ [eng] 5 days[esp]5 dias
- ☐ [eng] 6 days[esp]6 dias
- ☐ [eng] 7 days[esp]7 dias

4.[eng] On an average school day, how many hours do you play video or computer games or use a computer for something that is not school work?

(Include activities such as Nintendo, Game Boy, PlayStation, Xbox, computer games, and the Internet.)[esp]En un día escolar regular, &questcu´ntas horas juegas a juegos de vídeo o juegos de computadora o utilizas una computadora para algo que no sea trabajo de la escuela?

(Incluye actividades como Nintendo, Game Boy, PlayStation, Xbox, juegos de computadora y de Internet.)

- ☐ [eng]I do not play video or computer games or use a computer for something that is not school work[esp]Yo no juego juegos de video o juegos de computadora o utilizo una computadora para algo que no sea trabajo de la escuela
- ☐ [eng]Less than 1 hour per day[esp]Menos de 1 hora al día
- ☐ [eng]1 hour per day[esp]1 hora por día
- ☐ [eng]2 hours per day[esp]2 horas por día
- ☐ [eng]3 hours per day[esp]3 horas por día
- ☐ [eng]4 hours per day[esp]4 horas por día
- ☐ [eng]5 or more hours per day[esp]5 o mas horas por día

5.[eng] On an average school day, how many hours do you spend watching DVDs or videos? Include DVDs or videos you watch on a TV, computer, iPod, or other portable device.[esp]En un día escolar regular, &questcu´ntas horas pasas viendo DVDs o videos? Incluya DVDs o vídeos que se pueden ver en un televisor, computadora, iPod o cualquier otro aparato port´til.

- ☐ [eng]I do not watch DVDs or videos on an average school day[esp]No veo DVDs o vídeos en un día escolar regular
- ☐ [eng]Less than 1 hour per day[esp]Menos de 1 hora al día
- ☐ [eng]1 hour per day[esp]1 hora por día
- ☐ [eng]2 hours per day[esp]2 horas por día
- ☐ [eng]3 hours per day[esp]3 horas por día
- ☐ [eng]4 hours per day[esp]4 horas por día
- ☐ [eng]5 or more hours per day[esp]5 o mas horas por día

6.[eng] On an average school day, how many hours do you watch TV?[esp]En un día escolar regular, &questcu´ntas horas ves la televisi&ocuten?

- ☐ [eng]I do not watch TV on an average school day[esp]Yo no veo la televisi&ocuten en un día regular de escuela
- ☐ [eng]Less than 1 hour per day[esp]Menos de 1 hora al día
- ☐ [eng]1 hour per day[esp]1 hora por día
- ☐ [eng]2 hours per day[esp]2 horas por día
- ☐ [eng]3 hours per day[esp]3 horas por día
- ☐ [eng]4 hours per day[esp]4 horas por día
- ☐ [eng]5 or more hours per day[esp]5 o mas horas por día

[eng]During a typical week, how often does an adult in your household...[esp]Durante una semana típica, con qué frecuencia un adulto en tu hogar...

	[eng]Never[esp] Nunca	[eng]1-2 times per week[esp]1-2 veces por semana	[eng]3-4 times per week[esp]3-4 veces por semana	[eng]5-6 times per week[esp]5-6 veces por semana	[eng]Daily[esp]D iariamente
7.[eng] Encourage you to do physical activities or play sports?[esp]Te anima a hacer actividades físicas o jugar deportes?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
8.[eng] Do a physical activity or play sports with you?[esp]Hacer una actividad física o practicar deportes contigo?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
9.[eng] Provide transportation to a place where you can do physical activities or play sports?[esp]Provee transporte a un lugar donde se pueden hacer actividades físicas o jugar deportes?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
10.[eng] Watch you participate in physical activities or play sports?[esp]Mirarte participar en actividades físicas o jugar deportes?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

11.[eng] During the past 7 days, how many times did you eat fruit? (Do not count fruit juice.)[esp]Durante los últimos 7 díuteas, ¿cuácutentas veces comiste fruta? (No se cuenta el jugo de fruta.)

- ☐ [eng] I did not eat fruit during the past 7 days[esp]No he comido fruta durante los últimos 7 díuteas
- ☐ [eng] 1 to 3 times during the past 7 days[esp]1-3 veces durante los últimos 7 díuteas
- ☐ [eng] 4 to 6 times during the past 7 days[esp]4-6 veces durante los últimos 7 díuteas
- ☐ [eng] 1 time per day[esp]1 vez por díutea
- ☐ [eng] 2 times per day[esp]2 vez por díutea
- ☐ [eng] 3 times per day[esp]3 vez por díutea
- ☐ [eng] 4 or more times per day[esp]4 veces por díutea o mas

12.[eng] During the past 7 days, how many times did you eat green salad?[esp]Durante los últimos 7 díuteas, ¿cuácutentas veces comiste ensalada verde?

- ☐ [eng] I did not eat green salad during the past 7 days[esp]No he comido ensalda verde durante los últimos 7 díuteas
- ☐ [eng] 1 to 3 times during the past 7 days[esp]1 a 3 veces durante los últimos 7 díuteas
- ☐ [eng] 4 to 6 times during the past 7 days[esp]4 a 6 veces durante los últimos 7 díuteas
- ☐ [eng] 1 time per day[esp]1 vez por díutea
- ☐ [eng] 2 times per day[esp]2 veces por díutea
- ☐ [eng] 3 times per day[esp]3 veces por díutea
- ☐ [eng] 4 or more times per day[esp]4 veces o mas por dia

13.[eng] During the past 7 days, how many times did you eat French fries or other fried potatoes, such as home fries, hash browns or tater tots? (Do not count potato chips.)[esp]Durante los últimos 7 díuteas, ¿cuácutentas veces comiste papitas fritas u otro tipo de papa frita, como patatas fritas, croquetas de patata o tater (tater tots)? (No cuentes papitas fritas en bolsa/potato chips.)

- ☐ [eng] I did not eat potatoes during the past 7 days[esp]No he comido papitas fritas durante los últimos 7 díuteas
- ☐ [eng] 1 to 3 times during the past 7 days[esp]1 a 3 veces durante los últimos 7 díuteas
- ☐ [eng] 4 to 6 times during the past 7 days[esp]4 a 6 veces durante los últimos 7 díuteas
- ☐ [eng] 1 time per day[esp]1 vez por díutea
- ☐ [eng] 2 times per day[esp]2 veces por díutea
- ☐ [eng] 3 times per day[esp]3 veces por díutea
- ☐ [eng] 4 or more times per day[esp]4 veces o mas por dia

14.[eng] During the past 7 days, how many times did you eat carrots?[esp]Durante los últimos 7 díuteas, ¿cuácutentas veces comiste zanahorias?

- ☐ [eng] I did not eat carrots during the past 7 days[esp]No he comido zanahorias durante los últimos 7 díuteas
- ☐ [eng] 1 to 3 times during the past 7 days[esp]1 a 3 veces durante los últimos 7 díuteas
- ☐ [eng] 4 to 6 times during the past 7 days[esp]4 a 6 veces durante los últimos 7 díuteas
- ☐ [eng] 1 time per day[esp]1 vez por díutea
- ☐ [eng] 2 times per day[esp]2 veces por díutea
- ☐ [eng] 3 times per day[esp]3 veces por díutea
- ☐ [eng] 4 or more times per day[esp]4 veces o mas por dia

15.[eng] During the past 7 days, how many times did you eat other vegetables? (Do not count green salad, potatoes, or carrots.)[esp]Durante los últimos 7 días, ¿cuántas veces comiste otros vegetales? (No cuentes ensalada verde, papas o zanahorias.)

- ☐ [eng] I did not eat other vegetables during the past 7 days[esp]No he comido vegetales durante los últimos 7 días
- ☐ [eng] 1 to 3 times during the past 7 days[esp]1 a 3 veces durante los últimos 7 días
- ☐ [eng] 4 to 6 times during the past 7 days[esp]4 a 6 veces durante los últimos 7 días
- ☐ [eng] 1 time per day[esp]1 vez por día
- ☐ [eng] 2 times per day[esp]2 veces por día
- ☐ [eng] 3 times per day[esp]3 veces por día
- ☐ [eng] 4 or more times per day[esp]4 veces o mas por dia

16.[eng] During the past 7 days, how many times did you eat pizza?[esp]Durante los últimos 7 días, cuántas veces comiste pizza?

- ☐ [eng] I did not eat pizza during the past 7 days[esp]No he comido pizza durante los últimos 7 días
- ☐ [eng] 1 to 3 times during the past 7 days[esp]1 a 3 veces durante los últimos 7 días
- ☐ [eng] 4 to 6 times during the past 7 days[esp]4 a 6 veces durante los últimos 7 días
- ☐ [eng] 1 time per day[esp]1 vez por día
- ☐ [eng] 2 times per day[esp]2 veces por día
- ☐ [eng] 3 times per day[esp]3 veces por día
- ☐ [eng] 4 or more times per day[esp]4 veces o mas por dia

17.[eng] During the past 7 days, how many times did you drink 100% fruit juices such as orange juice, apple juice, or grape juice? (Do not count punch, Kool-Aid, sports drinks, or other fruit-flavored drinks.)[esp]Durante los últimos 7 días, ¿cuántas veces has bebido 100% jugos de fruta como jugo de naranja, jugo de manzana o jugo de uva? (No se cuenta el ponche, Kool-Aid, bebidas deportivas u otras bebidas con sabor a fruta.)

- ☐ [eng] I did not drink 100% fruit juice during the past 7 days[esp]No he bebido 100% jugo de fruta durante los últimos 7 días
- ☐ [eng] 1 to 3 times during the past 7 days[esp]1 a 3 veces durante los últimos 7 días
- ☐ [eng] 4 to 6 times during the past 7 days[esp]4 a 6 veces durante los últimos 7 días
- ☐ [eng] 1 time per day[esp]1 vez por día
- ☐ [eng] 2 times per day[esp]2 veces por día
- ☐ [eng] 3 times per day[esp]3 veces por día
- ☐ [eng] 4 or more times per day[esp]4 veces o mas por dia

18.[eng] During the past 7 days, how many times did you drink a can, bottle, or glass of soda, such as Coke, Pepsi, or Sprite? (Do not count diet soda)[esp]Durante los últimos 7 días, ¿cuántas veces usted bebió una lata, botella o vaso de refresco o soda, como Coca-Cola, Pepsi, o Sprite? (No cuentes refresco de dieta o soda de dieta.)

- ☐ [eng] I did not drink soda or pop during the past 7 days[esp]No he bebido refresco o soda durante los últimos 7 días
- ☐ [eng] 1 to 3 times during the past 7 days[esp]1 a 3 veces durante los últimos 7 días
- ☐ [eng] 4 to 6 times during the past 7 days[esp]4 a 6 veces durante los últimos 7 días
- ☐ [eng] 1 time per day[esp]1 vez por día
- ☐ [eng] 2 times per day[esp]2 veces por día
- ☐ [eng] 3 times per day[esp]3 veces por día
- ☐ [eng] 4 or more times per day[esp]4 veces o mas por dia

19.[eng] During the past 7 days, how many times did you drink a can, bottle, or glass of a sugar-sweetened beverage such as lemonade, sweetened tea or coffee drinks, flavored milk, Snapple, or Sunny Delight? (Do not count soda or pop, sports drinks, energy drinks, or 100% fruit juice.)[esp]Durante los últimos 7 días, ?cu´ntas veces has bebido una lata, botella o vaso de una bebida endulzada con azúcar como limonada, té o café endulzado, leche con sabor, Snapple, o Sunny Delight? (No cuentes refresco o soda, bebidas para deportistas, bebidas energéticas o jugo 100% de fruta.)

- ☐ [eng] I did not drink sugar-sweetened beverages during the past 7 days[esp]No he bebido bebidas endulzadas con azucar durante los últimos 7 días
- ☐ [eng] 1 to 3 times during the past 7 days[esp]1 a 3 veces durante los últimos 7 días
- ☐ [eng] 4 to 6 times during the past 7 days[esp]4 a 6 veces durante los últimos 7 días
- ☐ [eng] 1 time per day[esp]1 vez por día
- ☐ [eng] 2 times per day[esp]2 veces por día
- ☐ [eng] 3 times per day[esp]3 veces por día
- ☐ [eng] 4 or more times per day[esp]4 veces o mas por dia

20.[eng] During the past 7 days, how many times did you drink a bottle or glass of plain water? Count tap, bottled, and unflavored sparkling water.[esp]Durante los últimos 7 días, ?cu´ntas veces has bebido una botella o vaso de agua? Cuente agua de grifo, embotellada, con gas y sin sabor.

- ☐ [eng] I did not drink water during the past 7 days[esp]No he bebido agua durante los últimos 7 días
- ☐ [eng] 1 to 3 times during the past 7 days[esp]1 a 3 veces durante los últimos 7 días
- ☐ [eng] 4 to 6 times during the past 7 days[esp]4 a 6 veces durante los últimos 7 días
- ☐ [eng] 1 time per day[esp]1 vez por día
- ☐ [eng] 2 times per day[esp]2 veces por día
- ☐ [eng] 3 times per day[esp]3 veces por día
- ☐ [eng] 4 or more times per day[esp]4 veces o mas por dia

[illegible][illegible]

☐ [eng] None[esp]Ninguna

☐ [eng] 1/2 cup or less[esp]1/2 taza o menos

☐ [eng] 1/2 cup to 1 cup[esp]1/2 taza a 1 taza

☐ [eng] 1 to 2 cups[esp]1 a 2 tazas

☐ [eng] 2 to 3 cups[esp]2 a 3 tazas

☐ [eng] 3 to 4 cups[esp]3 a 4 tazas

☐ [eng] 4 or more cups[esp]4 tazas o mas

22.[eng] About how many cups of vegetables (including frozen and canned vegetables and 100% vegetable juice) do you eat or drink each day?[esp]Acerca de cuántas tazas de vegetales (incluyendo vegetales congelados, enlatados, y secos y 100% jugo de vegetales) come o bebe cada día?

- ☐ [eng] None[esp]Ninguna
- ☐ [eng] 1/2 cup or less[esp]1/2 taza o menos
- ☐ [eng] 1/2 cup to 1 cup[esp]1/2 taza a 1 taza
- ☐ [eng] 1 to 2 cups[esp]1 a 2 tazas
- ☐ [eng] 2 to 3 cups[esp]2 a 3 tazas
- ☐ [eng] 3 to 4 cups[esp]3 a 4 tazas
- ☐ [eng] 4 or more cups[esp]4 o mas tazas

[eng]The next set of questions asks about meals you might have eaten during the past 7 days and the food available to you at home and at school.[esp]El siguiente grupo de preguntas se refiere a las comidas que podr a haber comido en los  ltimos 7 d as y la comida disponible para ti en su casa y en la escuela.

23.[eng] During the past 7 days, on how many days did you eat breakfast or a morning meal?[esp]Durante los  ltimos 7 d as,  c cu ntos d as comiste el desayuno o una comida de la ma ana?

- ☐ [eng] 0 days[esp]0 d as
- ☐ [eng] 1 day[esp]1 d a
- ☐ [eng] 2 days[esp]2 d as
- ☐ [eng] 3 days[esp]3 d as
- ☐ [eng] 4 days[esp]4 d as
- ☐ [eng] 5 days[esp]5 d as
- ☐ [eng] 6 days[esp]6 d as
- ☐ [eng] 7 days[esp]7 d as

24.[eng] During the past 7 days, on how many days did you eat dinner at home with at least one of your parents or guardians?[esp]Durante los  ltimos 7 d as,  c cu ntos d as comio la cena en casa con al menos uno de sus padres o guardianes?

- ☐ [eng] 0 days[esp]0 d as
- ☐ [eng] 1 day[esp]1 d a
- ☐ [eng] 2 days[esp]2 d as
- ☐ [eng] 3 days[esp]3 d as
- ☐ [eng] 4 days[esp]4 d as
- ☐ [eng] 5 days[esp]5 d as
- ☐ [eng] 6 days[esp]6 d as
- ☐ [eng] 7 days[esp]7 d as

25.[eng] During the past 7 days, on how many days did you eat at least one meal or snack from a fast food restaurant such as McDonald's, Taco Bell, or KFC?[esp]Durante los  ltimos 7 d as,  c cu ntos d as comio al menos una comida o un bocadillo en un restaurante de comida r pida como McDonalds, Taco Bell, o KFC?

- ☐ [eng] 0 days[esp]0 d as
- ☐ [eng] 1 day[esp]1 d a
- ☐ [eng] 2 days[esp]2 d as
- ☐ [eng] 3 days[esp]3 d as
- ☐ [eng] 4 days[esp]4 d as
- ☐ [eng] 5 days[esp]5 d as
- ☐ [eng] 6 days[esp]6 d as
- ☐ [eng] 7 days[esp]7 d as

26.[eng] How often are there fruits or vegetables to snack on in your home, such as carrots, celery, apples, bananas, or melon?[esp] c cu nta frecuencia hay frutas o verduras para picar en su casa, como las zanahorias, el apio, manzanas, pl tanos, mel n?

- ☐ [eng] Never[esp]Nunca
- ☐ [eng] Rarely[esp]Raramente
- ☐ [eng] Sometimes[esp]A veces
- ☐ [eng] Most of the time[esp]La mayor a del tiempo
- ☐ [eng] Always[esp]Siempre

27.[eng] How often are there foods such as chips, cookies, or cakes to snack on in your home?[esp]¿Con
qué frecuencia hay alimentos como las papas fritas, galletas o pasteles para picar en su casa?

- ☐ [eng] Never[esp]Nunca
- ☐ [eng] Rarely[esp]Raramente
- ☐ [eng] Sometimes[esp]A veces
- ☐ [eng] Most of the time[esp]La mayoria del tiempo
- ☐ [eng] Always[esp]Siempre