**ID # \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

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Hello, and thank you for agreeing to participate in this study.

In order to fully complete the study, you will need to complete 3 parts**:**

1. **This survey (81 questions)**
2. **The attached physical activity questionnaire**
3. **Attend a measurement session.**

**\*Please note that it is very important to be honest when completing your answers.** You are playing an important role in health research. We appreciate your participation. If you have any questions please raise your hand quietly, and we will assist you.

**The following survey should be completed on the provided scantron.**

**Please write your age on your scantron under the section labeled AGE.**

**Also: fill in your age below**:

What is your age? \_\_\_\_\_\_\_\_\_

**Please answer questions 1-3 on your scantron.**

1. What is your gender?
2. Male
3. Female
4. How do you describe yourself? (please choose the one option that best describes you)
5. Caucasian/ Non-Hispanic White
6. African American
7. Hispanic/ Latino
8. Other : \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
9. What year of college are you currently completing?
10. Freshman (1st year)
11. Sophomore (2nd year)
12. Junior (3rd year)
13. Senior (4th year)
14. Graduate Student

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**Please answer items # 4-9 on your scantron.**

**Answer choices range from A - E:**

**A = never B = seldom C = sometimes D = usually E = always**

**When responding to each question, please indicate the degree to which**

**you think each statement describes you.**

1. I have 5+ servings of fruits and vegetables a day.

A = never B = seldom C = sometimes D = usually E = always

1. I include roughage/fiber (whole grains)in my diet.

A = never B = seldom C = sometimes D = usually E = always

1. I eat 3 meals a day.

A = never B = seldom C = sometimes D = usually E = always

1. I take active steps to eat a well balanced diet of foods.

A = never B = seldom C = sometimes D = usually E = always

1. I watch the amount of fat I consume.

A = never B = seldom C = sometimes D = usually E = always

1. I watch the amount of sugar I consume.

A = never B = seldom C = sometimes D = usually E = always

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**Please answer items # 10-37 on your scantron.**

**Think about your eating and cooking habits over the past month, and choose the response that best describes your behavior.**

**A = never B = seldom C = sometimes D = usually E = always**

1. I ate pizza.

A = never B = seldom C = sometimes D = usually E = always

1. I cooked vegetables by steaming, boiling, or baking.

A = never B = seldom C = sometimes D = usually E = always

1. I ate fast food.

A = never B = seldom C = sometimes D = usually E = always

1. Seasoned cooked vegetables with herbs and spices rather than with sauces, butter, or margarine.

A = never B = seldom C = sometimes D = usually E = always

1. I used lemon juice or low-fat salad dressing on salads.

A = never B = seldom C = sometimes D = usually E = always

1. I drank soda or other sweetened drinks.

A = never B = seldom C = sometimes D = usually E = always

1. I used vegetable oil and tub margarine more often than butter or margarine.

A = never B = seldom C = sometimes D = usually E = always

1. I drank nonfat or 1% milk instead of 2% or whole milk.

A = never B = seldom C = sometimes D = usually E = always

1. I ate bread, rolls, muffins, bagels, and other baked goods without margarine, butter, or regular cream cheese.

A = never B = seldom C = sometimes D = usually E = always

1. I drank beer or other alcoholic drinks.

A = never B = seldom C = sometimes D = usually E = always

1. I used a nonstick pan or a cooking spray for frying.

A = never B = seldom C = sometimes D = usually E = always

1. I ate pasta plain or with a low-fat marinara or vegetable sauce.

A = never B = seldom C = sometimes D = usually E = always

1. I ate reduced-fat cheese and/or limited my servings of cheese to less than 2 oz.

A = never B = seldom C = sometimes D = usually E = always

1. I ate potatoes and rice plain or with low-fat or nonfat seasonings (herbs, spices, vegetable-based sauces, nonfat cottage cheese, yogurt, etc.)

A = never B = seldom C = sometimes D = usually E = always

1. I used nonfat or low-fat mayonnaise instead of regular mayonnaise.

A = never B = seldom C = sometimes D = usually E = always

1. I ate deep fried foods like French fries, onion rings, fried chicken, etc.

A = never B = seldom C = sometimes D = usually E = always

1. I chose lean cuts of meat.

A = never B = seldom C = sometimes D = usually E = always

1. I trimmed visible fat from meats before cooking.

A = never B = seldom C = sometimes D = usually E = always

1. I ate out at restaurants.

A = never B = seldom C = sometimes D = usually E = always

1. I limited the size of my servings of meat and poultry to no more than 2–3 oz.

A = never B = seldom C = sometimes D = usually E = always

1. I removed the skin from poultry.

A = never B = seldom C = sometimes D = usually E = always

1. I cooked meat, poultry, and fish by baking, broiling, or poaching.

A = never B = seldom C = sometimes D = usually E = always

1. I ate a low-fat vegetarian main dish.

A = never B = seldom C = sometimes D = usually E = always

1. I ate no more than three servings per day of meat, poultry, fish, eggs, and nuts.

A = never B = seldom C = sometimes D = usually E = always

1. For desserts, I ate cake, ice cream, or anything high in sugar.

A = never B = seldom C = sometimes D = usually E = always

1. For desserts, I had nonfat or low-fat varieties (e.g., nonfat ice cream or frozen yogurt) or fresh fruit.

A = never B = seldom C = sometimes D = usually E = always

1. I ate fruit or raw vegetables as snacks.

A = never B = seldom C = sometimes D = usually E = always

1. When shopping, I used food labels to compare different foods and choose lower fat items.

A = never B = seldom C = sometimes D = usually E = always

**For items # 38-45, please answer them on your scantron.**

**Directions:**

**When responding to each question, please indicate the degree to which you think each statement describes you.**

**Answer choices range from A-E:**

**A= never B= seldom C= sometimes D= usually E= always**

1. I try to prevent health problems before I feel any symptoms.

A = never B = seldom C = sometimes D = usually E = always

1. I am concerned about health hazards and try to take action to prevent them.

A = never B = seldom C = sometimes D = usually E = always

1. I try to protect myself about health hazards I hear about.

A = never B = seldom C = sometimes D = usually E = always

1. I don’t worry about health hazards until they become a problem for me or someone close to me.

A = never B = seldom C = sometimes D = usually E = always

1. There are so many things that can hurt you these days, I’m not going to worry about them.

A = never B = seldom C = sometimes D = usually E = always

1. I am aware of the health hazards that are talked about, but don’t do anything about them.

A = never B = seldom C = sometimes D = usually E = always

1. I don’t take any action against health hazards I hear about until I know I have a problem.

A = never B = seldom C = sometimes D = usually E = always

1. I’d rather enjoy life than try to make sure I’m not exposing myself to a health hazard.

A = never B = seldom C = sometimes D = usually E = always

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**For items # 46-62, please answer the questions on your scantron by marking an A, B, or C for your answer to each question:**

**A = Yes**

**B = No**

**C = I don’t know**

1. Eating too much sugar and other sweet foods is a cause of diabetes?

A=Yes B=No C=I don’t know

1. The usual cause of diabetes is lack of effective insulin in the body.

A=Yes B=No C=I don’t know

1. Diabetes is caused by failure of the kidneys to keep sugar out of the urine.

A=Yes B=No C=I don’t know

1. Kidneys produce insulin.

A=Yes B=No C=I don’t know

1. In untreated diabetes, the amount of sugar in the blood usually increases.

A=Yes B=No C=I don’t know

1. If I am diabetic, my children have a chance of being diabetic?

A=Yes B=No C=I don’t know

1. Diabetes can be cured.

A=Yes B=No C=I don’t know

1. There are two types of diabetes: type 1 (insulin dependent) and type 2 (non insulin dependent).

A=Yes B=No C=I don’t know

1. Diabetes often causes poor circulation.

A=Yes B=No C=I don’t know

1. Skin complications can be caused from diabetes.

A=Yes B=No C=I don’t know

1. Cuts and abrasions on diabetics heal more slowly.

A=Yes B=No C=I don’t know

1. Diabetes can damage the kidneys.

A=Yes B=No C=I don’t know

1. Diabetes can cause loss of feeling in the hands, fingers, and feet.

A=Yes B=No C=I don’t know

1. A common complication of diabetes is heart disease and stroke.

A=Yes B=No C=I don’t know

1. Eye problems that can lead to blindness are less likely in diabetics.

A=Yes B=No C=I don’t know

1. Foot problems due to nerve damage can happen to diabetics.

A=Yes B=No C=I don’t know

1. Nerve damage is unlikely in diabetics.

A=Yes B=No C=I don’t know

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**For items # 63-73 please indicate an answer of A or B for the questions on your scantron.**

**A = true**

**B = false**

1. Being older than 45 years of age puts one at a higher risk for developing type 2 diabetes.

A= true B= false

1. If one had diabetes while they were pregnant (gestational diabetes), they are at a lower risk of developing diabetes in their lifetime.

A= true B= false

1. Having excess body weight especially around the waist puts one at a higher risk for developing diabetes?

A= true B= false

1. You are at a higher risk for developing diabetes when you have a family history of diabetes.

A= true B= false

1. Giving birth to a baby weighing more than 9 lbs puts one at lower risk for developing diabetes.

A= true B= false

1. High blood pressure (above or equal to 140/90) elevates ones risk for diabetes.

A= true B= false

1. Impaired glucose tolerance is not a risk factor for diabetes.

A= true B= false

1. A low activity level (exercising less than 3 days a week) puts one at a higher risk of developing diabetes.

A= true B= false

1. Having high blood levels of triglycerides (a type of fat molecule) is a risk factor for type 2 diabetes.

A= true B= false

1. Acanthosis Nigricans is a skin condition causing dark and thick skin around the neck or armpits and it is a risk factor for diabetes.

A= true B= false

1. Being of a certain ethnicity including African American, Hispanic American, Asian American, and Native American puts one at a higher risk of diabetes.

A= true B= false

**Please answer items # 74-80 about yourself on your scantron by marking an A or B.**

**A = Yes B = No**

1. I am a woman who has had a baby weighing more than 9 pounds at birth.

A = Yes B = No

1. I have a sister or brother who has diabetes.

A = Yes B = No

1. I have a parent with diabetes.

A = Yes B = No

1. My weight is equal to or above a BMI of 25 as listed on the BMI chart \*

**\*Note to survey respondents:** Please use the attached BMI chart to answer this item.

How to read BMI chart: Look at the left side of the table and find your height in inches. Then look across to the right to find your weight. Look up at the top with your corresponding height and weight for your BMI #.

A = Yes B = No

1. I am UNDER 65 years of age AND I get little or no exercise\*\*

\*\***Note to survey respondents:** Little or no exercise is defined in this study as exercising or participating 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 for about *0 to 2 days in 7 days*.

A = Yes B = No

1. I am between 45 and 64 years of age.

A = Yes B = No

1. I am 65 years old or older.

A = Yes B = No

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**For item # 81, please indicate an A, B, C, D, or E for your answer choice on your scantron.**

A = zero risk B = low risk C = moderate risk D= high risk E = extremely high risk

1. **In 25 years, how would you estimate your risk of having diabetes?**

A = zero risk B = low risk C = moderate risk D= high risk E = extremely high risk

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**You are done with part 1 of the study.**

**Please continue on to the attached questionnaire labeled part 2.**