

California Healthy Kids Survey

■ Section E ■

This section contains more questions about physical activity, diet, and general health.

E1. Which of the following are you trying to do about your weight?

- A) Lose weight
- B) Gain weight
- C) Stay the same weight
- D) I am not trying to do anything about my weight

During the past **30 days**, did you do any of the following things to lose weight or to keep from gaining weight?

	No	Yes
E2. Exercise	A	B
E3. Eat less food, fewer calories, or foods low in fat	A	B
E4. Go without eating for 24 hours or more (also called fasting)	A	B
E5. Take any diet pills, powders, or liquids without a doctor's advice (Do not include meal replacement products, such as Slim Fast)	A	B
E6. Vomit or take laxatives	A	B

E7. How do **you** describe your weight?

- A) Very underweight
- B) Slightly underweight
- C) About the right weight
- D) Slightly overweight
- E) Very overweight

■ Section E ■

- E8. On an average school day, how many hours do you watch TV or play video games?
- | | |
|---|--------------------|
| A) I do not watch TV on an average school day | D) 2 hours |
| B) Less than 1 hour | E) 3 hours |
| C) 1 hour | F) 4 hours |
| | G) 5 hours or more |
- E9. During the past **12 months**, on how many sports teams did you play? (Include school sponsored and any other sports teams.)
- A) 0 teams
B) 1 team
C) 2 teams
D) 3 or more teams
- E10. How often do you wear a seat belt when **riding in** a car driven by someone else?
- A) Never
B) Rarely
C) Sometimes
D) Most of the time
E) Always
- E11. When you rode a bicycle during the past 12 months, how often did you wear a helmet?
- | | |
|---|-----------------------------------|
| A) I did not ride a bicycle during the past 12 months | D) Sometimes wore a helmet |
| B) Never wore a helmet | E) Most of the time wore a helmet |
| C) Rarely wore a helmet | F) Always wore a helmet |
- E12. In an average **week**, on how many days do you have physical activity in your physical education class (P.E. or gym)?
- | | |
|-----------|-----------|
| A) 0 days | D) 3 days |
| B) 1 day | E) 4 days |
| C) 2 days | F) 5 days |

■ Section E ■

- E13. During an average physical education (P.E.) class, how many minutes do you spend actually exercising or playing sports?
- A) I do not take P.E.
 - B) Less than 10 minutes
 - C) 10 to 20 minutes
 - D) 21 to 30 minutes
 - E) More than 30 minutes
- E14. During the past **12 months**, did you have a regular check up with a doctor when you were not sick or injured?
- A) No
 - B) Yes
- E15. During the past **12 months**, did you visit a dentist for an examination, teeth cleaning, or dental work?
- A) No
 - B) Yes
- E16. During the past **7 days**, how many days did you take a vitamin?
- A) 0 times
 - B) 1 to 2 days
 - C) 3 to 4 days
 - D) 5 to 6 days
 - E) Daily
- E17. Have you **ever** been taught about AIDS or HIV infection at school?
- A) No
 - B) Yes
 - C) Not sure
- E18. In the past **12 months**, when you are **not exercising** have you ever had wheezing (a whistling sound in the chest), chest tightness, or trouble breathing?
- A) No
 - B) Yes

■ Section E ■

- E19. In the past **12 months**, when you do exercise, have you ever had wheezing (a whistling sound in the chest), chest tightness, or trouble breathing?
- A) No
 - B) Yes
- E20. In the past **12 months**, have you ever had a dry cough at night, even when you did not have a cold or flu?
- A) No
 - B) Yes
- E21. In the past **12 months**, have you been to a doctor or hospital for wheezing or trouble breathing?
- A) No
 - B) Yes