

Building Healthy Communities Module

SUPPLEMENT 1

First, we would like you to answer some questions about your health and diet and where you go to get health checkups or help when you don't feel well.

- X1. Where do you usually go for help when you are sick, need medical care, or advice about health?
- A) Hospital, urgent care, or emergency room
 - B) Doctor's office
 - C) Community clinic or medical center
 - D) A family member or neighbor who is not a doctor or a nurse
 - E) School nurse's office
 - F) Health center or clinic at your school (where someone like a doctor can give you a checkup and prescribe medicine if you need it)
 - G) Some other place
 - H) I don't have anywhere I usually go
 - I) I don't know
- X2. At school, where do you usually go for help when you are sick, need medical care, or need to get advice about health?
- A) Main office
 - B) School nurse
 - C) Student health office/clinic
 - D) Counselor
 - E) Teacher or teacher's aide
 - F) Friend or another student
 - G) I don't have anywhere to go
 - H) I don't know
- X3. When did you last visit a dentist to get your teeth checked or cleaned?
- A) I've never been to a dentist to have my teeth checked
 - B) Within the last six months
 - C) Seven to 12 months ago
 - D) Between one and two years ago
 - E) More than two years ago
 - F) I don't know/remember

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In the past year, how often did you get the following types of care when you needed it?

		<u>Always</u>	<u>Some- times</u>	<u>Rarely</u>	<u>Never</u>	<u>I don't know/ remember</u>	<u>I didn't need this type of care</u>
X4.	Medical care when you were sick or hurt or needed a checkup	A	B	C	D	E	F
X5.	Counseling to help you deal with problems like stress, feeling sad, family issues, or alcohol or drug use	A	B	C	D	E	F
X6.	Dental care when you had a problem with your teeth or mouth	A	B	C	D	E	F

In the past 30 days, did you miss an entire day of school for any of the following reasons?

		<u>No</u>	<u>Yes</u>
X7.	Asthma or other problems with breathing, coughing, chest pain, or wheezing when you didn't have a cold	A	B
X8.	Tooth pain or other dental problems	A	B
X9.	A negative school or classroom environment	A	B

The next questions ask about physical activity and diet.

- X10. How many of the past 7 days did you exercise or do physical activity for a total of at least 60 minutes a day (like basketball, soccer, running, swimming laps, bicycling, skateboarding, fast walking, dancing or similar aerobic activities; do not include exercise that lasted less than 10 minutes at a time)?
- A) 0 days
 - B) 1 day
 - C) 2 days
 - D) 3 days
 - E) 4 days
 - F) 5 days
 - G) 6 days
 - H) 7 days
- X11. Which of the following did you eat or drink at school on the last day you attended school? (*Mark All That Apply.*)
- A) One or more glasses of water
 - B) Breakfast served at school
 - C) Lunch served at school
 - D) A glass or can of sweetened soda (like Coke or Pepsi), a sports drink (like Gatorade), an energy drink (like Red Bull), or other sweetened drink (like Jarritos, Sunny Delight, or fruit flavored drinks)
 - E) None of the above

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- X12. Which of the following statements about your school cafeteria or eating area do you agree with? (*Mark All That Apply.*)
- A) I like the food served there.
 - B) They serve the right amount of food.
 - C) I like the fresh fruits and vegetables served at school.
 - D) It is embarrassing to eat cafeteria food.
 - E) They post information about the nutritional content of foods (such as calories, fat, salt, sugar, or whole grains) in the cafeteria.
 - F) I don't feel safe there.
 - G) It is clean.

The next questions relate to how safe you feel in your neighborhood.

- X13. How safe do you feel in the neighborhood where you live?
- A) Very safe
 - B) Safe
 - C) Neither safe nor unsafe
 - D) Unsafe
 - E) Very unsafe
- X14. How safe do you feel in your neighborhood parks and playgrounds?
- A) Very safe
 - B) Safe
 - C) Neither safe nor unsafe
 - D) Unsafe
 - E) Very unsafe
 - F) I don't have any neighborhood parks or playgrounds
- X15. During the past 12 months, how many times in your neighborhood (not at school) have you seen someone carrying a gun, knife, or other weapon?
- A) Never
 - B) 1 time
 - C) 2 times
 - D) 3 times
 - E) 4 or more times

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X16. Which of the following are major problems in your neighborhood? (*Mark All That Apply.*)

- A) Bullying
- B) Crime
- C) Empty or abandoned buildings
- D) Fights
- E) Gangs
- F) Graffiti
- G) Liquor stores and/or bars
- H) People selling drugs
- I) Police treating people unfairly
- J) Unemployment
- K) Lack of access to parks and recreation
- L) Lack of affordable places to live
- M) Poor living conditions (such as not clean, well-kept up, or safe)

The next statements are about what might occur outside your school or home, such as in your neighborhood or community, or with an adult other than a parent or guardian.

Outside of my home and school, there is an adult....

	Not At All True	A Little True	Pretty Much True	Very Much True
X17. who really cares about me.	A	B	C	D
X18. who tells me when I do a good job.	A	B	C	D
X19. who notices when I'm upset about something.	A	B	C	D
X20. who believes I will be a success.	A	B	C	D
X21. who always wants me to do my best.	A	B	C	D
X22. whom I trust.	A	B	C	D

How strongly do you agree or disagree with the following statements about your community/neighborhood?

	Strongly Disagree	Disagree	Neither Disagree Nor Agree	Agree	Strongly Agree
X23. I feel close to people in my community/neighborhood.	A	B	C	D	E
X24. I am happy to live in my community/neighborhood.	A	B	C	D	E
X25. I feel like I am a part of my community/neighborhood.	A	B	C	D	E
X26. I feel connected to my community/neighborhood.	A	B	C	D	E
X27. I feel safe in my community/neighborhood.	A	B	C	D	E

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Outside my home and school, ...

		Not At All True	A Little True	Pretty Much True	Very Much True
X28.	I have spent time participating in community service or a volunteer activity to help others.	A	B	C	D
X29.	I have worked with other people to help my community.	A	B	C	D
X30.	I have participated in groups or organizational activities, like clubs, sport teams, music bands, church/temple groups.	A	B	C	D
X31.	I have participated in community efforts to create positive change.	A	B	C	D
X32.	I have contributed to discussions about community activities or issues.	A	B	C	D
X33.	Some people are very involved in making a difference while others, for a variety of reasons, are not able to be as involved. How frequently would you say you get <u>personally</u> involved in efforts to try to create positive change?				
	A) All the time				
	B) Frequently				
	C) Occasionally				
	D) Rarely				
	E) Never				

Below is a list of different ways people might get involved with trying to bring about change in their communities.

- X34. Please select the items that you have done in your community in the past 12 months. (*Mark All That Apply.*)
- A) Wrote or made a presentation about a community issue
 - B) Planned or participated in a meeting or event (like a march or rally) directed at community change or a local issue
 - C) Collected signatures on a petition or asked people about their opinions on community issues
 - D) Talked to people about voting
 - E) Met personally with a community official or staff member
 - F) Sent an email, letter, or other communication to a public figure or organization
 - G) Posted your views on a blog, Facebook™, Instagram™, Twitter™, other social media or online platform
 - H) Volunteered time for an organization active in community change
 - I) Changed your online profile picture to demonstrate solidarity with a political cause or movement
 - J) Attended a meeting of a government or public agency, such as a city council, planning commission or school board
 - K) None of the above

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When thinking about police officers in your neighborhood or community, how true are the following statements for you?

		Not At All True	A Little True	Pretty Much True	Very Much True
X35.	I trust the police.	A	B	C	D
X36.	I respect the police.	A	B	C	D
X37.	The police make me feel safer.	A	B	C	D
X38.	The police treat all people in the community fairly.	A	B	C	D
X39.	Police officers are helpful.	A	B	C	D
X40.	The police are respectful of all people in the community.	A	B	C	D
X41.	The police are helping to reduce crime and improve safety.	A	B	C	D
X42.	Police officers treat people in my community with respect regardless of race, ethnicity, or perceived immigration status.	A	B	C	D

Many schools have police officers, sometimes called school resource officers or school safety officers, that come to the campus. They deal with law enforcement at the school and can arrest a student who violates the law, help prevent violence and promote safety, may give tickets for truancy, and may provide law-related and prevention instruction.

- X43. Is there a police officer or school resource/safety officer that comes to your campus?
- A) Yes
- B) No. If you answered no, you are done with the survey. Do not answer the next questions.

When thinking about the law enforcement officer at your school (e.g., police, safety, or resource officer), how true are the following statements for you?

		Not At All True	A Little True	Pretty Much True	Very Much True
X44.	I like having an officer at school.	A	B	C	D
X45.	I feel safer with the officer at school.	A	B	C	D
X46.	The officer is helpful to students needing help.	A	B	C	D
X47.	The officer has a good relationship with students.	A	B	C	D
X48.	The officer treats all students fairly.	A	B	C	D
X49.	The officer treats all students with respect regardless of race, ethnicity, or perceived immigration status.	A	B	C	D
X50.	The officer does a good job stopping violence at school.	A	B	C	D
X51.	I respect the officer in my school.	A	B	C	D
X52.	I feel comfortable with the officer in my school.	A	B	C	D