

## 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.**

- W1. 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
- W2. 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
- W3. 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>
W4.	Medical care when you were sick or hurt or needed a checkup	A	B	C	D	E	F
W5.	Counseling to help you deal with problems like stress, feeling sad, family issues, or alcohol or drug use	A	B	C	D	E	F
W6.	Dental care when you had a problem with your teeth or mouth	A	B	C	D	E	F

*In the past 30 days, how many days of school did you miss for any of the following reasons?*

		<u>Number of days</u>			
		<u>0 days</u>	<u>1 day</u>	<u>2 days</u>	<u>3 or more days</u>
W7.	Asthma or other problems with breathing, coughing, chest pain, or wheezing when you didn't have a cold	A	B	C	D
W8.	Illness (feeling physically sick)	A	B	C	D
W9.	Felt very sad, hopeless, anxious, stressed, or angry	A	B	C	D
W10.	Tooth pain or other dental issues	A	B	C	D
W11.	You felt unsafe at school	A	B	C	D
W12.	You felt unsafe on your way to or from school	A	B	C	D
W13.	You had no transportation to school	A	B	C	D
W14.	How many <u>total days</u> of school did you miss in the last <u>30 days</u> ?				
	A) 0 days				
	B) 1 day				
	C) 2 days				
	D) 3 or more days				

**The next questions ask about physical activity and diet.**

- W15. On 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 lasts 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

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*On an average school day, how many minutes do you spend actually exercising or playing sports...*

	Less than 10 minutes	10 to 30 minutes	31 to 60 minutes	More than 60 minutes
W16. before school?	A	B	C	D
W17. during normal school hours?	A	B	C	D
W18. in an afterschool program or as part of a sports team or sports program?	A	B	C	D

*During the past 24 hours (yesterday), how many times did you...*

	Number of times					
	0	1	2	3	4	5 or more
W19. eat fast food (like Taco Bell, Burger King, Panda Express, McDonalds, KFC)?	A	B	C	D	E	F
W20. drink 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)?	A	B	C	D	E	F
W21. eat raw or whole fruit (like an apple, banana, or orange; do <u>not</u> count fruit juice)?	A	B	C	D	E	F
W22. eat vegetables (like green salads, green beans, carrots, or sweet potatoes that are <u>not</u> fried)?	A	B	C	D	E	F
W23. The last day you attended school, did you eat or drink any of the following <u>at school</u> ? (Mark all that apply.)						
A) A glass or can of sweetened soda (like Coke or Pepsi), a sports drink (like Gatorade), an energy drink (like Red Bull), or any other sweetened drink (like Jarritos, Sunny Delight, or fruit flavored drinks)						
B) A glass or can of 100% fruit juice (like orange, apple, or grape juice; do <u>not</u> count punch, Sunny Delight, Kool-Aid, sports drinks, and fruit flavored drinks)						
C) French fries, potato chips, or other fried potatoes						
D) Raw or whole fruit (do <u>not</u> count juice)						
E) Vegetables (like green salads, green beans, carrots, or sweet potatoes that are not fried)						
F) One or more glasses of water						
G) Breakfast served at school						
H) Lunch served at school						
I) None of the above						

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- W24. Where do you usually get your lunch during a school day?
- A) Bring your own food from home
  - B) Eat food served by the school cafeteria
  - C) Eat food from vending machines at school or the student store
  - D) Eat at home
  - E) Eat off campus (not at your home)
  - F) I usually don't eat lunch
  - G) Other
- W25. 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) I don't feel safe there.
  - F) It is clean.
- W26. Have you seen information posted in your cafeteria or somewhere else in your school about the nutritional content of foods (such as calories, fat, salt, sugar, or whole grains)?
- A) Yes
  - B) No
  - C) I don't know

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

- W27. How safe do you feel in the neighborhood where you live?
- A) Very safe
  - B) Safe
  - C) Neutral (neither safe nor unsafe)
  - D) Unsafe
  - E) Very unsafe
- W28. How safe do you feel in your neighborhood parks and playgrounds?
- A) Very safe
  - B) Safe
  - C) Neutral (neither safe nor unsafe)
  - D) Unsafe
  - E) Very unsafe
  - F) I don't have any neighborhood parks or playgrounds

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W29. 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

W30. 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

The following questions are about your future plans and your preparation for work or college after high school.

*Please select one answer for each of the following questions.*

	Yes, in school	Yes, out of school	Both in and out of school	Neither
W31. Do you have an adult who advises and helps you think about your future, such as how to apply for college, get a job, or get job training?	A	B	C	D
W32. Have you participated in internships or other learning activities that gave you skills and knowledge that will help in your future?	A	B	C	D

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W33. What do you plan to do after high school? (*Mark all that apply.*)

- A) Go to a 2 year college
- B) Go to a 4 year college/university
- C) Attend a trade school or receive other job training
- D) Get a job
- E) Enter the military
- F) Travel
- G) Volunteer or do an internship at an organization
- H) I don't know yet

The following questions are about the safety and support students get at your school.

*Please select one answer for each of the following questions.*

	Yes	No	I don't know
W34. When there is a conflict at your school between students or between a teacher and a student, does your school have a way of making sure that all sides are heard (like restorative justice) before taking disciplinary action?	A	B	C
W35. At my school, there is a permanent police officer or school resource officer on campus.	A	B	C
W36. Police or resource officers ticket students at my school for truancy.	A	B	C

*How strongly do you agree or disagree with the following statements about your school?*

	Strongly Disagree	Disagree	Agree	Strongly Agree
W37. This school encourages students to feel responsible for how they act.	A	B	C	D
W38. Students are often given rewards for being good.	A	B	C	D
W39. This school encourages students to understand how others think and feel.	A	B	C	D
W40. Students are taught that they can control their own behavior.	A	B	C	D
W41. This school helps students solve conflicts with one another.	A	B	C	D
W42. This school encourages students to care about how others feel.	A	B	C	D

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*How strongly do you agree or disagree with the following statements about your school?*

		Strongly Disagree	Disagree	Agree	Strongly Agree
W43.	Teachers here make it clear to students that bullying is not tolerated.	A	B	C	D
W44.	If another student was bullying me, I would tell one of the teachers or staff at school.	A	B	C	D
W45.	Students tell teachers when other students are being bullied.	A	B	C	D
W46.	If I tell a teacher that someone is bullying me, the teacher will do something to help.	A	B	C	D
W47.	Students here try to stop bullying when they see it happening.	A	B	C	D
W48.	My class lessons include examples of my racial, ethnic, or cultural background.	A	B	C	D
W49.	Students in this school respect each other's differences (for example, gender, race, culture, sexual orientation).	A	B	C	D
W50.	Adults in this school respect differences in students (for example, gender, race, culture, sexual orientation).	A	B	C	D
W51.	Teachers show that they think it is important for students of different races and cultures at this school to get along with each other.	A	B	C	D
W52.	I have been disrespected by an adult at this school because of my race, ethnicity, or culture.	A	B	C	D
W53.	There is a lot of tension in this school between people of different cultures, races, or ethnicities.	A	B	C	D
W54.	This school has clean and drinkable water available to all students.	A	B	C	D
W55.	This school is giving me the skills and knowledge I need to be successful after high school (getting a job or job training and/or going to college).	A	B	C	D