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# ID Number

|  |  |  |  |
| --- | --- | --- | --- |
| **#** | **Item** | **Variable Name** | **Answer Options** |
|  | Excel Summary ID | Excel\_ID | As assigned by David Black |
|  | Region | Region | Southern NV = 0  Northern NV = 1  CT = 2  OK = 3  NJ = 4  CA = 5 |
|  | Center Code | Center\_Code | Southern NV, Acelero Henderson (L01 or 106) = 1  Northern NV, Sutro (R01 or 201) = 2  Northern NV, Bernice Mathews (R02 or 202) = 3  Northern NV, CFRC (R03 or 207) = 4  Southern NV, Walnut Creek (108) = 5  Southern NV, PDC (111) = 6  Southern NV, Stewart (110) = 7  Southern NV, Kaufman (101) = 8  Southern NV, Reach Out (109) = 9  Northern NV, Wadsworth (555) = 10  OK (115) = 11  Northern NV, Wooster (777) = 12  Northern NV, Agnes Risley (888) = 13  Northern NV, Fallon (333) = 14  Northern NV, Nixon (444) = 15  Northern NV, Smithridge (203) = 16  Northern NV, Echo Loder (204) = 17  Northern NV, Desert Heights (205) = 18  Northern NV, Sun Valley (206) = 19  NJ (500) = 20  Southern NV, Spring Valley (102) = 21  Southern NV, MLK (100) = 22  Southern NV, Gates (103) = 23  Southern NV, Sunflower (112) = 24  CA, Bijou (100) = 25  CA, Tahoe Valley (101) = 26  CT (222) = 27  CA, Al Tahoe ES (102) = 28  Northern NV, WIC 9th (000) = 29  Northern NV, WIC Moana (001) = 30  Northern NV, High Desert Montessori (250) = 31  CA, Al Tahoe HS (200) = 32  CA, Kyburz (201) = 33  Northern NV, RSIC (900) = 34  Northern NV, Hungry Valley (901) = 35  Southern NV, Variety (200) = 36 |
|  | Family Code | Family\_Code | Assigned by investigator, each investigator maintains their own record of how family codes were assigned |
|  | Date of Interview | Date\_of\_Interview | mm/dd/yy |
|  | Investigator | Investigator | NV  JTH = 1  AIV = 2  MR = 9  OK  JK = 3  JN = 4  ND = 5  DAH = 6  NJ  CM = 7  CT  KEA = 8 |

# Behavior Checklist (HFEP Items 1-16)

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **#** | **Question Text** | **Variable Name** | **Answer Options** | **Category** |
|  | How many days each week do you usually eat fruit (including fresh, dried, frozen, and canned)? | BCparfruit\_HFEP1 | 1 = None  2 = 1-2 days/wk  3 = 3-4 days/wk  4 = 5-6 days/wk  5 = Every day | Healthy Behaviors |
|  | How many days each week do you usually eat vegetables (including fresh, frozen, and canned)? | BCparveg\_HFEP2 | 1 = None  2 = 1-2 days/wk  3 = 3-4 days/wk  4 = 5-6 days/wk  5 = Every day | Healthy Behaviors |
|  | How often do you drink regular (NOT diet) soda? | BCparsoda\_HFEP3 | 1 = < 1 day/wk  2 = 1-3 days/wk  3 = 4-6 days/wk  4 = Once/day  5 = 2 + times/day | Limiting Unhealthy Behaviors |
|  | *Calculated in SPSS*  *Transform > Recode into Different Variable > enter variables and old/new values (ex. BCparsoda\_HFEP3 🡪 BCparsoda\_HFEP3\_Reverse and (1=5) (2=4) (3=3) (4=2) (5=1) > OK*  *\*Run all other BC reverse items as well* | BCparsoda\_HFEP3\_Reverse | 5 = < 1 day/wk  4 = 1-3 days/wk  3 = 4-6 days/wk  2 = Once/day  1 = 2 + times/day |  |
|  | How often do you use 1% milk, skim milk, or low-fat yogurt? | BCpardairy\_HFEP4 | 1 = Never  2 = < 1/day  3 = Once/day  4 = Twice/day  5 = 3+ times/day | Dairy |
|  | How often are you physically active for at least 30 minutes a day – active enough that you breathe a little harder or your heart beats faster? This includes brisk walking, dancing, and playing actively with kids. | BCparactive\_HFEP5 | 1 = < 1 day/wk  2 = 1-2 days/wk  3 = 3-4 days/wk  4 = 5-6 days/wk  5 = Every day | Healthy Behaviors |
|  | How many days each week does your child usually eat fruits (including fresh, frozen, and canned)? | BCchfruit\_HFEP6 | 1 = None  2 = 1-2 days/wk  3 = 3-4 days/wk  4 = 5-6 days/wk  5 = Every day | Healthy Behaviors  *and*  Child Healthy Behaviors |
|  | How many days each week does your child usually eat vegetables (including fresh, frozen, and canned)? | BCchveg\_HFEP7 | 1 = None  2 = 1-2 days/wk  3 = 3-4 days/wk  4 = 5-6 days/wk  5 = Every day | Healthy Behaviors  *and*  Child Healthy Behaviors |
|  | How often does your child drink regular (NOT diet) soda, fruit drinks, kool-aid, gatorade, or things such as Sunny Delight? | BCchsoda\_HFEP8 | 1 = < 1 day/wk  2 = 1-3 days/wk  3 = 4-6 days/wk  4 = Once/day  5 = 2+ times/day | Limiting Unhealthy Behaviors  *and*  Child Limiting Unhealthy Behaviors |
|  | *Calculated in SPSS*  *Complete with BCparsoda\_HFEP3\_Reverse* | BCchsoda\_HFEP8\_Reverse | 5 = < 1 day/wk  4 = 1-3 days/wk  3 = 4-6 days/wk  2 = Once/day  1 = 2+ times/day |  |
|  | How often does your child have 1% milk, skim milk, or low-fat yogurt? | BCchdairy\_HFEP9 | 1 = Never  2 = < 1/day  3 = Once/day  4 = Twice/day  5 = 3+ times/day | Dairy |
|  | How often do you let your child decide how much food to eat?  Note: Removed by Dickin et al. | BCdecide\_HFEP10 | 1 = Almost never  2 = < half the time  3 = Half the time  4 = > half the time  5 = Almost always | See note |
|  | How much time does your child spend watching TV, using the computer, or playing video games? | BCchTV\_HFEP11 | 1 = < 1 hr/day  2 = 1-2 hrs/day  3 = 3-4 hrs/day  4 = 5-6 hrs/day  5 = 7+ hrs/day | Limiting Unhealthy Behaviors  *and*  Child Limiting Unhealthy Behaviors |
|  | *Calculated in SPSS*  *Complete with BCparsoda\_HFEP3\_Reverse* | BCchTV\_HFEP11\_Reverse | 5 = < 1 hr/day  4 = 1-2 hrs/day  3 = 3-4 hrs/day  2 = 5-6 hrs/day  1 = 7+ hrs/day |  |
|  | How often does your child play actively for at least 60 minutes a day -- actively enough that he/she breathes a little harder or his/her heart beats faster? | BCchactive\_HFEP12 | 1 = < 1 day/wk  2 = 1-2 days/wk  3 = 3-4 days/wk  4 = 5-6 days/wk  5 = Every day | Healthy Behaviors  *and*  Child Healthy Behaviors |
|  | How often does your child usually eat take out, delivery, or fast foods (such as burgers, fried chicken, pizza, Chinese food)? | BCtakeout\_HFEP13 | 1 = Almost never  2 = 1-2 days/wk  3 = 3-4 days/wk  4 = 5-6 days/wk  5 = Every day | Limiting Unhealthy Behaviors  *and*  Child Limiting Unhealthy Behaviors |
|  | *Calculated in SPSS*  *Complete with BCparsoda\_HFEP3\_Reverse* | BCtakeout\_HFEP13\_Reverse | 5 = Almost never  4 = 1-2 days/wk  3 = 3-4 days/wk  2 = 5-6 days/wk  1 = Every day |  |
|  | How often do you eat together with your child at least one meal a day? | BCeattogether\_HFEP14 | 1 = Almost never  2 = 1-2 days/wk  3 = 3-4 days/wk  4 = 5-6 days/wk  5 = Every day | Healthy Behaviors  *and*  Child Healthy Behaviors |
|  | How often are high-fat or high-sugar snacks available at home for your child to eat? This includes chips, candy, cookies, and sweets. | BCsnacksavail\_HFEP15 | 1 = Almost never  2 = < half the time  3 = Half the time  4 = > half the time  5 = Almost always | Limiting Unhealthy Behaviors  *and*  Child Limiting Unhealthy Behaviors |
|  | *Calculated in SPSS*  *Complete with BCparsoda\_HFEP3\_Reverse* | BCsnacksavail\_HFEP15\_Reverse | 5 = Almost never  4 = < half the time  3 = Half the time  2 = > half the time  1 = Almost always |  |
|  | How often are fruits available at home for your child to eat? | BCfruitavail\_HFEP16 | 1 = Almost never  2 = < half the time  3 = Half the time  4 = > half the time  5 = Almost always | Healthy Behaviors  *and*  Child Healthy Behaviors |
|  | *Calculated in SPSS*  *Transform > Compute Variable > Target Variable = BC\_Score > Numeric Expression = Sum (insert all BC items, reversed when available)*  Score interpretation:  This score is calculated by summing all items on the BC checklist (reverse scores when noted).  Maximum score – 80  Minimum score – 16  Note: This variable has been changed, see BC\_Score\_new | BC\_Score |  |  |
|  | *Calculated in SPSS*  Score interpretation:  This score is calculated by summing all items on the BC checklist (reverse scores when noted) without number 10.  Maximum score – 75  Minimum score – 15  \*Higher scores mean more healthful behaviors. | BC\_Score\_new |  |  |
|  | *Calculated in SPSS*  *Transform > Compute Variable > Target Variable = BC\_Parent > Numeric Expression = Mean (BCparfruit\_HFEP1, BCparveg\_HFEP2, BCparsoda\_HFEP3\_Reverse, BCpardairy\_HFEP4, BCparactive\_HFEP5)*  Score interpretation:  This score is calculated by summing all items BCparfruit\_HFEP1, BCparveg\_HFEP2, BCparsoda\_HFEP3\_Reverse, BCpardairy\_HFEP4, and BCparactive\_HFEP5.  Maximum score – 25  Minimum score – 5  This score was eliminated by Dickin et al. and should not be used. | BC\_Parent |  |  |
|  | *Calculated in SPSS*  *Transform > Compute Variable > Target Variable = BC\_Child > Numeric Expression = Mean (BCchfruit\_HFEP6, BCchveg\_HFEP7, BCchsoda\_HFEP8\_Reverse, BCchdairy\_HFEP9, BCchTV\_HFEP11\_Reverse, BCchactive\_HFEP12)*  Score interpretation:  This score is calculated by summing all items BCchfruit\_HFEP6, BCchveg\_HFEP7, BCchsoda\_HFEP8\_Reverse, BCchdairy\_HFEP9, BCchTV\_HFEP11\_Reverse, and BCchactive\_HFEP12.  Maximum score – 30  Minimum score – 6  This score was eliminated by Dickin et al. and should not be used. | BC\_Child |  |  |
|  | *Calculated in SPSS*  *Transform > Compute Variable > Target Variable = BC\_Family > Numeric Expression = Mean (BCdecide\_HFEP10, BCtakeout\_HFEP13\_Reverse, BCeattogether\_HFEP14, BCsnacksavail\_HFEP15\_Reverse, BCfruitavail\_HFEP16)*  Score interpretation:  This score is calculated by summing all items BCdecide\_HFEP10, BCtakeout\_HFEP13\_Reverse, BCeattogether\_HFEP14, BCsnacksavail\_HFEP15\_Reverse, BCfruitavail\_HFEP16.  Maximum score – 25  Minimum score – 5  This score was eliminated by Dickin et al. and should not be used. | BC\_Family |  |  |
|  | *Calculated in SPSS*  *Transform > Compute Variable > Target Variable = BC\_Healthy > Numeric Expression = Mean (BCparfruit\_HFEP1, BCparveg\_HFEP2, BCparactive\_HFEP5, BCchfruit\_HFEP6, BCchveg\_HFEP7, BCchavtive\_HFEP12, BCeattogether\_HFEP14, BCfruitavail\_HFEP16)*  Score interpretation:  This score is calculated by summing all items BCparfruit\_HFEP1, BCparveg\_HFEP2, BCparactive\_HFEP5, BCchfruit\_HFEP6, BCchveg\_HFEP7, BCchavtive\_HFEP12, BCeattogether\_HFEP14, and BCfruitavail\_HFEP16.  Maximum score – 5  Minimum score – 1  \*Higher scores mean more healthful behaviors. | BC\_Healthy |  |  |
|  | *Calculated in SPSS*  *Transform > Compute Variable > Target Variable = BC\_LimitingUnhealthy > Numeric Expression = Mean (BCparsoda\_HFEP3\_Reverse, BCchsoda\_HFEP8\_Reverse, BCchTV\_HFEP11\_Reverse, BCtakeout\_HFEP13\_Reverse, BCsnacksavail\_HFEP15\_Reverse)*  Score interpretation:  This score is calculated by summing all items BCparsoda\_HFEP3\_Reverse, BCchsoda\_HFEP8\_Reverse, BCchTV\_HFEP11\_Reverse, BCtakeout\_HFEP13\_Reverse, and BCsnacksavail\_HFEP15\_Reverse.  Maximum score – 5  Minimum score – 1  \*Higher scores mean more healthful behaviors. | BC\_LimitingUnhealthy |  |  |
|  | *Calculated in SPSS*  *Transform > Compute Variable > Target Variable = BC\_Family > Numeric Expression = Mean (BCpardairy\_HFEP4, BCchdairy\_HFEP9)*  Score interpretation:  This score is calculated by summing all items BCpardairy\_HFEP4 and BCchdairy\_HFEP9.  Maximum score – 5  Minimum score – 1  \*Higher scores mean more healthful behaviors. | BC\_Dairy |  |  |
|  | Note: The noted Child Healthy Behaviors and Child Limiting Unhealthy Behaviors Subscales are not included in the data set, but can be calculated by calculating a mean score for the indicated items (reverse coding where appropriate). |  |  |  |

# PDMS (HFEP Items 17-20)

Answer options: 1 = Never

2 = Rarely

3 = Sometimes

4 = Often

5 = Almost always/Always

|  |  |  |
| --- | --- | --- |
| **#** | **Question Text** | **Variable Name** |
|  | I eat food I want my child to eat | PDMSmodel\_HFEP17 |
|  | My child learns to eat low-fat snacks from me | PDMSmodelLFsnack\_HFEP18 |
|  | I limit my child’s high-fat snacks | PDMSlimitHFsnack\_HFEP19 |
|  | When I show my child I enjoy fruits/vegetables, he/she tries them | PDMSenjoyFV\_HFEP20 |
|  | *Calculated in SPSS*  *Transform > Compute variable > Target variable = PDMS\_Mean > Numeric Expression = Mean (insert all PDMS items)*  Score interpretation:  This score is calculated by averaging all PDMS items.  Maximum score – 5  Minimum score – 1 | PDMS\_Mean |

# Overt/Covert (Ogden) (HFEP Items 21-30)

Answer options: 1 = Never

2 = Not very Often

3 = Sometimes

4 = Very Often

5 =Always

|  |  |  |  |
| --- | --- | --- | --- |
| **#** | **Question Text** | **Variable Name** | **Category** |
|  | How often are you firm about **what** your child should eat? | OCwhat\_HFEP21 | Overt |
|  | How often are you firm about **when** your child should eat? | OCwhen\_HFEP22 | Overt |
|  | How often are you firm about **where** your child should eat? | OCwhere\_HFEP23 | Overt |
|  | How often are you firm about **how much** your child should eat? | OCmuch\_HFEP24 | Overt |
|  | How often do you encourage your child to eat more if you feel that they have not eaten enough that day or that mealtime?  Note: Removed by Ogden et al. and confirmed by April 2013 reliability/factor analysis notes | OCeatmore\_HFEP25 | See note |
|  | How often do you avoid going with your child to restaurants that sell unhealthy foods? | OCrestaurant\_HFEP26 | Covert |
|  | How often do you avoid buying candy and chips and bringing them into the house? | OCsnacks\_HFEP27 | Covert |
|  | How often do you not buy foods that you would like because you do not want your child to have them? | OCfoodparlikes\_HFEP28 | Covert |
|  | How often do you try not to eat unhealthy foods when your child is around? | OCunheathlymodel\_HFEP29 | Covert |
|  | How often do you avoid buying cookies and cakes and bringing them into the house? | OCsweets\_HFEP30 | Covert |

|  |  |  |  |
| --- | --- | --- | --- |
|  | *Calculated in SPSS*  *Compute Variable > Target Variable = OC\_Overt > Numeric Expression = Mean (OCwhat\_HFEP21, OCwhen\_HFEP22, OCwhere\_HFEP23, OCmuch\_HFEP24, OCeatmore\_HFEP25)*  Score interpretation:  This score is calculated by averaging all overt OC items.  Maximum score – 25  Minimum score – 5  This score was changed by Ogden et al., see OC\_OvertNEW. | OC\_Overt |  |
|  | *Calculated in SPSS*  *Compute Variable > Target Variable = OC\_Overt > Numeric Expression = Mean (OCwhat\_HFEP21, OCwhen\_HFEP22, OCwhere\_HFEP23, OCmuch\_HFEP24)*  Score interpretation:  This score is calculated by averaging all overt OC items except OCeatmore\_HFEP25.  Maximum score – 20  Minimum score – 4 | OC\_OvertNEW |  |
|  | *Calculated in SPSS*  *Transform > Compute Variable > Target Variable = OC\_Covert > Numeric Expression = Mean (OCrestaurant\_HFEP26, OCsnacks\_HFEP27, OCfoodparlikes\_HFEP28, OCunhealthymodel\_HFEP29, OCsweets\_HFEP30)*  Score interpretation:  This score is calculated by averaging all covert OC items.  Maximum score – 25  Minimum score – 5 | OC\_Covert |  |

# CEBQ (HFEP Items 31-40)

Answer options: 1 = Never

2 = Rarely

3 = Sometimes

4 = Most of the time

5 = Always

|  |  |  |  |
| --- | --- | --- | --- |
| **#** | **Question Text** | **Variable Name** | **Category** |
|  | My child has a big appetite. | CEBQbigapp\_HFEP31 | Satiety Responsiveness |
|  | *Calculated in SPSS*  *Transform > Recode into Different Variable > CEBQbigapp\_HFEP31 🡪 CEBQbigapp\_HFEP31\_Reverse and (1=5 (2=4 (3=3 (4=2) (5=1) > OK* | CEBQbigapp\_HFEP31\_Reverse |  |
|  | My child is always asking for food. | CEBQaskingfood\_HFEP32 | Food Responsiveness |
|  | If allowed to, my child would eat too much. | CEBQeattoomuch\_HFEP33 | Food Responsiveness |
|  | My child leaves food on his/her plate at the end of a meal. | CEBQfoodonplate\_HFEP34 | Satiety Responsiveness |
|  | Given the choice, my child would eat most of the time. | CEBQeatmosttime\_HFEP35 | Food Responsiveness |
|  | My child gets full before his/her meal is finished. | CEBQfullbeforefinish\_HFEP36 | Satiety Responsiveness |
|  | My child gets full easily. | CEBQfulleasy\_HFEP37 | Satiety Responsiveness |
|  | Even if my child is full he/she finds room to eat his/her favorite food. | CEBQfavfood\_HFEP38 | Food Responsiveness |
|  | My child cannot eat a meal if he/she has just had a snack before. | CEBQsnacknomeal\_HFEP39 | Satiety Responsiveness |
|  | If given the chance, my child would always have food in his/her mouth. | CEBQfoodinmouth\_HFEP40 | Food Responsiveness |
|  | *Calculated in SPSS*  *Transform > Compute Variable > Target Variable = CEBQ\_Food\_Responsiveness > Numeric Expression = MEAN (CEBQaskingfood\_HFEP32, CEBQeattoomuch\_HFEP33, CEBQeatmosttime\_HFEP35, CEBQfavfood\_HFEP38, CEBQfoodinmouth\_HFEP40) > OK*  Score interpretation:  This score is calculated by averaging all Food Responsiveness items.  Maximum score – 5  Minimum score – 1 | CEBQ\_Food\_Responsiveness |  |
|  | *Calculated in SPSS*  *Calculated in SPSS*  *Transform > Compute Variable > Target Variable = CEBQ\_Satiety\_Responsiveness > Numeric Expression = MEAN (CEBQbigapp\_HFEP31\_Reverse, CEBQfoodonplate\_HFEP34, CEBQfullbeforefinish\_HFEP36, CEBQfulleasy\_HFEP37, CEBQsnacknomeal\_HFEP39) > OK*  Score interpretation:  This score is calculated by averaging all Satiety Responsiveness items.  Maximum score – 5  Minimum score – 1 | CEBQ\_Satiety\_Responsiveness |  |

# CFSQ (HFEP Items 41-59)

Answer options: 1 = Never

2 = Rarely

3 = Sometimes

4 = Most of the time

5 = Always

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| **#** | **Question Text** | **Variable Name** | **Category** |
|  | Physically struggle with the child to get him or her to eat (for example, physically putting the child in the chair so he or she will eat). | CFSQstruggle\_HFEP41 | Demandingness |
|  | Promise the child something other than food if he or she eats (for example, “If you eat your beans, we can play ball after dinner”). | CFSQnonfoodreward\_HFEP42 | Demandingness |
|  | Encourage the child to eat by arranging the food to make it more interesting (for example, decorating pancakes). | CFSQarrangefood\_HFEP43 | Demandingness and Responsiveness |
|  | Ask the child questions about the food during dinner. | CFSQaskquestions\_HFEP44 | Demandingness and Responsiveness |
|  | Tell the child to eat at least a little bit of food on his or her plate. | CFSQeatbitonplate\_HFEP45 | Demandingness |
|  | Reason with the child to get him or her to eat (for example, “Milk is good for your health because it will make you strong”). | CFSQreason\_HFEP46 | Demandingness and Responsiveness |
|  | Say something to show your disapproval of the child for not eating dinner. | CFSQshowdisapprove\_HFEP47 | Demandingness |
|  | Allow the child to choose the foods he or she wants to eat for dinner from foods already prepared.  Note: This item was removed from the responsiveness score as per the reliability and factor analyses from April 2013. | CFSQchooseamount\_HFEP48 | Demandingness, see note |
|  | Compliment the child for eating food (for example, “That’s great—you’re eating your beans”). | CFSQcompliment\_HFEP49 | Demandingness and Responsiveness |
|  | Suggest to the child that he or she eats dinner, for example by saying, “Your dinner is getting cold”. | CFSQsuggesteating\_HFEP50 | Demandingness |
|  | Say to the child “Hurry up and eat your food”. | CFSQhurry\_HFEP51 | Demandingness |
|  | Warn the child that you will take away something **other than food** if he or she doesn’t eat (for example, “If you don’t finish your meat, there will be no play time after dinner”). | CFSQremovenonfood\_HFEP52 | Demandingness |
|  | Tell the child to eat something on the plate (for example, “Eat your beans”). | CFSQeatitem\_HFEP53 | Demandingness |
|  | Warn the child that you will take a food away if the child doesn’t eat (for example, “If you don’t finish your vegetables, you won’t get fruit”). | CFSQremovefood\_HFEP54 | Demandingness |
|  | Say something positive about the food the child is eating during dinner. | CFSQtalkaboutfood\_HFEP55 | Demandingness and Responsiveness |
|  | Spoon-feed the child to get him or her to eat dinner. | CFSQspoonfeed\_HFEP56 | Demandingness |
|  | Help the child to eat dinner (for example, cutting the food into smaller pieces). | CFSQhelpeat\_HFEP57 | Demandingness and Responsiveness |
|  | Encourage the child to eat something by using food as a reward (for example, “If you finish your vegetables, you will get some fruit”). | CFSQfoodreward\_HFEP58 | Demandingness |
|  | Beg the child to eat dinner. | CFSQbeg\_HFEP59 | Demandingness |
|  | *Calculated in SPSS*  *Transform > Compute Variable > Target Variable = CFSQ\_Demandingness > Numeric Expression = Mean (CFSQstruggle\_HFEP41, CFSQnonfoodreward\_HFEP42, CFSQarrangefood\_HFEP43, CFSQaskquestions\_HFEP44, CFSQeatbitonplate\_HFEP45, CFSQreason\_HFEP46, CFSQshowdisapprove\_HFEP47, CFSQchooseamount\_HFEP48, CFSQcompliment\_HFEP49, CFSQsuggesteating\_HFEP50, CFSQhurry\_HFEP51, CFSQremovenonfood\_HFEP52, CFSQeatitem\_HFEP53, CFSQremovefood\_HFEP54, CFSQtalkaboutfood\_HFEP55, CFSQspoonfeed\_HFEP56, CFSQhelpeat\_HFEP57, CFSQfoodreward\_HFEP58, CFSQbeg\_HFEP59)*  Score interpretation:  This score is calculated by averaging all CFSQ items.  Maximum score – 5  Minimum score – 1 | CFSQ\_Demandingness |  |
|  | *Calculated in SPSS*  *Transform > Compute Variable > Target Variable = CFSQ\_Demandingness\_Category > If CFSQ\_Demandingness <= 2.80 > Continue > Numeric Expression = 0 > OK*  *Transform > Compute Variable > Target Variable = CFSQ\_Demandingness\_Category > If CFSQ\_Demandingness > 2.80 > Continue > Numeric Expression = 1 > OK*  Score interpretation:  CFSQ\_Demandingness scores at or below 2.80 are categorized as 0 or Low.  CFSQ\_Demandingness scores above 2.80 are categorized as 1 or High.  \*As per Hughes, S.O., Cross, M.B., Hennesy, E., Tovar, A., Economos, C.D., & Power, T. G. (2012). Caregiver Feeding Style Questionnaire: Establishing cutoff points. *Appetite, 58*, 393-395.  Maximum score – 1  Minimum score – 0  Note: Do not use as per Hughes and poor split in SPSS analyses. | CFSQ\_Demangingness\_Category |  |
|  | *Calculated in SPSS*  *Transform > Compute Variable > Target Variable = CFSQ\_Demandingness\_Category\_SampMedian > If CFSQ\_Demandingness <= SAMPLE MEDIAN > Continue > Numeric Expression = 0 > OK*  *Transform > Compute Variable > Target Variable = CFSQ\_Demandingness\_Category\_SampMedian > If CFSQ\_Demandingness > SAMPLE MEDIAN > Continue > Numeric Expression = 1 > OK*  Score interpretation:  CFSQ\_Demandingness scores at or below the sample median are categorized as 0 or Low.  CFSQ\_Demandingness scores above the sample median are categorized as 1 or High.  \*As per suggestion from Sheryl Hughes.  Maximum score – 1  Minimum score – 0 | CFSQ\_Demandingness\_Category\_SampMedian |  |
|  | *Calculated in SPSS*  *Transform > Compute Variable > Target Variable = CFSQ\_Responsiveness > Numeric Expression = Mean (CFSQarrangefood\_HFEP43, CFSQaskquestions\_HFEP44, CFSQreason\_HFEP46, CFSQcompliment\_HFEP49, CFSQtalkaboutfood\_HFEP55, CFSQhelpeat\_HFEP57) / CFSQ\_Demandingness*  Score interpretation:  This score is calculated by averaging CFSQ items: CFSQarrangefood\_HFEP43, CFSQaskquestions\_HFEP44, CFSQreason\_HFEP46, CFSQcompliment\_HFEP49, CFSQtalkaboutfood\_HFEP55, and CFSQhelpeat\_HFEP57  Note: In Hughes’ original scoring guide, CFSQchooseamount\_HFEP48 is also in this score, see note above about removal | CFSQ\_Responsiveness |  |
|  | *Calculated in SPSS*  *Transform > Compute Variable > Target Variable = CFSQ\_Responsiveness\_Category > If CFSQ\_Responsiveness <= 1.16 > Continue > Numeric Expression = 0 > OK*  *Transform > Compute Variable > Target Variable = CFSQ\_Responsiveness\_Category > If CFSQ\_Responsiveness > 1.16 > Continue > Numeric Expression = 1 > OK*  Score interpretation:  CFSQ\_Responsiveness scores at or below 1.16 are categorized as 0 or Low.  CFSQ\_Responsiveness scores above 1.16 are categorized as 1 or High.  \*As per Hughes, S.O., Cross, M.B., Hennesy, E., Tovar, A., Economos, C.D., & Power, T. G. (2012). Caregiver Feeding Style Questionnaire: Establishing cutoff points. *Appetite, 58*, 393-395.  Maximum score – 1  Minimum score – 0  Note: Do not use as per Hughes and poor split in SPSS analyses. | CFSQ\_Responsiveness\_Category |  |
|  | *Calculated in SPSS*  *Transform > Compute Variable > Target Variable = CFSQ\_Responsiveness\_Category\_SampMedian > If CFSQ\_Responsiveness <= SAMPLE MEDIAN > Continue > Numeric Expression = 0 > OK*  *Transform > Compute Variable > Target Variable = CFSQ\_Responsiveness\_Category\_SampMedian > If CFSQ\_Responsiveness > SAMPLE MEDIAN > Continue > Numeric Expression = 1 > OK*  Score interpretation:  CFSQ\_Responsiveness scores at or below the sample median are categorized as 0 or Low.  CFSQ\_Responsiveness scores above the sample median are categorized as 1 or High.  \*As per suggestion from Sheryl Hughes.  Maximum score – 1  Minimum score – 0 | CFSQ\_Responsiveness\_Category\_SampMedian |  |
|  | *Calculated in SPSS*  *Transform > Compute Variable > Target Variable = CFSQ\_Style > If CFSQ\_Demandingness\_Category = 1 and CFSQ\_Responsiveness\_Category = 1 > Numeric Expression = 1 > OK*  *Transform > Compute Variable > Target Variable = CFSQ\_Style > If CFSQ\_Demandingness\_Category = 1 and CFSQ\_Responsiveness\_Category = 0 > Numeric Expression = 2 > OK*  *Transform > Compute Variable > Target Variable = CFSQ\_Style > If CFSQ\_Demandingness\_Category = 0 and CFSQ\_Responsiveness\_Category = 1 > Numeric Expression = 3 > OK*  *Transform > Compute Variable > Target Variable = CFSQ\_Style > If CFSQ\_Demandingness\_Category = 0 and CFSQ\_Responsiveness\_Category = 0 > Numeric Expression = 4 > OK*  Score interpretation:  High demandingness and high responsiveness is categorized as 1 or Authoritative.  High demandingness and high responsiveness is categorized as 2 or Authoritarian.  High demandingness and high responsiveness is categorized as 3 or Indulgent.  High demandingness and high responsiveness according to is categorized as 4 or Uninvolved.  \*As per CFSQ Scoring Guide.  **As per a conversation with Sheryl Hughes and Tom Powers on 10/14/13, it was determined that the CFSQ\_Style variable should not be used – please see CFSQ\_Style\_SampMedian.**  Maximum score – 4  Minimum score – 1 | CFSQ\_Style |  |
|  | *Calculated in SPSS*  *Transform > Compute Variable > Target Variable = CFSQ\_Style\_SampMedian > If CFSQ\_Demandingness\_Category\_SampMedian = 1 and CFSQ\_Responsiveness\_Category\_SampMedian = 1 > Numeric Expression = 1 > OK*  *Transform > Compute Variable > Target Variable = CFSQ\_Style\_SampMedian > If CFSQ\_Demandingness\_Category\_SampMedian = 1 and CFSQ\_Responsiveness\_Category\_SampMedian = 0 > Numeric Expression = 2 > OK*  *Transform > Compute Variable > Target Variable = CFSQ\_Style\_SampMedian > If CFSQ\_Demandingness\_Category\_SampMedian = 0 and CFSQ\_Responsiveness\_Category\_SampMedian = 1 > Numeric Expression = 3 > OK*  *Transform > Compute Variable > Target Variable = CFSQ\_Style\_SampMedian > If CFSQ\_Demandingness\_Category\_SampMedian = 0 and CFSQ\_Responsiveness\_Category\_SampMedian = 0 > Numeric Expression = 4 > OK*  Score interpretation:  High demandingness according to the sample median and high responsiveness according to the sample median is categorized as 1 or Authoritative.  High demandingness according to the sample median and high responsiveness according to the sample median is categorized as 2 or Authoritarian.  High demandingness according to the sample median and high responsiveness according to the sample median is categorized as 3 or Indulgent.  High demandingness according to the sample median and high responsiveness according to the sample median is categorized as 4 or Uninvolved.  \*As per CFSQ Scoring Guide.  **As the distribution of feeding styles in this variable is more similar to the studies included in the published paper (Hughes, S.O., Cross, M.B., Hennesy, E., Tovar, A., Economos, C.D., & Power, T. G. (2012). Caregiver Feeding Style Questionnaire: Establishing cutoff points. *Appetite, 58*, 393-395), Hughes and Power recommend that using our sample medians rather than the published cut-off scores to determine the style is more appropriate for our study. Therefore, CFSQ\_Style\_SampMedian should be used in place of CFSQ\_Style.**  Maximum score – 4  Minimum score – 1 | CFSQ\_Style\_SampMedian |  |

# PBQ-HS (HFEP Items 60-99)

Answer options: 1 = Almost Never

2 = Sometimes

3 = Often

4 = Almost Always

|  |  |  |  |
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| **#** | **Question Text** | **Variable Name** | **Parenting**  **Category** |
|  | I give comfort and understanding when my child is upset | PBQ1\_HFEP60 | Responsive |
|  | I am afraid that disciplining my child will cause the child to dislike me | PBQ2\_HFEP61 | Permissive |
|  | When my child and I disagree, I tell my child to keep quiet | PBQ3\_HFEP62 | Restrictive |
|  | I give praise when my child is good | PBQ4\_HFEP63 | Responsive |
|  | When my child acts up in public, I don’t know what to do | PBQ5\_HFEP64 | Permissive |
|  | When my child asks why he/she has to do something, I say, “Because I said so.” | PBQ6\_HFEP65 | Restrictive |
|  | I encourage my child to express their opinions | PBQ7\_HFEP66 | Responsive |
|  | I use physical punishment as a way of disciplining my child | PBQ8\_HFEP67 | Restrictive |
|  | When my child doesn’t do what I ask, I let it go or do it myself | PBQ9\_HFEP68 | Permissive |
|  | I encourage my child to talk about their feelings | PBQ10\_HFEP69 | Responsive |
|  | I am unsure of how to change my child’s behavior | PBQ11\_HFEP70 | Permissive |
|  | I tell my child I am going to punish them but I don’t do it | PBQ12\_HFEP71 | Permissive |
|  | My family says that I spoil my child | PBQ13\_HFEP72 | Permissive |
|  | I tell my child the reasons they should obey rules | PBQ14\_HFEP73 | Responsive |
|  | I get upset when my child spills something | PBQ15\_HFEP74 | Restrictive |
|  | When I want my child to stop doing something, I ask them many times to stop | PBQ16\_HFEP75 | Permissive |
|  | I am affectionate with my child | PBQ17\_HFEP76 | Responsive |
|  | I find punishment to be more effective than reasoning | PBQ18\_HFEP77 | Restrictive |
|  | I find it difficult to discipline my child | PBQ19\_HFEP78 | Permissive |
|  | When my child misbehaves, I explain why their behavior was wrong | PBQ20\_HFEP79 | Responsive |
|  | I tell my child that I am proud when they try to be good | PBQ21\_HFEP80 | Responsive |
|  | I give in to my child when they cause a commotion about something | PBQ22\_HFEP81 | Permissive |
|  | I spank when my child is disobedient | PBQ23\_HFEP82 | Restrictive |
|  | When two children are fighting, I discipline them first and ask questions later | PBQ24\_HFEP83 | Restrictive |
|  | I threaten my child with punishment more than I actually do it | PBQ25\_HFEP84 | Permissive |
|  | I yell or shout when my child misbehaves | PBQ26\_HFEP85 | Restrictive |
|  | I encourage my child to think about the consequences of their actions | PBQ27\_HFEP86 | Responsive |
|  | I have a hard time saying “no” to my child | PBQ28\_HFEP87 | Permissive |
|  | I apologize to my child when I make a mistake | PBQ29\_HFEP88 | Responsive |
|  | I demand that my child do things | PBQ30\_HFEP89 | Restrictive |
|  | When my child acts up, I get visibly upset | PBQ31\_HFEP90 | Restrictive |
|  | If my child resists going to bed, I let them stay up | PBQ32\_HFEP91 | Permissive |
|  | When my child misbehaves, I get so frustrated that I say things I regret | PBQ33\_HFEP92 | Restrictive |
|  | I express affection by hugging, kissing, and holding my child | PBQ34\_HFEP93 | Responsive |
|  | I scold or criticize my child when he doesn’t do what he’s told | PBQ35\_HFEP94 | Restrictive |
|  | I show sympathy when my child is hurt or frustrated | PBQ36\_HFEP95 | Responsive |
|  | I respond to my child’s feelings or needs | PBQ37\_HFEP96 | Responsive |
|  | I explain to my child the consequences of their behavior | PBQ38\_HFEP97 | Responsive |
|  | I tell my child how I want them to behave | PBQ39\_HFEP98 | Responsive |
|  | I emphasize the reasons for rules | PBQ40\_HFEP99 | Responsive |
|  | *Calculated in SPSS*  *Transform > Compute Variable > Target Variable = PBQ\_Responsive > Numeric Expression = MEAN (PBQ1\_HFEP60, PBQ4\_HFEP63, PBQ7\_HFEP66, PBQ10\_HFEP69, PBQ14\_HFEP73, PBQ17\_HFEP76, PBQ20\_HFEP79, PBQ21\_HFEP80, PBQ27\_HFEP86, PBQ29\_HFEP88, PBQ34\_HFEP93, PBQ36\_HFEP95, PBQ37\_HFEP96, PBQ38\_HFEP97, PBQ39\_HFEP98, PBQ40\_HFEP99) > OK*  Score interpretation:  This score is calculated by averaging PBQ items: PBQ1\_HFEP60, PBQ4\_HFEP63, PBQ7\_HFEP66, PBQ10\_HFEP69, PBQ14\_HFEP73, PBQ17\_HFEP76, PBQ20\_HFEP79, PBQ21\_HFEP80, PBQ27\_HFEP86, PBQ29\_HFEP88, PBQ34\_HFEP93, PBQ36\_HFEP95, PBQ37\_HFEP96, PBQ38\_HFEP97, PBQ39\_HFEP98, PBQ40\_HFEP99  Maximum score – 4  Minimum score – 1 | PBQ\_Responsive |  |
|  | *Calculated in SPSS*  *Transform > Compute Variable > Target Variable = PBQ\_Responsive\_Category\_SampMedian > If PBQ\_Responsive <= 3.47063 > Continue > Numeric Expression = 0 > OK*  *Transform > Compute Variable > Target Variable = PBQ\_Responsive\_Category\_SampMedian > If PBQ\_Responsive > 3.47063> Continue > Numeric Expression = 1 > OK*  Score interpretation:  PBQ\_Responsive scores at or below the current sample median are categorized as 0 or Low.  PBQ\_Responsive scores above the current sample median are categorized as 1 or High.    Maximum score – 1  Minimum score – 0 | PBQ\_Responsive\_Category\_SampMedian |  |
|  | *Calculated in SPSS*  *Transform > Compute Variable > Target Variable = PBQ\_Restrictive > Numeric Expression = MEAN (PBQ3\_HFEP62, PBQ6\_HFEP65, PBQ8\_HFEP67, PBQ15\_HFEP74, PBQ18\_HFEP77, PBQ23\_HFEP82, PBQ24\_HFEP83, PBQ26\_HFEP85, PBQ30\_HFEP89, PBQ31\_HFEP90, PBQ33\_HFEP92, PBQ35\_HFEP94) > OK*  Score interpretation:  This score is calculated by averaging PBQ items: PBQ3\_HFEP62, PBQ6\_HFEP65, PBQ8\_HFEP67, PBQ15\_HFEP74, PBQ18\_HFEP77, PBQ23\_HFEP82, PBQ24\_HFEP83, PBQ26\_HFEP85, PBQ30\_HFEP89, PBQ31\_HFEP90, PBQ33\_HFEP92, PBQ35\_HFEP94  Maximum score – 4  Minimum score – 1 | PBQ\_Restrictive |  |
|  | *Calculated in SPSS*  *Transform > Compute Variable > Target Variable = PBQ\_Restrictive\_Category\_SampMedian > If PBQ\_Restrictive <= 1.67940 > Continue > Numeric Expression = 0 > OK*  *Transform > Compute Variable > Target Variable = PBQ\_Restrictive\_Category\_SampMedian > If PBQ\_Restrictive > 1.67940 > Continue > Numeric Expression = 1 > OK*  Score interpretation:  PBQ\_Restrictive scores at or below the current sample median are categorized as 0 or Low.  PBQ\_Restrictive scores above the current sample median are categorized as 1 or High.    Maximum score – 1  Minimum score – 0 | PBQ\_Restrictive\_Category\_SampMedian |  |
|  | *Calculated in SPSS*  *Transform > Compute Variable > Target Variable = PBQ\_Permissive > Numeric Expression = MEAN (PBQ2\_HFEP61, PBQ5\_HFEP64, PBQ9\_HFEP68, PBQ11\_HFEP70, PBQ12\_HFEP71, PBQ13\_HFEP72, PBQ16\_HFEP75, PBQ19\_HFEP78, PBQ22\_HFEP81, PBQ25\_HFEP84, PBQ28\_HFEP87, PBQ32\_HFEP91) > OK*  Score interpretation:  This score is calculated by averaging PBQ items: PBQ2\_HFEP61, PBQ5\_HFEP64, PBQ9\_HFEP68, PBQ11\_HFEP70, PBQ12\_HFEP71, PBQ13\_HFEP72, PBQ16\_HFEP75, PBQ19\_HFEP78, PBQ22\_HFEP81, PBQ25\_HFEP84, PBQ28\_HFEP87, PBQ32\_HFEP91  Maximum score – 4  Minimum score – 1 | PBQ\_Permissive |  |
|  | *Calculated in SPSS*  *Transform > Compute Variable > Target Variable = PBQ\_Permissive\_Category\_SampMedian > If PBQ\_Permissve <= 1.68904 > Continue > Numeric Expression = 0 > OK*  *Transform > Compute Variable > Target Variable = PBQ\_Permissive\_Category\_SampMedian > If PBQ\_Permissive > 1.68904 > Continue > Numeric Expression = 1 > OK*  Score interpretation:  PBQ\_Permissive scores at or below the current sample median are categorized as 0 or Low.  PBQ\_Permissive scores above the current sample median are categorized as 1 or High.    Maximum score – 1  Minimum score – 0 | PBQ\_Permissive\_Category\_SampMedian |  |
|  | *Calculated in SPSS*    *Transform > Compute Variable > Target Variable = PBQ\_Style > If PBQ\_Responsive\_Category\_SampMedian = 1 and PBQ\_Restrictive\_Category\_SampMedian = 0 and PBQ\_Permissive\_Category\_SampMedian = 0 > Numeric Expression = 1 > OK*  *Transform > Compute Variable > Target Variable = PBQ\_Style > If PBQ\_Responsive\_Category\_SampMedian = 0 and PBQ\_Restrictive\_Category\_SampMedian = 1 and PBQ\_Permissive\_Category\_SampMedian = 0 > Numeric Expression = 2 > OK*  *Transform > Compute Variable > Target Variable = PBQ\_Style > If PBQ\_Responsive\_Category\_SampMedian = 1 and PBQ\_Restrictive\_Category\_SampMedian = 0 and PBQ\_Permissive\_Category\_SampMedian = 1 > Numeric Expression = 3 > OK*  *Transform > Compute Variable > Target Variable = PBQ\_Style > If PBQ\_Responsive\_Category\_SampMedian = 0 and PBQ\_Restrictive\_Category\_SampMedian = 0 and PBQ\_Permissive\_Category\_SampMedian = 1 > Numeric Expression = 4 > OK*  *Transform > Compute Variable > Target Variable = PBQ\_Style > If PBQ\_Responsive\_Category\_SampMedian = 0 and PBQ\_Restrictive\_Category\_SampMedian = 0 and PBQ\_Permissive\_Category\_SampMedian = 0 > Numeric Expression = 4 > OK*  Score interpretation:  High responsive, low restrictive, and low permissive according to the sample median is categorized as 1 or Authoritative.  Low responsive, high restrictive, and low permissive according to the sample median is categorized as 2 or Authoritarian.  High responsive, low restrictive, and high permissive according to the sample median is categorized as 3 or Indulgent.  Low responsive, low restrictive, and high permissive according to the sample median is categorized as 4 or Uninvolved AS WELL AS low responsive, low restrictive, and low permissive according to the sample median.  .  Maximum score – 4  Minimum score – 1  NOTE: This variable is not to be used as it is only an interpretation of data and is not valid. | PBQ\_Style |  |

Weight Perception/CFQ Questions (HFEP Items 100-103)

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| --- | --- | --- | --- |
|  | **Question Text** | **Variable Name** | **Answer Options** |
|  | Which best describes how you see your child’s current weight? | CFQchwtpercep\_HFEP100 | 1 = Very underweight  2 = Underweight  3 = Normal  4 = Overweight  5 = Very Overweight |
|  | How concerned are you about your child eating too much when you are not around him/her? | CFQeattoomuch\_HFEP101 | 1 = Unconcerned  2 = A little concerned  3 = Concerned  4 = Fairly Concerned  5 = Very Concerned |
|  | *Calculated in SPSS* | CFQeattoomuch\_HFEP101\_Concern | 0 = Unconcerned  1 = Concerned |
| 1. 4 | How concerned are you about your child’s weight now? | CFQcurrconcern\_HFEP102 | 1 = Unconcerned  2 = A little concerned  3 = Concerned  4 = Fairly Concerned  5 = Very Concerned |
|  | *Calculated in SPSS*  Square root transformation of CFQcurrconcern\_HFEP102 | sqrCFQcurrconcern\_HFEP102 |  |
|  | *Calculated in SPSS* | CFQcurrconcern\_HFEP102\_Concern | 0 = Unconcerned  1 = Concerned |

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| --- | --- | --- | --- |
| 1. 4 | How concerned are you about your child becoming overweight? | CFQfutconcern\_HFEP103 | 1 = Unconcerned  2 = A little concerned  3 = Concerned  4 = Fairly Concerned  5 = Very Concerned |
|  | *Calculated in SPSS* | CFQfutconcern\_HFEP103\_Concern | 0 = Unconcerned  1 = Concerned |

# Family Routines

Answer options: 1 = Not True

2 = Sort of True

3 = Very True

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| **#** | **Question Text** | **Variable Name** | | **Dimension** | |
|  | In our family, meal time is planned in advance. | ROUT\_1 | | Mealtimes | |
|  | Our family regularly eats the main meal together. | ROUT\_2 | | Mealtimes | |
|  | In our family, we feel it is not important that we eat together. | ROUT\_3 | | Mealtimes | |
|  | *Calculated in SPSS*  *Transform > Recode into Different Variable > enter variables and old/new values (ex. ROUT\_1 🡪 ROUT\_1\_Reverse and (1=3) (2=2) (3=1) > OK*  *\*Run all other ROUT Reverse items as well* | ROUT\_3\_Reverse | |  | |
|  | In our family, everyone is expected to be home for the main meal. | ROUT\_4 | | Mealtimes | |
|  | In our family at meal time, everyone has a specific role or job to do (setting the table, cooking, meal preparation, etc.) | ROUT\_5 | | Mealtimes | |
|  | In our family, meal time is flexible; people eat whenever they want. | ROUT\_6 | | Mealtimes | |
|  | *Calculated in SPSS*  *Complete with ROUT\_3\_Reverse* | ROUT\_6\_Reverse | |  | |
|  | In our family, the television is usually on when we eat | ROUT\_7 | | Media | |
|  | *Calculated in SPSS*  *Complete with ROUT\_3\_Reverse* | rout7REV | |  | |
|  | In our family, someone usually talks on the phone when we eat  Note: Do not use this item as per Fiese and factor and reliability notes from April 2013.. | ROUT\_8 | | See note | |
|  | *Calculated in SPSS*  *Complete with ROUT\_3\_Reverse* | rout8REV | |  | |
|  | In our family, fixing and preparing meals is a chore and a burden.  Note: Removed as per reliability and factor analysis April 2013, decision confirmed by Fiese | ROUT\_9 | | See note (originally Mealtimes) | |
|  | *Calculated in SPSS*  *Complete with ROUT\_3\_Reverse* | ROUT\_9\_Reverse | |  | |
|  | Our family would like to eat together more often.  Note: Removed as per reliability and factor analysis April 2013, decision confirmed by Fiese | ROUT\_10 | | See note (originally Mealtimes) | |
|  | In our family, we feel that it is important to spend time together on the weekends. | ROUT\_11 | | Commitments (originally Weekends) | |
|  | Our family rarely spends time together on the weekends. | ROUT\_12 | | Commitments (originally Weekends) | |
|  | *Calculated in SPSS*  *Complete with ROUT\_3\_Reverse* | ROUT\_12\_Reverse | |  | |
|  | In our family, people pretty much come and go as they please on the weekends. | ROUT\_13 | | Commitments (originally Weekends) | |
|  | *Calculated in SPSS*  *Complete with ROUT\_3\_Reverse* | ROUT\_13\_Reverse | |  | |
|  | In our family, there are no assigned jobs to be done on the weekends. | ROUT\_14 | | Commitments (originally Weekends) | |
|  | *Calculated in SPSS*  *Complete with ROUT\_3\_Reverse* | ROUT\_14\_Reverse | |  | |
|  | In our family, there is much discussion and planning for the weekends. | ROUT\_15 | | Commitments (originally Weekends) | |
|  | In our family, we have set routines and regular events that we all participate in on the weekends. | ROUT\_16 | | Commitments (originally Weekends) | |
|  | In our family, yearly celebrations are pretty routine; everyone knows what is going to happen. | ROUT\_17 | | Commitments (originally Yearly) | |
|  | In our family, we feel that yearly celebrations are important. | ROUT\_18 | | Commitments (originally Yearly) | |
|  | In our family, everyone is expected to be there for the yearly celebration. | ROUT\_19 | | Commitments (originally Yearly) | |
|  | In our family, people do not have assigned jobs to perform for each yearly celebration.  Note: Removed as per reliability and factor analysis April 2013, decision confirmed by Fiese | ROUT\_20 | | See note (originally Yearly) | |
|  | *Calculated in SPSS*  *Complete with ROUT\_3\_Reverse* | ROUT\_20\_Reverse | |  | |
|  | Our family has few yearly celebrations. | ROUT\_21 | | Commitments (originally Yearly) | |
|  | *Calculated in SPSS*  *Complete with ROUT\_3\_Reverse* | ROUT\_21\_Reverse | |  | |
|  | In our family, there is little planning for and discussion about yearly celebrations. | ROUT\_22 | | Commitments (originally Yearly) | |
|  | *Calculated in SPSS*  *Complete with ROUT\_3\_Reverse* | ROUT\_22\_Reverse | |  | |
|  | Our family rarely celebrates religious holidays. | ROUT\_23 | | Commitments (originally Religious) | |
|  | *Calculated in SPSS*  *Complete with ROUT\_3\_Reverse* | ROUT\_23\_Reverse | |  | |
|  | In our family, everyone has a certain job during religious holidays. | ROUT\_24 | | Commitments (originally Religious) | |
|  | In our family, there are few traditions during religious holidays; activities change from year to year.  Note: Removed as per reliability and factor analysis April 2013, decision confirmed by Fiese | ROUT\_25 | | See note (originally Religious) | |
|  | *Calculated in SPSS*  *Complete with ROUT\_3\_Reverse* | ROUT\_25\_Reverse | |  | |
|  | In our family, everyone is expected to be there during religious holidays. | ROUT\_26 | | Commitments (originally Religious) | |
|  | In our family, we feel that it is important to observe religious holidays. | ROUT\_27 | | Commitments (originally Religious) | |
|  | In our family, there is a lot of planning for and discussion about religious holidays. | ROUT\_28 | | Commitments (originally Religious) | |
|  | In our family, we feel that cultural events are very important. | ROUT\_29 | | Commitments (originally Cultural) | |
|  | In our family, cultural events are flexible in the ways they are observed.  Note: Removed as per reliability and factor analysis April 2013, decision confirmed by Fiese | ROUT\_30 | | See note (originally Cultural) | |
|  | *Calculated in SPSS*  *Complete with ROUT\_3\_Reverse* | ROUT\_30\_Reverse | |  | |
|  | In our family, little planning is done by the members themselves; details are left to people outside the family.  Note: Removed as per reliability and factor analysis April 2013, decision confirmed by Fiese | ROUT\_31 | | See note (originally Cultural) | |
|  | *Calculated in SPSS*  *Complete with ROUT\_3\_Reverse* | ROUT\_31\_Reverse |  | |
|  | In our family, only a few members are expected to attend cultural events; just to represent the family.  Note: Removed as per reliability and factor analysis April 2013, decision confirmed by Fiese | ROUT\_32 | See note (originally Cultural) | |
|  | *Calculated in SPSS*  *Complete with ROUT\_3\_Reverse* | ROUT\_32\_Reverse |  | |
|  | In our family, everyone has a set job to do during cultural events. | ROUT\_33 | Commitments (originally Cultural) | |
|  | Our family observes cultural traditions. | ROUT\_34 | Commitments (originally Cultural) | |
|  | *Calculated in SPSS*  *Transform > Compute Variable > Target Variable = ROUT\_Mealtimes\_Sum > Numeric Expression = Sum (ROUT\_1, ROUT\_2, ROUT\_3\_Reverse, ROUT\_4, ROUT\_5, ROUT\_6\_Reverse, ROUT\_9\_Reverse, ROUT\_10) > OK*  Score interpretation:  This score is calculated by adding scores for Mealtimes dimension items.  Maximum score – 24  Minimum score – 8  Note: This variable has been changed, see MealtimeRoutineMEAN | ROUT\_Mealtimes\_Sum |  | |
|  | *Calculated in SPSS*  Score interpretation:  This score is calculated by adding scores for Mealtimes dimension items except ROUT\_9\_Reverse and ROUT\_10  Maximum score – 18  Minimum score – 6 | MealtimeRoutineMEAN |  | |

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| --- | --- | --- | --- |
|  | *Calculated in SPSS*  *Transform > Compute Variable > Target Variable = ROUT\_Weekends\_Sum > Numeric Expression = Sum (ROUT\_11, ROUT\_12\_Reverse, ROUT\_13\_Reverse, ROUT\_14\_Reverse, ROUT\_15, ROUT\_16) > OK*  Score interpretation:  This score is calculated by adding scores for Weekends dimension items.  Maximum score – 18  Minimum score – 6  Note: Do not use this variable, use OVERALLroutinesMEAN. | ROUT\_Weekends\_Sum |  |
|  | *Calculated in SPSS*  *Transform > Compute Variable > Target Variable = ROUT\_Yearly\_Sum > Numeric Expression = Sum (ROUT\_17, ROUT\_18, ROUT\_19, ROUT\_20\_Reverse, ROUT\_21\_Reverse, ROUT\_22\_Reverse) > OK*  Score interpretation:  This score is calculated by adding scores for Yearly dimension items.  Maximum score – 18  Minimum score – 6  Note: Do not use this variable, use OVERALLroutinesMEAN. | ROUT\_Yearly\_Sum |  |
|  | *Calculated in SPSS*  *Transform > Compute Variable > Target Variable = ROUT\_Religious\_Sum > Numeric Expression = Sum (ROUT\_23\_Reverse, ROUT\_24, ROUT\_25\_Reverse, ROUT\_26, ROUT\_27, ROUT\_28) > OK*  Score interpretation:  This score is calculated by adding scores for Religious dimension items.  Maximum score – 18  Minimum score – 6  Note: Do not use this variable, use OVERALLroutinesMEAN. | ROUT\_Religious\_Sum |  |
|  | *Calculated in SPSS*  *Transform > Compute Variable > Target Variable = ROUT\_Cultural\_Sum > Numeric Expression = Sum (ROUT\_29 ROUT\_39\_Reverse, ROUT\_31\_Reverse, ROUT\_32\_Reverse, ROUT\_33, ROUT\_34) > OK*  Score interpretation:  This score is calculated by adding scores for Cultural dimension items.  Maximum score – 18  Minimum score – 6  Note: Do not use this variable, use OVERALLroutinesMEAN. | ROUT\_Cultural\_Sum |  |
|  | *Calculated in SPSS*  Score interpretation:  This score is calculated by adding sums of variables from weekends, yearly, religious, and cultural sections (removing items 20, 25, 30, 31, and 32) and adding sums of the remaining variables: ROUT\_11, ROUT\_12\_Reverse, ROUT\_13\_Reverse, ROUT\_14\_Reverse, ROUT\_15, ROUT\_16, ROUT\_17, ROUT\_18, ROUT\_19, ROUT\_21\_Reverse, ROUT\_22\_Reverse, ROUT\_23\_Reverse, ROUT\_24, ROUT\_26, ROUT\_27, ROUT\_28, ROUT\_29, ROUT\_33, ROUT\_34  Maximum score – 57  Minimum score – 19 | OVERALLroutinesMEAN |  |

# Family Sense of Coherence

Answer options vary.

|  |  |  |
| --- | --- | --- |
| **#** | **Question Text** | **Variable Name** |
|  | Is there a feeling in your family that everyone understands everyone else well? | FSOC\_1 |
|  | *Calculated in SPSS*  *Transform > Recode into Different Variable > enter variables and old/new values (ex. FSOC\_1 🡪 FSOC\_1\_Reverse and (1=7) (2=6) (3=5) (4=4) (5=3) (6=2) (7=1) > OK*  *\*Run all other FSOC Reverse items as well* | FSOC\_1\_Reverse |
|  | When you have to get things done that depend on the cooperation among all members of the family, your feeling is: | FSOC\_2 |
|  | Do you have the feeling that it’s always possible, in your family, to get help from one another when a problem arises? | FSOC\_3 |
|  | *Calculated in SPSS* | FSOC\_3\_Reverse |
|  | Let’s assume that unexpected guests are about to arrive and the house isn’t set-up to receive them. Does it seem to you that: | FSOC\_4 |
|  | In case an important decision has to be taken which concerns the whole family, do you have the feeling that: | FSOC\_5 |
|  | *Calculated in SPSS* | FSOC\_5\_Reverse |
|  | Family life seems to you: | FSOC\_6 |
|  | *Calculated in SPSS* | FSOC\_6\_Reverse |
|  | Does it happen that someone in the family feels as if it isn’t clear to him/her what his/her jobs are in the house? | FSOC\_7 |
|  | When a problem does come up in the family (like unusual behavior of a family member, an unexpected bank overdraft, being fired, or unusual tension), do you think that you can together clarify how it happened? | FSOC\_8 |
|  | Many people, even those with strong character, sometimes feel like sad sacks (losers). In the past, has there ever been a feeling like this in your family? | FSOC\_9 |
|  | *Calculated in SPSS* | FSOC\_9\_Reverse |
|  | Think of a situation in which your family moved to a new house. Does it seem to you that: | FSOC\_10 |
|  | *Calculated in SPSS* | FSOC\_10\_Reverse |
|  | Let’s assume that your family has been annoyed by something in the neighborhood. Does it seem to you that: | FSOC\_11 |
|  | Until now your family life has had: | FSOC\_12 |
|  | When you think about your family life, you very often: | FSOC\_13 |
|  | *Calculated in SPSS* | FSOC\_13\_Reverse |
|  | Let’s say you’re tired, disappointed, angry, or the like. Does it seem to you that all members of the family will sense your feelings? | FSOC\_14 |
|  | Do you sometimes feel that there’s no clear and sure knowledge of what’s going to happen in the family? | FSOC\_15 |
|  | *Calculated in SPSS* | FSOC\_15\_Reverse |
|  | When the family faces a tough problem, the feeling is: | FSOC\_16 |
|  | To succeed in things that are important to the family or to one of you: | FSOC\_17 |
|  | To what extent does it seem to you that family rules are clear? | FSOC\_18 |
|  | *Calculated in SPSS* | FSOC\_18\_Reverse |
|  | When something very difficult happened in your family (like a critical illness), the feeling was: | FSOC\_19 |
|  | When you think of possible difficulties in important areas of family life, is the feeling: | FSOC\_20 |
|  | Think of your feeling about the extent of planning money matters in your family: | FSOC\_21 |
|  | *Calculated in SPSS* | FSOC\_21\_Reverse |
|  | When you're in the midst of a rough period, does the family: | FSOC\_22 |
|  | *Calculated in SPSS* | FSOC\_22\_Reverse |
|  | Does it happen that you feel that there's really not much meaning in maintaining the family framework? | FSOC\_23 |
|  | Think of your feeling about the extent of order in your home. Is the case that | FSOC\_24 |
|  | *Calculated in SPSS* | FSOC\_24\_Reverse |
|  | Let's assume that your family is the target of criticism in the neighborhood. Does it seem to you that your reactions will be: | FSOC\_25 |
|  | *Calculated in SPSS* | FSOC\_25\_Reverse |
|  | To what extent do family members share sad experiences with each other? | FSOC\_26 |
|  | *Calculated in SPSS* | FSOC\_26\_Reverse |
|  | *Calculated in SPSS*  *Transform > Compute Variable > Target Variable = FSOC > Numeric Expression = Sum (all FSOC items (reversed where necessary), separated by commas) > OK*  Score interpretation:  This score is calculated by adding scores for all FSOC items.  Maximum score – 182  Minimum score – 26 | FSOC\_Sum |
|  | *Calculated in SPSS*  Score interpretation:  This is the mean score for all FSOC items. | FamilyCOHERENCEmean |

# Family Economic Strain

Answer options: 1 = Never

2 = Seldom

3 = Sometimes

4 = Usually

5 = Always

|  |  |  |
| --- | --- | --- |
| **#** | **Question Text** | **Variable Name** |
|  | In general, it is hard for me and my family to live on our present income. | ECON\_1 |
|  | I experience money problems. | ECON\_2 |
|  | Financial problems interfere with my work and daily routine. | ECON\_3 |
|  | I worry about financial matters. | ECON\_4 |
|  | Financial problems interfere with my relationships with other people. | ECON\_5 |
|  | I worry about disappointing my children because I can’t give them the things they want. | ECON\_6 |
|  | I worry about having money to celebrate holidays and other special occasions. | ECON\_7 |
|  | I put off family activities (such as vacations, movies, or special events) because of the expense. | ECON\_8 |
|  | I feel frustrated because I can’t afford the education or training I need to get ahead. | ECON\_9 |
|  | I have put off getting medical care because of the expense.  Note: Removed item as per reliability and factor analysis. | ECON\_10 |
|  | I have put off getting dental care because of the expense.  Note: Removed item as per reliability and factor analysis. | ECON\_11 |
|  | I feel bad that I can’t afford to buy my children the brand name clothing that other children their age are wearing. | ECON\_12 |
|  | *Calculated in SPSS*  *Transform > Compute Variable > Target Variable = ECON\_Mean > Numeric Expression = Mean (ECON\_1, ECON\_2, ECON\_3, ECON\_4, ECON\_5, ECON\_6, ECON\_7, ECON\_8, ECON\_9, ECON\_10, ECON\_11, ECON\_12) > OK*  Score interpretation:  This score is calculated averaging all ECON scores.  Maximum score – 5  Minimum score – 1  Note: Do not use this variable, use FamEconomicSTRAINmean. | ECON\_Mean |
|  | *Calculated in SPSS*  Score interpretation:  Re-calculation of the mean for ECON without items 10 and 11.  Maximum score – 5  Minimum score – 1 | FamEconomicSTRAINmean |

# Demographics

| **#** | **Item** | **Variable Name** | **Answer options** |
| --- | --- | --- | --- |
|  | Zip Code | Zip | 5-digit number |
|  | Parent Birthdate | Par\_Bday | Format: MM/15/YYYY |
|  | Parent Age (in years) | Par\_Age | Varies  \*Must be calculated from birthdate if investigator did not include “self” under household in Excel Summary Sheet |
|  | Child Birthdate | Ch\_Bday | Format: MM/15/YYYY  Varies |
|  | Child Age (in months) at time of interview | Ch\_Age\_atInt | Varies |
|  | Child Age (in months) at time of height and weight assessment | Ch\_Age\_atHtWt | Varies |
|  | Is the child age 3-5 at time of interview? | Ch\_Age\_3to5 | 0 = No  1 = Yes |
|  | Child Gender | Ch\_Gender | Male = 1  Female = 2 |
|  | Number of people living in household | Household\_Size | \*Must be calculated from Excel Summary Sheet |
|  | Number of children total | No\_of\_Ch | \*Must be calculated from Excel Summary Sheet |
|  | Number of children ages 3-10 | No\_of\_Ch3to10 | \*Must be calculated from Excel Summary Sheet |
|  | Square root transformation for number of children ages 3-10 | sqrNo\_of\_Ch3to10 | *Calculated in SPSS* |
|  | What is your race? | Race | 1 = American Indian or Alaskan Native  2 = Asian or Asian American  3 = Black or African American  4 = White or Caucasian  5 = Other  6 = Mixed |
|  | Country of Origin | Country\_of\_Origin | 1 = USA  2 = Mexico  3 = Belize  4 = Peru  5 = Philippines  6 = Uganda  7 = El Salvador  8 = Egypt  9 = Germany  10 = Haiti  11 = Ghana  12 = Tonga  13 = India  14 = Dominican Republic  15 = Jamaica  16 = Nigeria  17 = Puerto Rico  18 = Columbia  19 = Chile  20 = Vietnam  21 = Bulgaria  22 = Taiwan  23 = Venezuela  24 = Canada  25 = Spain  26 = Saudi Arabia |
|  | Born in the US or outside the US? | USvsNOT | 0 = Born outside the USA  1 = Born in the USA |
|  | What is your ethnicity? | Ethnicity | 1 = Hispanic or Latino  2 = Not Hispanic or Latino |
|  | Race and Ethnicity Combined | Race\_EthnicityNEW | 1 = American Indian or Alaskan Native, Non-Hispanic/Latino  2 = Asian or Asian American, Non-Hispanic/Latino  3 = Black or African American, Non-Hispanic/Latino  4 = White or Caucasian, Non-Hispanic/Latino  5 = Hispanic/Latino  6 = Mixed/Other Race, Non-Hispanic/Latino  \*Definition of Hispanic or Latino Origin Used in the 2010 Census  “Hispanic or Latino” refers to a person of Cuban, Mexican, Puerto Rican, South or Central American, or other Spanish culture or origin regardless of race. |
|  | Dummy variable | Race\_EthnicityNEWdummy1 | 0 = Not  1 = American Indian or Alaskan Native, Non-Hispanic/Latino |
|  | Dummy variable | Race\_EthnicityNEWdummy2 | 0 = Not  1 = Asian or Asian American, Non-Hispanic/Latino |
|  | Dummy variable | Race\_EthnicityNEWdummy3 | 0 = Not  1 = Black or African American, Non-Hispanic/Latino |
|  | Dummy variable | Race\_EthnicityNEWdummy4 | 0 = Not  1 = White or Caucasian, Non-Hispanic/Latino |
|  | Dummy variable | Race\_EthnicityNEWdummy5 | 0 = Not  1 = Hispanic/Latino |
|  | Dummy variable | Race\_EthnicityNEWdummy6 | 0 = Not  1 = Mixed/Other Race, Non-Hispanic/Latino |
|  | What is your highest grade completed in school? | Education | 1 = Have not completed high school  2 = Received high school diploma or GED  3 = Some college or technical school  4 = 4-year degree or more |
|  | Re-coded Education | Education\_New | 1 = High school diploma/GED or less  2 = Some college/technical school or more |
|  | What is your employment status? | Employment | 1 = Homemaker  2 = Employed full-time  3 = Employed part-time  4 = Not employed |
|  | Employed vs. not employed | Employment\_EmployedorNot | 1 = Employed  2 = Not employed/homemaker |
|  | Employment amount (part-time/full-time) vs. not employed | Employment\_FullPartorNot | 1 = Employed full-time  2 = Employed part-time  3 = Not employed/homemaker |
|  | What is your Marital Status? | Marital\_Status | 1 = Married  2 = Living with a partner  3 = Separated or divorced  4 = Single, never married  5 = Divorced/separate and living with a partner/remarried |
|  | Re-coded Marital Status | Marital\_StatusNEW | 1 = Married or living with a partner  2 = Separated or divorced  3 = Single, never married |
|  | Dummy variable | Marital\_StatusNEWdummy1 | 0 = Not  1 = Married or living with a partner |
|  | Dummy variable | Marital\_StatusNEWdummy2 | 0 = Not  1 = Separated or divorced |
|  | Dummy variable | Marital\_StatusNEWdummy2 | 0 = Not  1 = Single, never married |
|  | Participation in WIC? | Participation\_WIC | 0 = No  1 = Yes |
|  | Participation in EFNEP? | Participation\_EFNEP | 0 = No  1 = Yes |
|  | Participation in SNAP? | Participation\_SNAP | 0 = No  1 = Yes |
|  | Participation in SNAP-Ed? | Participation\_SNAPEd | 0 = No  1 = Yes |
|  | Participation in Head Start? | Participation\_HeadStart | 0 = No  1 = Yes |
|  | Participation in Medicaid? | Participation\_Medicaid | 0 = No  1 = Yes |
|  | Participation in School Lunch? | Participation\_SchoolLunch | 0 = No  1 = Yes |
|  | Participation in other programs? | Participation\_Other | 0 = No  1 = Yes |
|  | Participation in All 4 Kids? | Participation\_A4K | 0 = No  1 = Yes |
|  | Eligible for WIC | WICEligible | 0 = No  1 = Yes  Those who are participating in WIC and those with a 3- or 4-year-old target child for the interview are automatically coded as eligible in SPSS. For those who are not participating or have a child age 5 or older for target child, their eligibility was determined based on the ages of the children in the home – if there are no children in the home below the age of 5 a family is not eligible to participate in the program. |
|  | Participation in both WIC and SNAP? | Participation\_WICandSNAP | 0 = No  1 = Yes |

# Height and Weight Info

|  |  |  |  |
| --- | --- | --- | --- |
| **#** | **Item** | **Variable Name** | **Answer options** |
|  | Child Weight (in pounds) | Ch\_Wt | Varies |
|  | Child Height (in inches) | Ch\_Ht | Varies |
|  | Child BMI z-score | Ch\_zscore | Varies |
|  | Child Body Mass Index | Ch\_BMI | Varies |
|  | Child Body Mass Index Percentile | Ch\_BMIPer | 1-100 |
|  | Child Body Mass Index Classification | Ch\_BMIClass | 1 = Underweight  2 = Normal Weight  3 = Overweight  4 = Obese |
|  | Child: Overweight/obese vs. not | Ch\_BMIClassNOT | 0 = Underweight/Normal  1 = Overweight/Obese |
|  | Child: Healthy weight vs. unhealthy weight | Ch\_BMIClassHEALTH | 0 = Underweight/Overweight/Obese  1 = Normal |
|  | Child Silhouette | Ch\_Silhouette | G = 1  F = 2  E = 3  D = 4  C = 5  B = 6  A = 7  \*Note: G represents underweight, F, E, D, and C represent normal, and B and A represent overweight and obese as per notes from Oklahoma State University |
|  | Parent Weight (in pounds) | Par\_Wt | Varies |
|  | Parent Height (in inches) | Par\_Ht | Varies |
|  | Parent Body Mass Index | Par\_BMI | Varies |
|  | Parent Body Mass Index Classification | Par\_BMIClass | 1 = Underweight  2 = Normal Weight  3 = Overweight  4 = Obese |

|  |  |  |  |
| --- | --- | --- | --- |
|  | Dummy variable | Par\_BMIClassdummy1 | 0 = Not  1 = Underweight |
|  | Dummy variable | Par\_BMIClassdummy2 | 0 = Not  1 = Normal Weight |
|  | Dummy variable | Par\_BMIClassdummy3 | 0 = Not  1 = Overweight |
|  | Dummy variable | Par\_BMIClassdummy4 | 0 = Not  1 = Obese |
|  | Parent: Overweight/obese vs. not | Par\_BMIClassNOT | 0 = Underweight/Normal  1 = Overweight/Obese |
|  | Parent: Healthy weight vs. unhealthy weight | Par\_BMIClassHEALTH | 0 = Underweight/Overweight/Obese  1 = Normal |
|  | Which best describes how you see your current weight? | Par\_DescribeCurrWt | 1 = Underweight  2 = Normal  3 = Overweight |