Thank you for your interest in the **EAT 2010 Survey**. This survey about eating, physical activity, and weight-related behaviors was completed by young people attending middle school or high school during the 2009-2010 school year. If you use items from this survey in your work, the following citations are recommended:


The psychometric properties of measures can be found in published manuscripts posted at the Project EAT website; however, only limited support is available for assistance with the survey.

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Project
EAT 2010
Survey

UNIVERSITY OF MINNESOTA
For agreeing to fill out this survey!

- The survey you are about to complete is very important. The information you share with us will be used to develop health and nutrition programs for teens. Please answer every question carefully.

- Do not spend too much time on any one question. If something is not clear, please ask for an explanation.

- This is NOT a test. There are not right or wrong answers to the questions.

- Your name will be kept separate from your answers to the questions, so please be as honest as you can in your responses.

**MARKING DIRECTIONS:**

1) Mark your answers with a pencil.

2) Place a check in the box for your answer or completely fill in the box.

3) Please completely erase any answer you want to change.
Let’s START with some GENERAL QUESTIONS about you

1. Are you ...?
   1. Male
   2. Female

2. What is your birthdate? |___|___| / |___|___| / 19|___|___|
   Month Day Year

3. What grade are you in?
   1. 6th
   2. 7th
   3. 8th
   4. 9th
   5. 10th
   6. 11th
   7. 12th

4. Do you think of yourself as...? (You may choose more than one)
   1. White
   2. Black or African American
   3. Hispanic or Latino
   4. Asian American
   5. Native Hawaiian or other Pacific Islander
   6. American Indian or Native American
   7. Other: __________________

5. Is your background any of the following?
   1. Hmong
   2. Cambodian
   3. Vietnamese
   4. Laotian
   5. Somali
   6. Ethiopian
   7. Other: __________________
   8. None of the above

6. Were you born in the United States?
   1. Yes
   2. No: In what country? __________________

7. About how long have you been in the United States?
   1. Less than 1 year
   2. 1 to less than 5 years
   3. 5 to less than 10 years
   4. 10 years or more
   5. Always

8. What language is usually spoken in your home?
   1. English
   2. A language other than English: What other language? __________________
   3. English and another language about equally: What other language? __________________
9. During the **past week**, how many days did you eat **breakfast**?
   1. □ Never
   2. □ 1-2 days
   3. □ 3-4 days
   4. □ 5-6 days
   5. □ Every day

10. During the **past week**, how many days did you eat **lunch**?
    1. □ Never
    2. □ 1-2 days
    3. □ 3-4 days
    4. □ 5-6 days
    5. □ Every day

11. During the **past week**, how many days did you eat **dinner**?
    1. □ Never
    2. □ 1-2 days
    3. □ 3-4 days
    4. □ 5-6 days
    5. □ Every day

12. In the **past week**, how often did you eat something from a fast food restaurant (like McDonald’s, Burger King, Hardee’s, etc.)?
    1. □ Never
    2. □ 1-2 times
    3. □ 3-4 times
    4. □ 5-6 times
    5. □ 7 times
    6. □ More than 7 times

13. Are you a vegetarian?
    1. □ Yes
    2. □ No (If no, then go to question #15 on the next page)

14. As a vegetarian, do you eat any of the following?
    |     | Yes | No |
    |-----|-----|----|
    | a.  | Eggs| 1  | 2  |
    | b.  | Dairy food (such as milk, cheese)| 1  | 2  |
    | c.  | Chicken| 1  | 2  |
    | d.  | Fish| 1  | 2  |
15. In the **past year**, how many times did you usually drink ....

<table>
<thead>
<tr>
<th>Frequency</th>
<th>Never or less than once per month</th>
<th>1-3 per month</th>
<th>1 per week</th>
<th>2-4 per week</th>
<th>5-6 per week</th>
<th>1 per day</th>
<th>2 or more per day</th>
</tr>
</thead>
<tbody>
<tr>
<td>(such as Red Bull, Full Throttle, Rockstar, etc)?</td>
<td>![ ]</td>
<td>![ ]</td>
<td>![ ]</td>
<td>![ ]</td>
<td>![ ]</td>
<td>![ ]</td>
<td>![ ]</td>
</tr>
<tr>
<td>(such as Gatorade, Powerade, etc)?</td>
<td>![ ]</td>
<td>![ ]</td>
<td>![ ]</td>
<td>![ ]</td>
<td>![ ]</td>
<td>![ ]</td>
<td>![ ]</td>
</tr>
</tbody>
</table>

16. How strongly do you agree with the following statements?

<table>
<thead>
<tr>
<th>Statement</th>
<th>Strongly disagree</th>
<th>Somewhat disagree</th>
<th>Somewhat agree</th>
<th>Strongly agree</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>a. Milk tastes good to me</strong></td>
<td>![ ]</td>
<td>![ ]</td>
<td>![ ]</td>
<td>![ ]</td>
</tr>
<tr>
<td><strong>b. I like the taste of most fruits</strong></td>
<td>![ ]</td>
<td>![ ]</td>
<td>![ ]</td>
<td>![ ]</td>
</tr>
<tr>
<td><strong>c. I like the taste of whole wheat bread</strong></td>
<td>![ ]</td>
<td>![ ]</td>
<td>![ ]</td>
<td>![ ]</td>
</tr>
<tr>
<td><strong>d. Most vegetables taste bad</strong></td>
<td>![ ]</td>
<td>![ ]</td>
<td>![ ]</td>
<td>![ ]</td>
</tr>
<tr>
<td><strong>e. Most healthy foods just don’t taste that great</strong></td>
<td>![ ]</td>
<td>![ ]</td>
<td>![ ]</td>
<td>![ ]</td>
</tr>
<tr>
<td><strong>f. Eating healthy just costs too much</strong></td>
<td>![ ]</td>
<td>![ ]</td>
<td>![ ]</td>
<td>![ ]</td>
</tr>
<tr>
<td><strong>g. I am a picky eater</strong></td>
<td>![ ]</td>
<td>![ ]</td>
<td>![ ]</td>
<td>![ ]</td>
</tr>
<tr>
<td><strong>h. I like to cook</strong></td>
<td>![ ]</td>
<td>![ ]</td>
<td>![ ]</td>
<td>![ ]</td>
</tr>
<tr>
<td><strong>i. I am worried about gaining weight</strong></td>
<td>![ ]</td>
<td>![ ]</td>
<td>![ ]</td>
<td>![ ]</td>
</tr>
<tr>
<td><strong>j. I think a lot about being thinner</strong></td>
<td>![ ]</td>
<td>![ ]</td>
<td>![ ]</td>
<td>![ ]</td>
</tr>
<tr>
<td><strong>k. I weigh myself often</strong></td>
<td>![ ]</td>
<td>![ ]</td>
<td>![ ]</td>
<td>![ ]</td>
</tr>
</tbody>
</table>

17. Which of the following best describes your eating behavior?

<table>
<thead>
<tr>
<th>Description</th>
<th>Hardly ever</th>
<th>Sometimes</th>
<th>Much of the time</th>
<th>Almost always</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>a. I stop eating when I feel full</strong></td>
<td>![ ]</td>
<td>![ ]</td>
<td>![ ]</td>
<td>![ ]</td>
</tr>
<tr>
<td><strong>b. I eat everything that is on my plate, even if I’m not that hungry</strong></td>
<td>![ ]</td>
<td>![ ]</td>
<td>![ ]</td>
<td>![ ]</td>
</tr>
<tr>
<td><strong>c. I trust my body to tell me how much to eat</strong></td>
<td>![ ]</td>
<td>![ ]</td>
<td>![ ]</td>
<td>![ ]</td>
</tr>
</tbody>
</table>
18. **How often are the following true?**

<table>
<thead>
<tr>
<th></th>
<th>Never</th>
<th>Sometimes</th>
<th>Usually</th>
<th>Always</th>
</tr>
</thead>
<tbody>
<tr>
<td>a.</td>
<td>Fruits and vegetables are available in my home</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>b.</td>
<td>Vegetables are served at dinner in my home</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>c.</td>
<td>I have ‘junk food’ in my home</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>d.</td>
<td>I have fruit juice in my home</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>e.</td>
<td>Milk is served at meals in my home</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>f.</td>
<td>Potato chips or other salty snack foods are available in my home</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>g.</td>
<td>In my home, there is fresh fruit on the counter, table or somewhere where I can easily get it</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>h.</td>
<td>Chocolate or other candy is available in my home</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>i.</td>
<td>Soda pop is available in my home</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>j.</td>
<td>In my home, there are cut-up vegetables in the fridge for me to eat</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>k.</td>
<td>Whole wheat bread is available in my home</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
</tbody>
</table>

19. **In the past month, how often did you eat something from the following types of restaurants (include take-out and delivery)?**

<table>
<thead>
<tr>
<th></th>
<th>Never/rarely</th>
<th>1-3 times per month</th>
<th>1-2 times per week</th>
<th>3-4 times per week</th>
<th>5-6 times per week</th>
<th>1+ times per day</th>
</tr>
</thead>
<tbody>
<tr>
<td>a.</td>
<td>Traditional “burger-and-fries” fast food restaurant (such as McDonalds, Burger King, Wendy’s, or Culvers)</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>b.</td>
<td>Mexican fast food restaurant (such as Taco Bell, Taco Johns, or Chipotle)</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>c.</td>
<td>Fried chicken (such as KFC)</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>d.</td>
<td>Sandwich or sub shop (such as Subway, Panera, or Quiznos)</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>e.</td>
<td>Pizza place</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>f.</td>
<td>Sit-down restaurant (where wait-staff brings food to your table)</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
</tbody>
</table>
Now some questions about weight....

20. Are you currently trying to:
   □ Lose weight
   □ Stay the same weight
   □ Gain weight
   □ I am not trying to do anything about my weight

21. How often do you weigh yourself?
   □ Less than once a month
   □ Every month
   □ A few times per month
   □ Every week
   □ A few times per week
   □ Every day
   □ More than once a day

22. How often have you gone on a diet during the last year? By “diet” we mean changing the way you eat so you can lose weight.
   □ Never
   □ 1-4 times
   □ 5-10 times
   □ More than 10 times
   □ I am always dieting

23. Have you done any of the following things in order to lose weight or keep from gaining weight during the past year?

<table>
<thead>
<tr>
<th></th>
<th>Yes</th>
<th>No</th>
</tr>
</thead>
</table>
a. Fasted | 1 □ | 2 □ |
b. Ate very little food | 1 □ | 2 □ |
c. Took diet pills | 1 □ | 2 □ |
d. Made myself vomit (throw up) | 1 □ | 2 □ |
e. Used laxatives | 1 □ | 2 □ |
f. Used diuretics (water pills) | 1 □ | 2 □ |
g. Used food substitute (powder/special drink) | 1 □ | 2 □ |
h. Skipped meals | 1 □ | 2 □ |
i. Smoked more cigarettes | 1 □ | 2 □ |
j. Followed a high protein/low carbohydrate diet (e.g., Atkins or other) | 1 □ | 2 □ |
24. **How often have you done each of the following things in order to lose weight or keep from gaining weight during the past year?**

<table>
<thead>
<tr>
<th></th>
<th>Never</th>
<th>Rarely</th>
<th>Sometimes</th>
<th>On a regular basis</th>
</tr>
</thead>
<tbody>
<tr>
<td>a. Exercise</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>b. Ate more fruits and vegetables</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>c. Ate less high-fat foods</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>d. Ate less sweets</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>e. Drank less soda pop (not including diet pop)</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>f. Watched my portion sizes (serving sizes)</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
</tbody>
</table>

25. **How often have you done each of the following things in order to increase your muscle size or tone during the past year?**

<table>
<thead>
<tr>
<th></th>
<th>Never</th>
<th>Rarely</th>
<th>Sometimes</th>
<th>Often</th>
</tr>
</thead>
<tbody>
<tr>
<td>a. Changed my eating</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>b. Exercised more</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>c. Used protein powder or shakes</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>d. Used steroids</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>e. Used another muscle-building substance (such as creatine, amino acids, hydroxyl methylbutyrate [HMB], DHEA, or growth hormone)</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
</tbody>
</table>

26. **In the past year, have you ever eaten so much food in a short period of time that you would be embarrassed if others saw you (binge-eating)?**

1. Yes
2. No (If no, then go to question #30 on the next page)

27. **During the times when you ate this way, did you feel you couldn’t stop eating or control what or how much you were eating?**

1. Yes
2. No

28. **How often, on average, did you have times when you ate this way - that is, large amounts of food plus the feeling that your eating was out of control?**

1. Nearly every day
2. A few times a week
3. A few times a month
4. Less than once a month

29. **In general, how upset were you by overeating (eating more than you think is best for you)?**

1. Not at all
2. A little
3. Some
4. A lot
Your PHYSICAL ACTIVITY habits and other things you like to do...

In a usual week, how many hours do you spend doing the following activities:

30. Strenuous exercise (heart beats rapidly)
Examples: biking fast, aerobic dancing, running, jogging, swimming laps, rollerblading, skating, lacrosse, tennis, cross-country skiing, soccer, basketball, football
- None
- Less than ½ hour a week
- ½ -2 hours a week
- 2 ½ -4 hours a week
- 4 ½ -6 hours a week
- 6+ hours a week

31. Moderate exercise (not exhausting)
Examples: walking quickly, baseball, gymnastics, easy bicycling, volleyball, skiing, dancing, skateboarding, snowboarding
- None
- Less than ½ hour a week
- ½ -2 hours a week
- 2 ½ -4 hours a week
- 4 ½ -6 hours a week
- 6+ hours a week

32. Mild exercise (little effort)
Examples: walking slowly (to school, to friend’s house, etc.), bowling, golf, fishing, snowmobiling, yoga
- None
- Less than ½ hour a week
- ½ -2 hours a week
- 2 ½ -4 hours a week
- 4 ½ -6 hours a week
- 6+ hours a week
33. In your free time on an average weekday (Monday-Friday), how many hours do you spend doing the following activities?

<table>
<thead>
<tr>
<th>Activity</th>
<th>0 hr</th>
<th>½ hr</th>
<th>1 hr</th>
<th>2 hr</th>
<th>3 hr</th>
<th>4 hr</th>
<th>5+ hr</th>
</tr>
</thead>
<tbody>
<tr>
<td>a. Watching TV/DVDs/videos</td>
<td>[ ]</td>
<td>[ ]</td>
<td>[ ]</td>
<td>[ ]</td>
<td>[ ]</td>
<td>[ ]</td>
<td>[ ]</td>
</tr>
<tr>
<td>b. Using a computer (not for homework)</td>
<td>[ ]</td>
<td>[ ]</td>
<td>[ ]</td>
<td>[ ]</td>
<td>[ ]</td>
<td>[ ]</td>
<td>[ ]</td>
</tr>
<tr>
<td>c. Xbox/Play-station/other electronic games that you play when sitting</td>
<td>[ ]</td>
<td>[ ]</td>
<td>[ ]</td>
<td>[ ]</td>
<td>[ ]</td>
<td>[ ]</td>
<td>[ ]</td>
</tr>
<tr>
<td>d. Interactive video games such as Wii Sport, Wii Fit, and Dance Dance Revolution</td>
<td>[ ]</td>
<td>[ ]</td>
<td>[ ]</td>
<td>[ ]</td>
<td>[ ]</td>
<td>[ ]</td>
<td>[ ]</td>
</tr>
</tbody>
</table>

34. In your free time on an average weekend day (Saturday or Sunday), how many hours do you spend doing the following activities?

<table>
<thead>
<tr>
<th>Activity</th>
<th>0 hr</th>
<th>½ hr</th>
<th>1 hr</th>
<th>2 hr</th>
<th>3 hr</th>
<th>4 hr</th>
<th>5+ hr</th>
</tr>
</thead>
<tbody>
<tr>
<td>a. Watching TV/DVDs/videos</td>
<td>[ ]</td>
<td>[ ]</td>
<td>[ ]</td>
<td>[ ]</td>
<td>[ ]</td>
<td>[ ]</td>
<td>[ ]</td>
</tr>
<tr>
<td>b. Using a computer (not for homework)</td>
<td>[ ]</td>
<td>[ ]</td>
<td>[ ]</td>
<td>[ ]</td>
<td>[ ]</td>
<td>[ ]</td>
<td>[ ]</td>
</tr>
<tr>
<td>c. Xbox/Play-station/other electronic games that you play when sitting</td>
<td>[ ]</td>
<td>[ ]</td>
<td>[ ]</td>
<td>[ ]</td>
<td>[ ]</td>
<td>[ ]</td>
<td>[ ]</td>
</tr>
<tr>
<td>d. Interactive video games such as Wii Sport, Wii Fit, and Dance Dance Revolution</td>
<td>[ ]</td>
<td>[ ]</td>
<td>[ ]</td>
<td>[ ]</td>
<td>[ ]</td>
<td>[ ]</td>
<td>[ ]</td>
</tr>
</tbody>
</table>

35. How often do you snack while watching TV?

1. [ ] Always
2. [ ] Usually
3. [ ] Sometimes
4. [ ] Rarely
5. [ ] Never

36. Thinking about the TV shows you’ve watched in the past year, please list up to 3 of your favorite shows.

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

If you don’t regularly watch TV, please check here

37. How often do you read magazine articles in which dieting or weight loss are discussed?

1. [ ] Never
2. [ ] Hardly ever
3. [ ] Sometimes
4. [ ] Often

38. What is the name of the magazine that you read most often?

________________________________________________________________________
If you don’t regularly read any magazine, please check here

39. How often do you read this magazine?

1. [ ] Don’t regularly read magazines
2. [ ] Less than once a month
3. [ ] 1 to 3 times a month
4. [ ] At least once a week
40. How often was each of these things true for you in the LAST MONTH?

<table>
<thead>
<tr>
<th>Question</th>
<th>Never</th>
<th>Rarely</th>
<th>Sometimes</th>
<th>Often</th>
<th>Very often</th>
</tr>
</thead>
<tbody>
<tr>
<td>a. When I get off track with my physical activity plans, I tell myself I can start again and get right back on track</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>b. I set goals to do physical activity</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>c. I make backup plans to be sure I get my physical activity</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

41. How often do these things keep you from being physically active?

<table>
<thead>
<tr>
<th>Question</th>
<th>Never</th>
<th>Rarely</th>
<th>Sometimes</th>
<th>Often</th>
<th>Very often</th>
</tr>
</thead>
<tbody>
<tr>
<td>a. The weather is bad</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>b. I don’t have time to do physical activity</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>c. It would take time away from my school work</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>d. I’m embarrassed about how I look when I’m active</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

42. I can be physically active during my free time on most days...

<table>
<thead>
<tr>
<th>Question</th>
<th>Disagree a lot</th>
<th>Disagree a little</th>
<th>Agree a little</th>
<th>Agree a lot</th>
</tr>
</thead>
<tbody>
<tr>
<td>a. no matter how busy my day is</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>b. even if it is very hot or cold outside</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>c. even if I have to stay at home</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

43. Please choose the answer that best applies to you and the neighborhood where you lived for the majority of the past year.

<table>
<thead>
<tr>
<th>Question</th>
<th>Strongly disagree</th>
<th>Somewhat disagree</th>
<th>Somewhat agree</th>
<th>Strongly agree</th>
</tr>
</thead>
<tbody>
<tr>
<td>a. The crime rate in my neighborhood makes it unsafe to go on walks during the day</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>b. The crime rate in my neighborhood makes it unsafe to go on walks at night</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
44. When I am physically active…

<table>
<thead>
<tr>
<th></th>
<th>Disagree a lot</th>
<th>Disagree a little</th>
<th>Agree a little</th>
<th>Agree a lot</th>
</tr>
</thead>
<tbody>
<tr>
<td>a. I feel bored</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>b. I dislike it</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>c. it frustrates me</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
</tbody>
</table>

45. Listed below are statements about people’s exercise habits. How often are the following true?

<table>
<thead>
<tr>
<th></th>
<th>Never</th>
<th>Sometimes</th>
<th>Usually</th>
<th>Always</th>
</tr>
</thead>
<tbody>
<tr>
<td>a. When I miss my scheduled exercise, I may feel tense, irritable, or depressed</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>b. If I feel I have overeaten I will try to make up for it by increasing the amount I exercise</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>c. When I don’t exercise, I feel guilty</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
</tbody>
</table>

You’re doing great!

Your responses are important so please keep on going…
We’d like to know more about your HEALTH & WEIGHT

46. How tall are you? |___| feet |___|___| inches

47. How much do you weigh? |___|___|___| pounds

48. At this time, do you feel that you are:
   1 □ very underweight
   2 □ somewhat underweight
   3 □ about the right weight
   4 □ somewhat overweight
   5 □ very overweight

49. How satisfied are you with your:

<table>
<thead>
<tr>
<th>Very dissatisfied</th>
<th>Very satisfied</th>
</tr>
</thead>
</table>
   a. height          | 1 □ 2 □ 3 □ 4 □ 5 □ |
   b. weight          | 1 □ 2 □ 3 □ 4 □ 5 □ |
   c. body shape      | 1 □ 2 □ 3 □ 4 □ 5 □ |
   d. waist           | 1 □ 2 □ 3 □ 4 □ 5 □ |
   e. hips            | 1 □ 2 □ 3 □ 4 □ 5 □ |
   f. thighs          | 1 □ 2 □ 3 □ 4 □ 5 □ |
   g. stomach         | 1 □ 2 □ 3 □ 4 □ 5 □ |
   h. face            | 1 □ 2 □ 3 □ 4 □ 5 □ |
   i. body build      | 1 □ 2 □ 3 □ 4 □ 5 □ |
   j. shoulders       | 1 □ 2 □ 3 □ 4 □ 5 □ |
   k. muscles         | 1 □ 2 □ 3 □ 4 □ 5 □ |
   l. chest           | 1 □ 2 □ 3 □ 4 □ 5 □ |
   m. overall body fat| 1 □ 2 □ 3 □ 4 □ 5 □ |

50. Please indicate if you have ever been diagnosed with the following conditions:

<table>
<thead>
<tr>
<th>No</th>
<th>Yes</th>
</tr>
</thead>
</table>
   a. Anorexia Nervosa | 1 □ 2 □ |
   b. Asthma            | 1 □ 2 □ |
   c. Binge Eating Disorder | 1 □ 2 □ |
   d. Bulimia Nervosa   | 1 □ 2 □ |
   e. Depression        | 1 □ 2 □ |
   f. Diabetes (Type 1) | 1 □ 2 □ |
   g. Diabetes (Type 2) | 1 □ 2 □ |
   h. Other (please specify): __________________________ | 1 □ 2 □ |
FRIENDS and FAMILY may affect your eating & activity habits, so we’d like to know more about them......

51. Many of my friends...

<table>
<thead>
<tr>
<th></th>
<th>Not at all</th>
<th>A little</th>
<th>Somewhat</th>
<th>Very much</th>
<th>I don’t know</th>
</tr>
</thead>
<tbody>
<tr>
<td>a. think it is important to eat healthy foods like fruits and vegetables</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>b. diet to lose weight or keep from gaining weight</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
</tbody>
</table>

52. How strongly do you agree with the following statements?

<table>
<thead>
<tr>
<th></th>
<th>Strongly disagree</th>
<th>Somewhat disagree</th>
<th>Somewhat agree</th>
<th>Strongly agree</th>
</tr>
</thead>
<tbody>
<tr>
<td>a. My friends often play sports or do something active</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>b. My friends think it is important to be physically active</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>c. My friends and I like to do active things together</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
</tbody>
</table>

53. Do you have one or more close friends who you can talk to about your problems?

<table>
<thead>
<tr>
<th></th>
<th>Yes, always</th>
<th>Yes, sometimes</th>
<th>No</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>3</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
54. Which adults do you live with? (Mark all that apply)
1. [ ] my mother
2. [ ] my father
3. [ ] sometimes with my mother, sometimes with my father (they have separate homes)
4. [ ] stepmother
5. [ ] stepfather
6. [ ] my grandparent(s)
7. [ ] other relative(s)
8. [ ] an adult or adults I am not related to (other than stepparents)
9. [ ] other: _____________________

55. How strongly do you agree with the following statements? For these questions, think about your family in general (including your parents and your brothers and sisters).

a. Family members are accepted for who they are
   - Strongly disagree [ ]
   - Somewhat disagree [ ]
   - Somewhat agree [ ]
   - Strongly agree [ ]

b. Making decisions is a problem for the family
   - Strongly disagree [ ]
   - Somewhat disagree [ ]
   - Somewhat agree [ ]
   - Strongly agree [ ]

c. We don’t get along well together
   - Strongly disagree [ ]
   - Somewhat disagree [ ]
   - Somewhat agree [ ]
   - Strongly agree [ ]

d. We can express feelings to each other
   - Strongly disagree [ ]
   - Somewhat disagree [ ]
   - Somewhat agree [ ]
   - Strongly agree [ ]

e. Planning family activities is difficult because we misunderstand each other
   - Strongly disagree [ ]
   - Somewhat disagree [ ]
   - Somewhat agree [ ]
   - Strongly agree [ ]

f. We confide in each other (By ‘confide’ we mean to trust your family members enough to tell them something that is important to you.)
   - Strongly disagree [ ]
   - Somewhat disagree [ ]
   - Somewhat agree [ ]
   - Strongly agree [ ]

56. How strongly do you agree with the following statements? For these questions, think about your family in general (including your parents and your brothers and sisters).

a. My family and I do active things together (for example, going on bike rides or walks)
   - Strongly disagree [ ]
   - Somewhat disagree [ ]
   - Somewhat agree [ ]
   - Strongly agree [ ]

b. My family supports me in being physically active (for example, enrolling me in sports, watching me perform, providing transportation to places to be active)
   - Strongly disagree [ ]
   - Somewhat disagree [ ]
   - Somewhat agree [ ]
   - Strongly agree [ ]
EATING TOGETHER with your FAMILY and FOOD in your HOME

57. During the past seven days, how many times did all, or most, of your family living in your house eat a meal together?
   1. Never
   2. 1-2 times
   3. 3-4 times
   4. 5-6 times
   5. 7 times
   6. More than 7 times

58. During the past seven days, how many times did all, or most, of your family living in your house eat...

<table>
<thead>
<tr>
<th></th>
<th>0 days</th>
<th>1-2 days</th>
<th>3-4 days</th>
<th>5-6 days</th>
<th>7 days</th>
</tr>
</thead>
</table>
   a. breakfast together?      |        |          |          |          |        |
   b. lunch together?          |        |          |          |          |        |
   c. dinner or supper together?|        |          |          |          |        |

59. How strongly do you agree with the following statements?

<table>
<thead>
<tr>
<th></th>
<th>Strongly disagree</th>
<th>Somewhat disagree</th>
<th>Somewhat agree</th>
<th>Strongly agree</th>
</tr>
</thead>
</table>
   a. I enjoy eating meals with my family | 1 □             | 2 □               | 3 □             | 4 □           |
   b. In my family, we often watch TV while eating dinner | 1 □             | 2 □               | 3 □             | 4 □           |

60. In the past week, how many times did all, or most, of your family living in your household eat out together at a restaurant?

   1. Never
   2. 1 time
   3. 2 times
   4. 3 or more times

61. In the past week, how many times did you help make dinner or supper for your family?

   1. None
   2. 1-2 times
   3. 3-4 times
   4. 5-6 times
   5. 7 times
62. Does your family get public assistance (like food support/stamps, EBT, WIC, TANF, SSI or MFIP)?
   1  ☐ No
   2  ☐ Yes
   3  ☐ I don’t know

63. Do you qualify for free or reduced-price school lunch?
   1  ☐ No
   2  ☐ Yes
   3  ☐ I don’t know

64. How often during the last 12 months have you been hungry because your family couldn’t afford more food?
   1  ☐ Almost every month
   2  ☐ Some months but not every month
   3  ☐ Only one or two months
   4  ☐ I have not been hungry for this reason

65. Which of these statements best describes the food eaten in your home in the last 12 months:
   1  ☐ Often we don’t have enough to eat
   2  ☐ Sometimes we don’t have enough to eat
   3  ☐ We have enough to eat but not always the kinds of food we want
   4  ☐ We always have enough to eat and the kinds of food we want
The next few pages ask about your mother and father. It’s okay to leave some items blank if you do not have a mother or father involved in your life.

YOUR MOTHER....

66. How far in school did your mother go? (Mark the highest level)
   1. Did not finish high school
   2. Finished high school or got GED
   3. Did some college or training after high school
   4. Finished college
   5. Advanced degree (e.g., Master’s degree, PhD, MD)
   6. I don’t know

67. Does your mother...
   1. Work full-time for pay
   2. Work part-time for pay
   3. Not work for pay
   4. I don’t know

68. How much do you feel you can talk to your mother about your problems?
   1. Not at all
   2. A little
   3. Somewhat
   4. Quite a bit
   5. Very much

69. How much do you feel your mother cares about you?
   1. Not at all
   2. A little
   3. Somewhat
   4. Quite a bit
   5. Very much

70. How much does your mother REALLY know...
<table>
<thead>
<tr>
<th>Doesn’t know</th>
<th>Knows a little</th>
<th>Knows a lot</th>
</tr>
</thead>
<tbody>
<tr>
<td>a. who your friends are?</td>
<td>1</td>
<td>2</td>
</tr>
<tr>
<td>b. where you go at night?</td>
<td>1</td>
<td>2</td>
</tr>
<tr>
<td>c. where you are most afternoons after school?</td>
<td>1</td>
<td>2</td>
</tr>
</tbody>
</table>

71. My mother is a person who...
<table>
<thead>
<tr>
<th>Not like her</th>
<th>Somewhat like her</th>
<th>A lot like her</th>
</tr>
</thead>
<tbody>
<tr>
<td>a. is always trying to change how I feel or think about things.</td>
<td>1</td>
<td>2</td>
</tr>
<tr>
<td>b. brings up past mistakes when she criticizes me.</td>
<td>1</td>
<td>2</td>
</tr>
<tr>
<td>c. is less friendly with me if I do not see things her way.</td>
<td>1</td>
<td>2</td>
</tr>
</tbody>
</table>
72. My mother...

<table>
<thead>
<tr>
<th></th>
<th>Not at all</th>
<th>A little</th>
<th>Somewhat</th>
<th>Very Much</th>
</tr>
</thead>
<tbody>
<tr>
<td>a. diets to lose weight or keep from gaining weight.</td>
<td>1 🟠</td>
<td>2 🟠</td>
<td>3 🟠</td>
<td>4 🟠</td>
</tr>
<tr>
<td>b. encourages me to eat healthy foods.</td>
<td>1 🟠</td>
<td>2 🟠</td>
<td>3 🟠</td>
<td>4 🟠</td>
</tr>
<tr>
<td>c. encourages me to diet to control my weight.</td>
<td>1 🟠</td>
<td>2 🟠</td>
<td>3 🟠</td>
<td>4 🟠</td>
</tr>
<tr>
<td>d. talks about her weight</td>
<td>1 🟠</td>
<td>2 🟠</td>
<td>3 🟠</td>
<td>4 🟠</td>
</tr>
<tr>
<td>e. makes comments about other people's weight.</td>
<td>1 🟠</td>
<td>2 🟠</td>
<td>3 🟠</td>
<td>4 🟠</td>
</tr>
</tbody>
</table>

73. My mother...

<table>
<thead>
<tr>
<th></th>
<th>Never</th>
<th>Rarely</th>
<th>Sometimes</th>
<th>On a regular basis</th>
</tr>
</thead>
<tbody>
<tr>
<td>a. eats a lot of fruit.</td>
<td>1 🟠</td>
<td>2 🟠</td>
<td>3 🟠</td>
<td>4 🟠</td>
</tr>
<tr>
<td>b. eats vegetables at dinner.</td>
<td>1 🟠</td>
<td>2 🟠</td>
<td>3 🟠</td>
<td>4 🟠</td>
</tr>
<tr>
<td>c. drinks milk at dinner.</td>
<td>1 🟠</td>
<td>2 🟠</td>
<td>3 🟠</td>
<td>4 🟠</td>
</tr>
<tr>
<td>d. is physically active in her free time.</td>
<td>1 🟠</td>
<td>2 🟠</td>
<td>3 🟠</td>
<td>4 🟠</td>
</tr>
</tbody>
</table>

YOUR FATHER....

74. How far in school did your father go? (Mark the highest level)

1. Did not finish high school
2. Finished high school or got GED
3. Did some college or training after high school
4. Finished college
5. Advanced degree (e.g., Master’s degree, PhD, MD)
6. I don’t know

75. Does your father...

1. Work full-time for pay
2. Work part-time for pay
3. Not work for pay
4. I don’t know

76. How much do you feel you can talk to your father about your problems?

1. Not at all
2. A little
3. Somewhat
4. Quite a bit
5. Very much

77. How much do you feel your father cares about you?

1. Not at all
2. A little
3. Somewhat
4. Quite a bit
5. Very much
### 78. How much does your father REALLY know...

<table>
<thead>
<tr>
<th></th>
<th>Doesn't know</th>
<th>Knows a little</th>
<th>Knows a lot</th>
</tr>
</thead>
<tbody>
<tr>
<td>a. who your friends are?</td>
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<td>3</td>
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<tr>
<td>b. where you go at night?</td>
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<td>3</td>
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<tr>
<td>c. where you are most afternoons after school?</td>
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<td>2</td>
<td>3</td>
</tr>
</tbody>
</table>

### 79. My father is a person who...

<table>
<thead>
<tr>
<th></th>
<th>Not like him</th>
<th>Somewhat like him</th>
<th>A lot like him</th>
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<tr>
<td>a. is always trying to change how I feel or think about things.</td>
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<td>3</td>
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<tr>
<td>b. brings up past mistakes when he criticizes me.</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>c. is less friendly with me if I do not see things his way.</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
</tbody>
</table>

### 80. My father...

<table>
<thead>
<tr>
<th></th>
<th>Not at all</th>
<th>A little bit</th>
<th>Somewhat</th>
<th>Very Much</th>
</tr>
</thead>
<tbody>
<tr>
<td>a. diets to lose weight or keep from gaining weight.</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>b. encourages me to eat healthy foods.</td>
<td>1</td>
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<td>3</td>
<td>4</td>
</tr>
<tr>
<td>c. encourages me to diet to control my weight.</td>
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<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>d. talks about his weight</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>e. makes comments about other people's weight.</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
</tbody>
</table>

### 81. My father...

<table>
<thead>
<tr>
<th></th>
<th>Never</th>
<th>Rarely</th>
<th>Sometimes</th>
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</thead>
<tbody>
<tr>
<td>a. eats a lot of fruit.</td>
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<td>3</td>
<td>4</td>
</tr>
<tr>
<td>b. eats vegetables at dinner.</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>c. drinks milk at dinner.</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
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<td>d. is physically active in his free time.</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
</tbody>
</table>

Almost there...you’re nearly done!
SOMETIMES, other THINGS GOING ON IN YOUR LIFE can affect your eating and activity.
Remember, your responses will be kept CONFIDENTIAL, so please answer as honestly as possible.

82. Mark the two grades you get most often.
   □ A
   □ B
   □ C
   □ D
   □ F or incomplete

83. On an average weekday (Monday-Friday):

   Please check A.M. or P.M. (Midnight is 12:00 A.M.)

   a. What time do you go to bed (to go to sleep)?
      |___|___|
      Hour  Minutes
      A.M.  P.M.
   b. What time do you get out of bed (to start your day)?
      |___|___|
      Hour  Minutes
      A.M.  P.M.

84. On an average weekend day (Saturday or Sunday):

   Please check A.M. or P.M. (Midnight is 12:00 A.M.)

   a. What time do you go to bed (to go to sleep)?
      |___|___|
      Hour  Minutes
      A.M.  P.M.
   b. What time do you get out of bed (to start your day)?
      |___|___|
      Hour  Minutes
      A.M.  P.M.

85. In the room where you sleep, do you have a...

   Yes  No
   a. electronic game console (for example, Playstation, XBOX)?
      1  2
   b. television?
      1  2

86. During the past 12 months, how often have you been bothered or troubled by...

   Not at all  Somewhat  Very much
   a. feeling too tired to do things
      1  2  3
   b. having trouble going to sleep or staying asleep
      1  2  3
   c. feeling unhappy, sad, or depressed
      1  2  3
   d. feeling hopeless about the future
      1  2  3
   e. feeling nervous or tense
      1  2  3
   f. worrying too much about things
      1  2  3
87. **How strongly do you agree with the following statements?**

<table>
<thead>
<tr>
<th>Statement</th>
<th>Strongly disagree</th>
<th>Disagree</th>
<th>Agree</th>
<th>Strongly agree</th>
</tr>
</thead>
<tbody>
<tr>
<td>a. On the whole, I am satisfied with myself</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>b. I feel that I have a number of good qualities</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>c. At times I think I am no good at all</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>d. I am able to do things as well as most other people</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>e. I wish I could have more respect for myself</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>f. I certainly feel useless at times</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
</tr>
</tbody>
</table>

88. **How often do any of the following things happen?**

<table>
<thead>
<tr>
<th>Event</th>
<th>Never</th>
<th>Less than once a year</th>
<th>A few times a year</th>
<th>A few times a month</th>
<th>At least once a week</th>
</tr>
</thead>
<tbody>
<tr>
<td>a. You are teased or harassed about your race</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>b. You are teased or harassed about your family’s financial situation</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>c. You are teased or harassed in a sexual way (e.g., grabbing/pinching, sexual comments, unwanted touching, etc...)</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>d. You are teased about your weight</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>e. You are teased about your appearance</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
</tbody>
</table>

89. **Have you ever been teased or made fun of by other kids because of your weight?**

1 □ Yes  
2 □ No

90. **Have you ever been teased or made fun of by family members because of your weight?**

1 □ Yes  
2 □ No

91. **How often do family members make comments to you about your weight or your eating that make you feel bad?**

1 □ Never  
2 □ Less than once a year  
3 □ A few times a year  
4 □ A few times a month  
5 □ A few times a week
92. Have you ever deliberately hurt yourself, such as by cutting, scratching or burning, but not with the goal of ending your life?
   1 ☐ Yes, during the past year
   2 ☐ Yes, more than a year ago
   3 ☐ No

93. How often have you used the following during the past year (12 months)?

<table>
<thead>
<tr>
<th></th>
<th>Never</th>
<th>A few times</th>
<th>Monthly</th>
<th>Weekly</th>
<th>Daily</th>
</tr>
</thead>
<tbody>
<tr>
<td>a. Cigarettes</td>
<td>☐</td>
<td>2 ☐</td>
<td>3 ☐</td>
<td>4 ☐</td>
<td>5 ☐</td>
</tr>
<tr>
<td>b. Beer, wine, hard liquors</td>
<td>☐</td>
<td>2 ☐</td>
<td>3 ☐</td>
<td>4 ☐</td>
<td>5 ☐</td>
</tr>
<tr>
<td>c. Marijuana</td>
<td>☐</td>
<td>2 ☐</td>
<td>3 ☐</td>
<td>4 ☐</td>
<td>5 ☐</td>
</tr>
</tbody>
</table>

The final questions are about changes that may be happening to your body. These changes happen to different people at different ages.

If YOU are FEMALE, answer question 94 (skip the question if you are male):

94. Have you begun to menstruate (started to have your period)?
   1 ☐ No
   2 ☐ Yes → If yes, how old were you when you started to menstruate? ______

If YOU are MALE, answer questions 95 and 96 (skip them if you are female):

95. Have you noticed a deepening of your voice?
   1 ☐ No
   2 ☐ Yes → If yes, how old were you when you noticed your voice deepening? ______

96. Have you begun to grow hair on your face?
   1 ☐ No
   2 ☐ Yes → If yes, how old were you when you begun to grow hair on your face? ______
THANK YOU for completing the Project EAT survey!