

# California Healthy Kids Survey

## ■ Section E ■

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

- E1. Which of the following are you trying to do about your weight?
- A) Lose weight
  - B) Gain weight
  - C) Stay the same weight
  - D) I am not trying to do anything about my weight

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

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

- E7. How do **you** describe your weight?
- A) Very underweight
  - B) Slightly underweight
  - C) About the right weight
  - D) Slightly overweight
  - E) Very overweight

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

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- E13. During an average physical education (P.E.) class, how many minutes do you spend actually exercising or playing sports?
- A) I do not take P.E.
  - B) Less than 10 minutes
  - C) 10 to 20 minutes
  - D) 21 to 30 minutes
  - E) More than 30 minutes
- E14. During the past **12 months**, did you have a regular check up with a doctor when you were not sick or injured?
- A) No
  - B) Yes
- E15. During the past **12 months**, did you visit a dentist for an examination, teeth cleaning, or dental work?
- A) No
  - B) Yes
- E16. During the past **7 days**, how many days did you take a vitamin?
- A) 0 days
  - B) 1 to 2 days
  - C) 3 to 4 days
  - D) 5 to 6 days
  - E) Daily
- E17. During the past **12 months**, have you had an episode of asthma or an asthma attack?
- A) No
  - B) Yes
- E18. During the past **12 months**, have you ever had a cough, chest tightness, trouble breathing, or wheezing that was so bad that you could not finish saying a sentence?
- A) No
  - B) Yes
- E19. During the past **12 months**, have you been to the emergency room or stayed overnight in the hospital because of a cough, chest tightness, trouble breathing, or wheezing?
- A) No
  - B) Yes

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- E20. During the past **12 months**, have you used a medicine (an inhaler, puffer, or a breathing machine) to treat a cough, chest tightness, trouble breathing, or wheezing?
- A) No
  - B) Yes
- E21. During the past **30 days**, about how many days **each week** have you had a cough, chest tightness, trouble breathing, or wheezing when you did not have a cold or flu?
- A) Never
  - B) 2 days a week or less
  - C) More than 2 days each week but not every day
  - D) Every day
- E22. During the past **30 days**, about how many nights did you wake up because of a cough, chest tightness, trouble breathing, or wheezing when you did not have a cold or flu?
- A) Never
  - B) 2 nights in the last 30 days or less
  - C) 3 or 4 nights in the last 30 days
  - D) More than 4 nights in the last 30 days but not every night
  - E) Every night or almost every night