School Physical Activity and Nutrition (SPAN) Project
Student Assent

YOUR NAME: ____________________________________

SCHOOL: ______________________________________

GRADE: ________________________________________

- You will be asked to answer questions about your food choices and physical activity (exercise).
- An adult will weigh you, measure your height, and write the results on the last page of the questionnaire.
- No one at school or at home will see your answers, how tall you are, or what you weigh.
- Taking part in this project is up to you. Your choice about taking part will not affect your grades in school or your ability to take part in any school activities.
- If you do not want to answer a question, you can skip it.
- You may stop taking part in this project during the time you are getting your height and weight taken, while answering questions, or at any other time.
- After you complete the questionnaire and are measured for height and weight, the page with your name on it (Student Assent Form) will be removed. Your name will never be used after that.
- By signing below, you agree to take part in this project.

Signature of Student ________________ Date ________________

00001
The following questions are about what students your age eat, what they know about nutrition, and their physical activity (exercise). Your answers will help us learn about students in Texas and will be used to design better health programs. Read each question carefully and pick the answer that is true for you. Mark that answer on your questionnaire as shown in the example below. This is not a test, and there are no right or wrong answers. Remember, your answers will be kept private.

**Marking Instruction:**
- Fill in bubble(s) completely
- To change your answer, erase completely

**STUDENT INFORMATION**

What school do you go to? ____________________________

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- [ ] Male
- [ ] Female

7. How do you describe yourself? (Fill in only one)

- [ ] American Indian or Alaska Native
- [ ] Asian
- [ ] Black or African American
- [ ] Mexican-American, Latino or Hispanic
- [ ] Native Hawaiian or Other Pacific Islander
- [ ] White, non-Hispanic, non-Latino
- [ ] Other

8. How tall do you think you are?

- [ ] 3 ft.
- [ ] 4 ft.
- [ ] 5 ft.
- [ ] 6 ft.
- [ ] 7 ft.
- [ ] 8 in.
- [ ] 9 in.
- [ ] 10 in.
- [ ] 11 in.

9. What do you think you weigh?

- [ ] 0 lb.
- [ ] 1 lb.
- [ ] 2 lb.
- [ ] 3 lb.
- [ ] 4 lb.
- [ ] 5 lb.
- [ ] 6 lb.
- [ ] 7 lb.
- [ ] 8 lb.
- [ ] 9 lb.
- [ ] 10 lb.
- [ ] 11 lb.

10. What language do you use with your parents most of the time?

- [ ] English
- [ ] Spanish
- [ ] Vietnamese
- [ ] Chinese
- [ ] Other

Please continue on next page.

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School of Public Health
These questions are about YESTERDAY.

<table>
<thead>
<tr>
<th>Question</th>
<th>None</th>
<th>1 Time</th>
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<th>3 or More</th>
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<tbody>
<tr>
<td>11. Yesterday, how many times did you eat hamburger meat, hot dogs, sausage (chorizo), steak, bacon, or ribs?</td>
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<td>12. Yesterday, how many times did you eat battered or fried chicken, chicken nuggets, chicken fried steak, fried pork chops, or fried fish?</td>
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<td>13. Yesterday, how many times did you eat gravy (either on a food or by itself)?</td>
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<td>14. Yesterday, how many times did you eat peanuts or peanut butter?</td>
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<td>15. Yesterday, how many times did you eat any kind of cheese, cheese spread or a cheese sauce? <strong>Include</strong> cheese on pizza or in dishes such as tacos, enchiladas, lasagna, sandwiches, cheeseburgers or macaroni and cheese.</td>
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<td>16. Yesterday, how many times did you drink any kind of milk? <strong>Include</strong> chocolate or other flavored milk, milk on cereal, and drinks made with milk.</td>
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<td>17. Yesterday, how many times did you eat yogurt or cottage cheese or drink a yogurt drink? <strong>Do not count frozen yogurt.</strong></td>
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<td>18. Yesterday, how many times did you eat rice, macaroni, spaghetti, or pasta noodles?</td>
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<td>19. Yesterday, did you eat any <strong>white</strong> bread, buns, bagels, tortillas, or rolls?</td>
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<td>20. Yesterday, did you eat any <strong>whole wheat or dark</strong> bread, buns, bagels, tortillas, or rolls?</td>
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<td>21. Yesterday, how many times did you eat hot or cold cereal?</td>
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<td>22. Yesterday, how many times did you eat French fries or chips? <strong>Include</strong> potato chips, tortilla chips, Cheetos®, corn chips, or other snack chips.</td>
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<td>23. Yesterday, how many times did you eat vegetables? <strong>Include</strong> all cooked and uncooked vegetables; salads; and boiled, baked and mashed potatoes. <strong>Do not count French fries or chips.</strong></td>
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<td>24. Yesterday, how many times did you eat beans such as pinto beans, baked beans, kidney beans, refried beans, or pork and beans? <strong>Do not count green beans.</strong></td>
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<td>25. Yesterday, how many times did you eat fruit? <strong>Do not count juice.</strong></td>
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<td>26. Yesterday, how many times did you drink fruit juice? Fruit juice is a 100% juice drink like orange juice, apple juice, or grape juice. <strong>Do not count punch, Kool-Aid®, sports drinks, and other fruit flavored drinks.</strong></td>
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<tr>
<td>27. Yesterday, how many times did you drink any punch, Kool-Aid®, sports drinks, or other fruit-flavored drinks? <strong>Do not count fruit juice.</strong></td>
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<td>28. Yesterday, how many times did you drink any <strong>regular</strong> (not diet) sodas or soft drinks?</td>
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<td>29. Yesterday, how many times did you drink any <strong>diet</strong> sodas or soft drinks?</td>
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<td>30. Yesterday, how many times did you eat some type of frozen dessert? A <strong>frozen dessert</strong> is a cold, sweet food like ice cream, frozen yogurt, an ice cream bar, or a Popsicle.</td>
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<td>31. Yesterday, how many times did you eat sweet rolls, doughnuts, cookies, brownies, pies or cakes?</td>
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<td>32. Yesterday, how many times did you eat chocolate candy? <strong>Do not count brownies or chocolate cookies.</strong></td>
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<td>33. Yesterday, how many meals did you eat?</td>
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<td>34. Yesterday, how many times did you eat food from any type of restaurant? <strong>Restaurants include fast food, sit down restaurants, pizza places, and cafeterias.</strong></td>
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<td>35. Yesterday, how many times did you eat or drink a snack? A <strong>snack</strong> is any food or beverage that you eat or drink before, after, or between meals.</td>
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36. What type of milk do you usually drink? (Fill in only ONE)
   - Regular (whole) milk
   - Low-fat (2%, 1 1/2%, 1%) milk
   - Skim, nonfat, or 1/2% milk
   - Combination of the above types of milk
   - I don’t drink milk

37. Are the foods you usually eat:
   - High in fat
   - Some high in fat, some low in fat
   - Low in fat

38. Are you a vegetarian?
   - No, I eat meat (beef, pork, fish, or chicken).
   - Yes, but sometimes I eat meat (beef, pork, fish, or chicken).
   - Yes, I never eat meat (beef, pork, fish, or chicken).

39. Do you usually take a vitamin or mineral pill?
   - Yes
   - No

40. When you think about the way you usually eat, would you say that your eating habits are:
   - Much healthier than those of most people my age
   - Somewhat healthier than those of most people my age
   - About the same as those of most people my age
   - Somewhat less healthy than those of most people my age
   - Much less healthy than those of most people my age

41. Do you usually eat or drink something for breakfast?
   - Almost Always or Always
   - Sometimes
   - Almost Never or Never

42. Do you eat the school lunch served in the cafeteria?
   - Almost Always or Always
   - Sometimes
   - Almost Never or Never

43. On how many of the past 7 days did you exercise or take part in physical activity that made your heart beat fast and made you breathe hard for at least 20 minutes? (For example: basketball, soccer, running or jogging, fast dancing, swimming laps, tennis, fast bicycling, or similar aerobic activities)
   - 0 days
   - 1 day
   - 2 days
   - 3 days
   - 4 days
   - 5 days
   - 6 days
   - 7 days

44. On how many of the past 7 days did you take part in physical activity or exercise for at least 30 minutes where your heart did not beat fast or you did not breathe hard, such as fast walking, slow bicycling, skating, pushing a lawn mower, or mopping floors?
   - 0 days
   - 1 day
   - 2 days
   - 3 days
   - 4 days
   - 5 days
   - 6 days
   - 7 days
45. On how many of the past 7 days did you do exercises to strengthen or tone your muscles, such as push-ups, sit-ups, or weight lifting?
- 0 days
- 1 day
- 2 days
- 3 days
- 4 days
- 5 days
- 6 days
- 7 days

46. In an average week when you are in school, on how many days do you go to physical education (PE) classes?
- 0 days
- 1 day
- 2 days
- 3 days
- 4 days
- 5 days
- 6 days
- 7 days

47. During an average physical education (PE) class, how many minutes do you spend actually exercising or playing sports?
- I do not take PE
- Less than 10 minutes
- 10 to 20 minutes
- 21 to 30 minutes
- 31 to 40 minutes
- 41 to 50 minutes
- More than 60 minutes

48. During the past 12 months, on how many sports teams run by your school did you play (do not include PE classes)? Sports teams include soccer, basketball, baseball, swimming, gymnastics, wrestling, track, football, tennis and volleyball teams.
- 0 teams
- 1 team
- 2 teams
- 3 teams or more

49. During the past 12 months, on how many sports teams run by organizations outside of your school (like the park district, summer leagues, YMCA or church teams) did you play? Sports teams include soccer, basketball, baseball, swimming, gymnastics, wrestling, track, football, tennis, and volleyball.
- 0 teams
- 1 team
- 2 teams
- 3 teams or more

50. Do you currently participate in any other organized physical activities or take lessons, such as martial arts, dance, gymnastics, or tennis?
- Yes
- No

51. How many hours per day do you usually watch TV or video movies away from school?
- I don’t watch TV or video movies
- 1 hour
- 2 hours
- 3 hours
- 4 hours
- 5 hours
- 6 hours or more

52. How many hours per day do you usually spend on the computer away from school? (Time on the computer includes time spent surfing the Internet and instant messaging).
- I don’t use the computer
- 1 hour
- 2 hours
- 3 hours
- 4 hours
- 5 hours
- 6 hours or more

53. How many hours per day do you usually spend playing video games like Nintendo®, Sega®, PlayStation®, Xbox®, GameBoy® or arcade games away from school?
- I don’t play video games
- 1 hour
- 2 hours
- 3 hours
- 4 hours
- 5 hours
- 6 hours or more
54. Have you ever tried to lose weight?
   - Yes
   - No

55. Are you trying to lose weight now?
   - Yes
   - No

56. Would you like to:
   - Weigh more
   - Weigh less
   - Have weight stay about the same

57. Compared to other students in your grade who are as tall as you, do you think you weigh:
   - The right amount
   - Too much
   - Too little (or not enough)

58. From which food group should you eat the most servings each day? Choose only one group.
   - Breads, cereals, rice, pasta
   - Dairy products (milk, cheese, yogurt)
   - Fats, oils, sweets
   - Fruits
   - Meats, fish, poultry, beans, eggs, nuts
   - Vegetables
   - Don’t know

59. From which food group should you eat the fewest servings each day? Choose only one group.
   - Breads, cereals, rice, pasta
   - Dairy products (milk, cheese, yogurt)
   - Fats, oils, sweets
   - Fruits
   - Meats, fish, poultry, beans, eggs, nuts
   - Vegetables
   - Don’t know

60. How many total servings of fruits and vegetables should you eat each day?
   - At least 2 servings
   - At least 3 servings
   - At least 4 servings
   - At least 5 servings
   - Don’t know

61. What is the recommended amount of Calories from fat that you should get from the foods that you eat?
   - Not more than 10% of the total food energy (Calories) in your diet
   - Not more than 20% of the total food energy (Calories) in your diet
   - Not more than 25% of the total food energy (Calories) in your diet
   - Not more than 30% of the total food energy (Calories) in your diet
   - Not more than 35% of the total food energy (Calories) in your diet

62. Which contains the most Calories?
   - One gram of protein
   - One gram of fat
   - One gram of carbohydrate

Please continue on next page.
63. What you eat can make a difference in your chances of getting heart disease or cancer.
   - True
   - False
   - Don’t know

64. People who are overweight are more likely to have a higher risk of health problems than people who are not overweight.
   - True
   - False
   - Don’t know

65. People who are underweight are more likely to have a higher risk of health problems than people who are not underweight.
   - True
   - False
   - Don’t know

66. There is so much information about healthy ways to eat that it's hard to know what to believe.
   - Agree
   - Neither Agree nor Disagree
   - Disagree

67. The foods that I eat and drink are healthy so there is no reason for me to make changes.
   - Agree
   - Neither Agree nor Disagree
   - Disagree

68. Skipping meals such as breakfast or lunch affects my ability to do well in my classes.
   - Agree
   - Neither Agree nor Disagree
   - Disagree

69. I think that learning about the relationship between food and health is important for students my age to know.
   - Agree
   - Neither Agree nor Disagree
   - Disagree

70. I think that learning about the relationship between physical activity and health is important for students my age to know.
   - Agree
   - Neither Agree nor Disagree
   - Disagree

71. I am willing to try new foods.
   - Almost Always or Always
   - Sometimes
   - Almost Never or Never

72. I like to eat the school lunch served in the cafeteria.
   - Almost Always or Always
   - Sometimes
   - Almost Never or Never

73. I think the school lunch served in the cafeteria is nutritious.
   - Almost Always or Always
   - Sometimes
   - Almost Never or Never

74. During the past 12 months, did you ever feel so sad or hopeless almost every day for two weeks or more in a row that you stopped doing some usual activities?
   - Yes
   - No

Thank you very much for your help!

Student's Height: cm
Student's Weight: kg
Comments:

PLEASE DO NOT WRITE IN THIS AREA

J & D Data Services 10/04 v8