The Texas-Childhood Obesity Prevention Policy Evaluation (T-COPPE) and Safe Routes to School (SR2S) Project.

Parent Consent Form

Name of Person Completing S	Survey:
	Please Print
4th Grade Child's Name:	
4th Grade Child's School: _	
4th Grade Child's Teacher: _	

Dear Parent:

This survey is being carried out in your 4th grade child's school under the direction of The University of Texas School of Public Health and Texas A & M Health Science Center School of Rural Public Health. We would like to ask you to take part by filling out this survey, which takes about 20 minutes. This will help us to better understand school programs that were created to improve the physical activity and eating behaviors of children in Texas.

- The 4th grade child's primary caregiver should complete the survey.
- The survey asks questions about your 4th grade child's and your own physical activity (exercise), eating habits, the school neighborhood, and your household.
- There are no right or wrong answers.
- Participation is voluntary. Your choice to take part will not affect your child's grades in school or your child's ability to take part in any school activities.
- After you complete the survey, this page with your name and your 4th grade child's name will be removed and kept confidential. Only a number will be used to identify you and your child.
- The information collected is private and will be kept in a secure location. It will be available only to scientists and their staff. At the end of the project it will be destroyed.
- The results of the study may be published but will never mention any student, parent, or school name.
- You can skip a question if you do not want to answer it, and you may stop answering questions at any time or stop taking part in this project.
- There is no risk in filling out the survey.
- By filling out the survey, you agree to participate in the study.

If you have any questions about this research project, please contact Carolyn Smith, Measurement Coordinator (1-866-346-6163) at The University of Texas School of Public Health.

> Thanks in advance for taking part in this project! Please continue to the next page.

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Bubble in your 4th grade child's	Is your 4th grade child a	Of the following how do you describe your 4th grade child (Fill in only one)
age.	boy or girl?	Black or African-American
ago.	50, 0. g	 Mexican-American, Latino or Hispanic
		 White, Caucasian, Anglo
○ 8		Vietnamese
○ 9	Boy	Chinese
10		Indian, Pakistani
11	Girl	Other Asian
12		 American Indian or Alaska Native
		 Native Hawaiian or Other Pacific Islander
		Other:
		(Write in any other)

- 1. What is your relationship to the **4th grade child** you are completing the survey for?
 - Mother
 - Grandmother
 - Other female adult related to child
 - Other female adult not related to child
- Father
- Grandfather
- Other male adult related to child
- Other male adult not related to child
- 2. What language do you speak most of the time?
 - Spanish
 - English
 - Vietnamese
 - Other:

(Write in any other language)

- About the same in Spanish and English
- About the same in Vietnamese and English
- About the same in another language and English
 - (Write in the other language)
- 3. What language do **you** think in most of the time?
 - Spanish
 - English
 - Vietnamese
 - Other:

(Write in any other language)

- About the same in Spanish and English
- About the same in Vietnamese and English
- About the same in another language and English

(Write in the other language)

4.	4. Of the following how do you most identify yourself? (Fill in only one)								
	 Black or African American Mexican-American, Latino or Hispanic White, Caucasian, Anglo Vietnamese Chinese Indian Pakistani Other Asian American Indian or Alaska Native Native Hawaiian or Other Pacific Islander Other: (Write in other) 								
	Indian, Pakista	ni							
5.	How many childre	en live in your h	nousehold?						
	0	O 1	○ 2	○ 3		O 4 or mo	ore		
6.	How many childre grade)?	en in your hous	ehold attend	elementary schoo	ol (Pre	eK – 5th or 6th	n		
	0	O 1	○ 2	3		O 4 or mo	re		
7.	How many adults	_							
	0	O 1	○ 2	3		4 or mo	re		
8.	How many years	have you lived	at your currer	nt address? (<i>Fill in</i>	only o	ne)			
	 Less than 1year 1 year 2 years 3 years 4 years 5 years 6 years 7 years 10 years 11 years 12 or more years 8 years 9 years 								
9.	9. Do you have any medical conditions or disabilities ONO OYes that limit your physical activity?								
10. The following questions are about walking, biking and living in your home neighborhood. Please consider your neighborhood as the surrounding area within a 20-MINUTE WALK from your home. (Fill in one answer for each line)									
					No	Yes, a few	Yes, Many		
	a. Are there sidewa	alks on most of th	ie streets in yo	ur neighborhood?	0	0	0		
	b. Are the sidewalk maintained (pave	ks in your neighbo ed, even, and not		3)?	0	0	0		
	c. Are there safe ro	oad crossings?			0	0	0		
	d. Do people walk	or bike in your ne	ighborhood?		0	0	0		
						:0			
11.	Is it safe for yourAll of the time	Ath grade childMost of the		me of the time			○ Never		

. Food or other retail shops (e.g., restaurants, grocery stores, dr	ug stores	, clothing sto	res)?
NeverYes, with other childrenYes, by the	nemselves	s or with othe	r children
o. Recreational or open spaces (e.g., parks, trails, gyms, natural	green spa	aces)?	
NeverYes, with other childrenYes, by the	emselve	s or with othe	r children
c. Places where your 4th grade child can play (e.g., playgrounds,	parks, st	reets)?	
NeverYes, with other childrenYes, by the	emselve	s or with othe	r children
The following questions are about facilities for walking and 1th grade child's school . (<i>Fill in one answer for each line</i>)	biking	near your	
	No	Yes, a Few	Yes, Many
Are there sidewalks on the streets near your 4th grade child's school?	0	0	0
b. Are the sidewalks near your 4th grade child's school well maintained (paved, even, and not a lot of cracks)?	0	0	0
c. Are there trees along the streets near your 4th grade child's school?	0	0	0
d. Are there bike lanes/paths or trails near your 4th grade child's school?	0	0	0
e. Are the bike lanes/paths or trails near your 4th grade child's school well maintained (paved, even, and not a lot of cracks)?	0	0	0
f. Are there bike racks at or near your 4th grade child's school?	0	0	0
g. Are there safe road crossings?	0	0	0
The following questions are about the <u>surroundings near</u>	your 4th	grade child	d's scho
Fill in one answer for each line)	No	Yes,	Yes,
Do you have:	No	a Few	Many
a. Attractive buildings and natural things to see?	0	0	0
Abandoned houses or vacant lots?	0	0	0
c. Graffiti on buildings, signs or walls? (excluding murals)	0	0	0
d. Condoms, needles, syringes or drug-related paraphernalia?	0	0	0
e. Well-maintained homes, apartments and gardens?	0	0	0
People who walk or bike?	0	0	0

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4th grade child to walk or bike to or from school? (Fill in one answer for each line) Not a problem Sometimes a problem Always a problem
b. Convenience of driving (to drive child to school) c. Time (amount of time it takes to get to or from school) d. 4th grade child's before or after-school activities e. Speed of traffic along route f. Amount of traffic along route g. Adults or other children to walk or bike with h. Sidewalks or pathways i. Safety at intersections and crossings j. Crossing guards k. Violence or crime (e.g. bullying, gangs) l. Weather or climate m. Stray or dangerous animals n. Cost of driving (e.g. gas, maintenance) o. My child has a disability or health condition 16. I encourage my 4th grade child to walk or bike to school. Yes, all of the time Yes, some of the time Never Yes, most of the time Not very often
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Yes, all of the time Yes, most of the time Not very often 17. Does your 4th grade child have any medical conditions No Yes
 Yes, most of the time Not very often 17. Does your 4th grade child have any medical conditions No Yes
18. Does your 4th grade child have asthma? No Yes If you answered yes, is the asthma well controlled by No Yes N/A medication?
19. Which days of the week is your 4th grade child in a program after school? (Fill in all days that apply)
 None Monday Tuesday Wednesday Thursday Friday
20. Which days of the week is your 4th grade child in a program before school? (Fill in all days that apply)
 None Monday Tuesday Wednesday Thursday Friday
21. On most days , how does your 4th grade child arrive at school and leave after school? (Fill in ONLY one answer in each column)
Arrive at school Leave school (Fill in only one) (Fill in only one)
Wells C
1 10/21/4
Walk
Bike
Bike OSchool bus OSChool bus
Bike School bus Family vehicle (only with children from your family)
Bike School bus Family vehicle (only with children from your family) Carpool (riding with children from other families)
Bike School bus Family vehicle (only with children from your family)

22.	On mos	t days,	how lon	g does	it take	your	4th	grade	child to	get to	and from	school?
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	Travel time to school (Fill in only one)	Travel time from school (Fill in only one)
Less than 5 minutes	0	0
5 – 10 minutes	0	0
11 – 20 minutes	0	0
More than 20 minutes	0	0
I don't know or am not sure	0	0

23. I am sure that I can allow my **4th grade child** to walk to or from school: (Fill in one answer for each line)

		Not Sure	A Little Sure	Very Sure
a.	Even if we live far from school	0	0	0
b.	Even if there is a lot of traffic	0	0	0
C.	Even if it is hot outside	\circ	0	\circ
d.	Even if it is cold outside	0	0	0
e.	Even if it is raining outside	\circ	0	
f.	Even if other children do not walk to school	\circ	0	0
g.	Even if I cannot walk with my child	\bigcirc	0	
ĥ.	Even if I have worries or problems	\circ	0	0
i.	Even if I can drive my child to and from school	\bigcirc	0	
j.	At least once a week	\circ	0	0
k.	At least 2-4 days of the week	\bigcirc	0	
I.	Every day of the week	0	0	\circ
m.	1400	\circ	0	\circ
n.	With my child's friends or classmates	\circ	0	
0.	Alone, without other children or adults	0	0	0

24. If my **4th grade child** walks to and from school: (Fill in one answer for each line)

		Not Sure	A Little Sure	Very Sure
a.	My child will be healthier	\circ	\circ	\circ
b.	My child will get more physical activity	0	0	0
C.	My child will not become overweight			\circ
d.	My child will cross the street safely			0
e.	My child will be ready to learn in school			\circ
	My child will be on time for school			0
g.	I will have more time for other things	0	0	0

25. Has your 4th grade	child asked you	u for permission	to walk or bi	ke to or from	school in
the last year?	,	·			

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\cup	163

No

26. At what grade would or did you allow your 4th grade child to walk or ride a bike without an adult or older child to or from school? (Fill in ONLY one)	
 Kindergarten 1st grade 2nd grade 5th grade 8th grade 8th grade 1 would not allow my child to walk or ride bike at any grade 8th grade 	
27. At what grade would or did you allow your 4th grade child to walk or ride a bike with other children their age to or from school? (Fill in ONLY one)	
 Kindergarten 1st grade 2nd grade 3rd grade 6th grade 7th grade 8th grade 8th grade 	
28. In general, how much does your 4th grade child's school encourage or discourage walking and biking to or from school? (Fill in ONLY one)	
 Strongly encourage Encourage Neither encourage or discourage Discourage Strongly Discourage I am unsure or don't know 	
29. What does your 4th grade child usually do when she or he has a choice about how to spend free time?	
 Almost always chooses activities like TV, reading, listening to music, or computers Usually chooses activities like TV, reading, listening to music, or computers Just as likely to choose active as inactive activities Usually chooses activities like bicycling, dancing, outdoor games, or active sports Almost always chooses activities like bicycling, dancing, outdoor games, or active sports 	
30. Do you like being physically active?	
 Yes, all of the time Yes, most of the time Yes, some of the time Not very often Never 	
31. I do physical activities with my 4th grade child like running, jogging, walking fast, bike riding, swimming, dancing, or skating.	
 Yes, all of the time Yes, most of the time Yes, some of the time Not very often Never My 4th grade child has a disability or health condition that prevents my child from being physically active I have a disability or health condition that prevents me from being physically active 	
32. How sure are you that you can influence your 4th grade child's involvement in organized physical activities like sports teams or physical activity classes?	
 Extremely sure Very sure Somewhat sure Not very sure My 4th grade child has a disability that prevents my child from being physically active 	

33. How sure are you that you can influence your 4th grade child's involvement in free time physical activities like riding a bike, playing actively outside, or shooting hoops?	
 Extremely sure Very sure Somewhat sure Not very sure My 4th grade child has a disability that prevents my child from being physically active 	
34. How many of the past 7 days was your TV on while your 4th grade child ate the evening meal?	
○ 0 days ○ 1 day ○ 2 days ○ 3 days ○ 4 days ○ 5 days ○ 6 days ○ 7 days	
35. How often do you eat a snack while watching TV? ○ Always ○ Very often ○ Sometimes ○ Rarely ○ Never	
36. Do you have rules in your house about how much TV your 4th grade child can watch? O Yes O No) [[[[[[
37. How often do you make sure your 4th grade child follows the rules about the amount o time he or she watches TV?	of [
 Most of the time Some of the time Rarely Never My 4th grade child doesn't have rules for time spent watching TV 	ĪĪ
38. How much time do you allow your 4th grade child to watch TV on weekdays?	
 1 hour or less per day As much TV as he or she wants as long as homework or chores are finished 	
 1-2 hours per day I do not allow my 4th grade child to watch 2-3 hours per day TV on weekdays 	
3 - 4 hours per day	
 4 or more hours per day 	
39. How much time do you allow your 4th grade child to watch TV on weekends ?	
 1 hour or less per day As much TV as he or she wants as long as homework or chores are finished 1-2 hours per day 	
 I do not allow my 4th grade child to watch 2-3 hours per day TV on weekends 	
3 - 4 hours per day	
 4 or more hours per day 	
40. Do you have rules in your house on how much time your 4th grade child can use the computer for uses other than homework?	xt page
 No Yes We don't have a computer at home 	
41. Experts recommend that children be physically active on how many days per week?	
 O days 1 day 2 days 3 days 4 days 5 days 6 days 7 days I don't know]
Page 7 Please continue on nex	xt page

42. Experts recommend that children should be physically active for at least how many minutes per day?
○ 10 minutes ○ 20 minutes ○ 30 minutes ○ 60 minutes ○ 90 minutes ○ I don't know
43. Experts recommend that children engage in no more than how many hours of media-related activities, such as TV watching and video game playing, per day?
 1 hour 2 hours 3 hours 4 hours 5 hours 6 hours
44. Fresh or frozen fruits are available in our home.
○ Yes, all of the time ○ Yes, most of the time ○ Yes, some of the time ○ Never
45. Fresh or frozen vegetables are available in our home.
 Yes, all of the time Yes, most of the time Yes, some of the time Never
46. Skim or non-fat milk is available in our home. (Don't count 1% or 2% milk)
○ Yes, all of the time ○ Yes, most of the time ○ Yes, some of the time ○ Never
47. Whole grain bread is available in our home.
 Yes, all of the time Yes, most of the time Yes, some of the time Never
48. Sugar sweetened cereal is available in our home.
○ Yes, all of the time ○ Yes, most of the time ○ Yes, some of the time ○ Never
49. Soft drinks or sugar sweetened drinks are available in our home. (Example : Kool-Aid®, soda, sports drinks, energy drinks, other fruit flavor drinks)
 Yes, all of the time Yes, most of the time Yes, some of the time Never
50. My 4th grade child usually eats breakfast every morning.
Yes, at homeYes, either at home or school
 Yes, at school No, my child does not usually eat breakfast
51. Does your 4th grade child eat lunch at school that is prepared by the school cafeteria?
 Never / almost never Sometimes Most of the time Always / almost always
52. Do you use MyPlate?
○ No ○ Yes ○ I don't know what MyPlate is

Which of the following types of assistance doe (Fill in one answer for each line)	es your fam Yes	ily receive?	N	•
WIC (Women Infants & Children)	0		C	
TANF (Temporary Assistance for Needy Familie	es)		C)
Medicaid/Texas Health Steps	0		C)
Medicare	0		C)
Food Stamps	0		C)
Free/Reduced meals at school	0		C)
CHIP (Children's Health Insurance Program)	0			
Other assistance	0		C)
For yourself and the other adults in the house completed. (Fill in one answer for each person. If there Not Applicable response)				
not supplied as a supplied of	Myself	Other Adult Female		r Adult ale
Not Applicable		0		
Not Applicable Elementary school or less	0	0 0	0	
Middle school	0	0	0	
High school or GED	0	0		
Associate degree in college (occupational)	0	0		
Associate degree in college (academic)	0	0 (
Bachelors degree Graduate or professional degree	0	0		
Does your family own a car, van or truck?				
○ No ○ Yes, one ○ Yes, two or m	ore			
In the past 12 months, have you: (Fill in one and	swer for each	question)	Yes	No
a. Voted in an election (local, state, or national))?		0	0
b. Written or called a local, state, or federal govissue in your community?	vernment off	cial about an	0	0
	ouncil or othe	er official	0	0
c. Attended a meeting of a school board, city of government body?				
		TO, SHAC,	0	0
government body? d. Volunteered at your 4th grade child's school	nt, etc.)?	TO, SHAC,	0	0

		Strongly Agree		Unsure	Disagree	Strongly Disagree
a.	If there is a problem in my community, the people who live here work together to get it resolved.	0	0	0	0	0
b.	People in the community where I live are only out for themselves.	0	0	0	0	0
C.	I am afraid when I am out alone after dark in my community.	0	0	0	0	0
d.	In my community, a small group of people have all the power.	0	0	0	0	0
e.	I feel like an outsider in my community.	0	0	0	0	0
f.	There is nothing I can do to solve problems in my community when they happen.	0	0	0	0	0
No	ou were not born in the United States, h Less than 1 year 1 to 5 years	ow long	g have	you lived	here?	
No If yo	o Yes O Don't Know ou were not born in the United States, h Less than 1 year					for each per
No If you	O Yes O Don't Know Ou were not born in the United States, h Less than 1 year 1 to 5 years 6 to 10 years 11 to 15 years 16 to 20 years Over 20 years ich persons listed below were born in the				ne answer f	for each per
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Thank you for your participation!