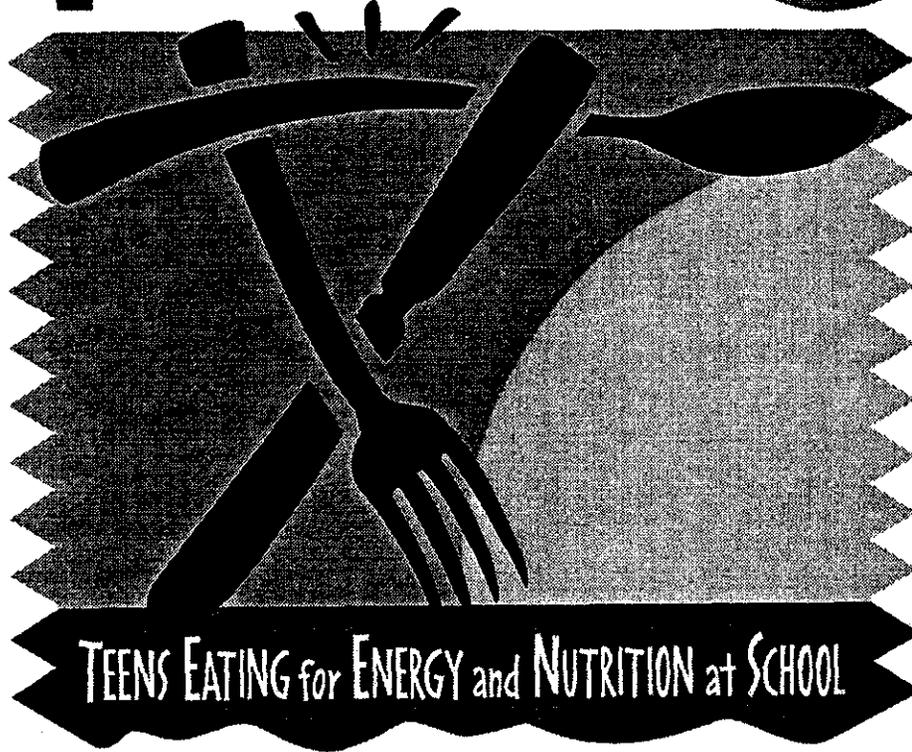


Teens



PARENT SURVEY

TEENS Parent Survey

SECTION A

Please use this checklist to tell us which foods are present in your home right now. Be sure to look in all places where you store food. Place a check in the "Yes" box when you find a food present now. Check the "No" box if a food is not present now.

DAIRY, MEATS, SNACKS, DESSERTS

(Do not count "Reduced-Fat Foods" like "low-fat" mayonnaise or "reduced fat" Oreos)

	<u>YES</u> <i>I have this food in my home right now</i>	<u>NO</u> <i>I don't have this food in my home right now</i>	
1. Whole milk	1 <input type="checkbox"/>	2 <input type="checkbox"/>	30
2. Skim milk (fat free) or 1% milk (low fat)	1 <input type="checkbox"/>	2 <input type="checkbox"/>	31
3. Cheese	1 <input type="checkbox"/>	2 <input type="checkbox"/>	32
4. Beef, pork, lamb	1 <input type="checkbox"/>	2 <input type="checkbox"/>	33
5. Bacon, sausage, or other breakfast meat	1 <input type="checkbox"/>	2 <input type="checkbox"/>	34
6. Hot dogs, Bologna, lunch meat	1 <input type="checkbox"/>	2 <input type="checkbox"/>	35
7. High-fat frozen desserts (like ice cream)	1 <input type="checkbox"/>	2 <input type="checkbox"/>	36
8. Pastry (like doughnuts or sweet rolls)	1 <input type="checkbox"/>	2 <input type="checkbox"/>	37
9. Cakes and pies	1 <input type="checkbox"/>	2 <input type="checkbox"/>	38
10. Butter or margarine	1 <input type="checkbox"/>	2 <input type="checkbox"/>	39
11. Mayonnaise	1 <input type="checkbox"/>	2 <input type="checkbox"/>	40
12. Cream or whipped cream	1 <input type="checkbox"/>	2 <input type="checkbox"/>	41
13. Nuts or peanut butter	1 <input type="checkbox"/>	2 <input type="checkbox"/>	42
14. Potato, corn, or tortilla chips	1 <input type="checkbox"/>	2 <input type="checkbox"/>	43
15. Cookies	1 <input type="checkbox"/>	2 <input type="checkbox"/>	44

VEGETABLES (Count Fresh, Canned & Frozen)

	<u>YES</u> <i>I have this food in my home right now</i>	<u>NO</u> <i>I don't have this food in my home right now</i>	
16. Broccoli	1 <input type="checkbox"/>	2 <input type="checkbox"/>	45
17. Cauliflower	1 <input type="checkbox"/>	2 <input type="checkbox"/>	46
18. Carrots	1 <input type="checkbox"/>	2 <input type="checkbox"/>	47
19. Corn	1 <input type="checkbox"/>	2 <input type="checkbox"/>	48
20. Lettuce (or greens of any type)	1 <input type="checkbox"/>	2 <input type="checkbox"/>	49
21. Potatoes	1 <input type="checkbox"/>	2 <input type="checkbox"/>	50
22. Spinach	1 <input type="checkbox"/>	2 <input type="checkbox"/>	51
23. Tomatoes	1 <input type="checkbox"/>	2 <input type="checkbox"/>	52
24. Green Beans	1 <input type="checkbox"/>	2 <input type="checkbox"/>	53
25. Peas	1 <input type="checkbox"/>	2 <input type="checkbox"/>	54
26. Mixed Vegetables	1 <input type="checkbox"/>	2 <input type="checkbox"/>	55
27. Onions	1 <input type="checkbox"/>	2 <input type="checkbox"/>	56
28. Peppers	1 <input type="checkbox"/>	2 <input type="checkbox"/>	57
29. Sweet Potatoes or yams	1 <input type="checkbox"/>	2 <input type="checkbox"/>	58
30. Other Vegetables, please specify:	1 <input type="checkbox"/>	2 <input type="checkbox"/>	59

FRUIT (Count Fresh, Canned & Frozen)

31. Apples	1 <input type="checkbox"/>	2 <input type="checkbox"/>	60
32. Bananas	1 <input type="checkbox"/>	2 <input type="checkbox"/>	61
33. Berries (strawberries, blueberries, raspberries)	1 <input type="checkbox"/>	2 <input type="checkbox"/>	62
34. Grapes	1 <input type="checkbox"/>	2 <input type="checkbox"/>	63
35. Grapefruit	1 <input type="checkbox"/>	2 <input type="checkbox"/>	64
36. Oranges, tangerines, clementines	1 <input type="checkbox"/>	2 <input type="checkbox"/>	65
37. Pears	1 <input type="checkbox"/>	2 <input type="checkbox"/>	66
38. Pineapple	1 <input type="checkbox"/>	2 <input type="checkbox"/>	67
39. Melon	1 <input type="checkbox"/>	2 <input type="checkbox"/>	68
40. Kiwi	1 <input type="checkbox"/>	2 <input type="checkbox"/>	69
41. Peaches, nectarines	1 <input type="checkbox"/>	2 <input type="checkbox"/>	70
42. Mango	1 <input type="checkbox"/>	2 <input type="checkbox"/>	71
43. Dried Fruits (like raisins)	1 <input type="checkbox"/>	2 <input type="checkbox"/>	72
44. 100% Fruit Juice	1 <input type="checkbox"/>	2 <input type="checkbox"/>	73
45. Other Fruit, please specify:	1 <input type="checkbox"/>	2 <input type="checkbox"/>	74

SECTION B

Thinking about my own health

	Strongly Disagree	Disagree	Agree	Strongly Agree	
46. I believe I am in good to excellent health.	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	75
47. I am satisfied with my own eating habits.	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	76
48. I limit how many high fat foods I eat.	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	77
49. I limit how many high sugar items I eat and drink, like candy and soft drinks.	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	78
50. Most days I eat five servings of fruits and vegetables.	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	79
51. I am satisfied with the amount of physical activity I get.	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	80

Thinking about my family

	Strongly Disagree	Disagree	Agree	Strongly Agree	
52. We are too busy to eat together as a family most nights.	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	81
53. Children's activities, such as sports, music, or part-time jobs, often make it hard to have family meals together.	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	82
54. Adult work schedules often make it hard to have family meals together.	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	83

Thinking about my family

	Strongly Disagree	Disagree	Agree	Strongly Agree	
55. I am satisfied with how often my family eats the dinner meal together.	1☐	2☐	3☐	4☐	84
56. Adults in the family want the television on during meal time.	1☐	2☐	3☐	4☐	85
57. The children and teenagers want the television on during meal time.	1☐	2☐	3☐	4☐	86

How often...

58. Does your family sit down together for dinner?

- 1☐ 4 or more times per week
- 2☐ 1 to 3 times per week
- 3☐ 2 to 3 times per month
- 4☐ 1 time per month or less
- 5☐ Never

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59. Is the television on during dinner time?

- 1☐ 4 or more times per week
- 2☐ 1 to 3 times per week
- 3☐ 2 to 3 times per month
- 4☐ 1 time per month or less
- 5☐ Never

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60. Do you (yourself) eat at least 5 servings of fruit and vegetables?

- 1☐ 4 or more times per week
- 2☐ 1 to 3 times per week
- 3☐ 2 to 3 times per month
- 4☐ 1 time per month or less
- 5☐ Never

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SECTION C

In your opinion...

	Strongly Disagree	Disagree	Uncertain	Agree	Strongly Agree	
61. It is okay for teens to drink lots of soft drinks, like Coke and Pepsi, because they need lots of extra calories to grow.	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>	90
62. Sport drinks, like Gatorade, are recommended for teens who are moderately active.	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>	91
63. It is okay for teens to eat without worrying about fat because they need lots of extra calories to grow.	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>	92
64. Only <u>fresh</u> fruit and vegetables count towards the recommended 5 servings a day of fruit and vegetables.	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>	93
65. Fruit drinks like Fruitopia, Capri Sun and Sunny Delight count as a fruit serving.	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>	94
66. Teens are more likely to develop an eating disorder than to become obese.	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>	95

SECTION D

In your opinion...

	Strongly Disagree	Disagree	Uncertain	Agree	Strongly Agree	
67. What students eat during the school day affects how ready they are to learn.	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>	96
68. Vending machines at school should offer only healthy snacks and drinks.	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>	97
69. School lunches are healthy.	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>	98
70. School lunches should include more fruits and vegetables.	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>	99
71. Food from fast food chains like McDonalds, Taco Bell and Pizza Hut, should be offered as lunch choices in middle schools.	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>	100
72. Selling high fat, high sugar foods, like candy and cookies, as part of school fund-raising is okay because it helps raise money for school programs.	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>	101
73. It is important for schools to have a written "school food policy" about things like food in the classroom or snack and drink choices in vending machines.	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>	102

In your opinion...

	Strongly Disagree	Disagree	Uncertain	Agree	Strongly Agree	
74. Only healthy foods should be available at school.	1☐	2☐	3☐	4☐	5☐	103
75. More healthy snacks and drinks should be in the vending machines and on the snack line.	1☐	2☐	3☐	4☐	5☐	104
76. What parents eat affects what their children eat.	1☐	2☐	3☐	4☐	5☐	105
77. Food and drinks offered at school affect what teens eat.	1☐	2☐	3☐	4☐	5☐	106
78. Schools are already giving enough attention to student nutrition.	1☐	2☐	3☐	4☐	5☐	107
79. Eating habits are already set before students get to middle school.	1☐	2☐	3☐	4☐	5☐	108
80. Students should be able to buy soft drinks and candy at school.	1☐	2☐	3☐	4☐	5☐	109
81. Ads on vending machines influence teens to buy the advertised items.	1☐	2☐	3☐	4☐	5☐	110

In your opinion...

		Strongly Disagree	Disagree	Uncertain	Agree	Strongly Agree	
82.	The nutritional health of students should be important to schools.	1□	2□	3□	4□	5□	111
83.	It is important to address eating habits during the teenage years.	1□	2□	3□	4□	5□	112
84.	A school breakfast program can help students be ready to learn.	1□	2□	3□	4□	5□	113
85.	A school breakfast program can help students be on time for school and cut down how often they are absent.	1□	2□	3□	4□	5□	114
86.	Schools should not allow any advertising for food and soft drinks.	1□	2□	3□	4□	5□	115
87.	School lunches have to meet government rules for nutrition.	1□	2□	3□	4□	5□	116
88.	Students in my teens' school seem to eat healthy diets.	1□	2□	3□	4□	5□	117

If shopping for your family...

89. If you had to choose in the grocery store, which would you buy:

- a. 1 Pretzels 118
or
2 Potato chips

- b. 1 Soft drinks (like Coke, Root Beer) 119
or
2 100% fruit juice

- c. 1 Ice cream 120
or
2 Frozen yogurt

- d. 1 Cheese pizza 121
or
2 Pizza with meat (like Sausage or Pepperoni)

- e. 1 Doughnuts 122
or
2 Low-fat muffins

- f. 1 Regular salad dressing 123
or
2 Fat-free salad dressing

- g. 1 Potato chips 124
or
2 Baked chips

- h. 1 Skim Milk (fat free) 125
or
2 2% Milk

- i. 1 Low fat cookies 126
or
2 Regular cookies

SECTION E

90. As the person completing this survey, please mark ONE box:

- 1 I am the mother or female guardian
- 2 I am the father or male guardian

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91. What was the highest grade in school which you completed (Mark ONE box)

- ◆ Did not finish high school 1
- ◆ Finished high school (or got a GED) 2
- ◆ Went to vocational school (computer/
electrician/mechanic/healthcare/beauty school)..... 3
- ◆ Took some college (but did not graduate) 4
- ◆ Graduated from college or a university 5
- ◆ Professional training beyond
a four-year college degree 6

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92. Please mark ONE box.

Right now, I am ...

- ◆ Working full time 1
- ◆ Working part-time only 2
- ◆ Not working outside the home 3
- ◆ Unemployed 4
- ◆ Disabled and not working 5
- ◆ Retired 6

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