

■ Module E ■

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

On how many of the past 7 days did you ...

		<u>Number of Days</u>							
		<u>0</u>	<u>1</u>	<u>2</u>	<u>3</u>	<u>4</u>	<u>5</u>	<u>6</u>	<u>7</u>
		A	B	C	D	E	F	G	H
E1.	Exercise or do a physical activity for at least 20 minutes that made you sweat and breathe hard? (For example, basketball, soccer, running, swimming laps, fast bicycling, fast dancing or similar aerobic activities.)								
E2.	Participate in a physical activity for at least 30 minutes that did not make you sweat and breathe hard? (For example, fast walking, slow bicycling, shooting baskets, skating, raking leaves, or mopping floors.)								
E3.	Do exercises to strengthen or tone your muscles? (For example, push-ups, sit-ups, or weight lifting.)								

During the past 24 hours (yesterday), how many times did you ...

		<u>Number of Times</u>					
		<u>0</u>	<u>1</u>	<u>2</u>	<u>3</u>	<u>4</u>	<u>5 or more</u>
		A	B	C	D	E	F
E4.	Drink milk or eat yogurt? (In any form, including in cereal.)						
E5.	Drink soda pop?						
E6.	Drink 100% fruit juices, such as orange, apple or grape? (Do not count punch, Kool-Aid, sports drinks, and fruit-flavored drinks.)						
E7.	Eat french fries, potato chips, or other fried potatoes?						
E8.	Eat fruit? (Do not count fruit juice.)						
E9.	Eat vegetables? (Include salads and nonfried potatoes.)						
E10.	Has a doctor ever told you or your parent/guardian that you have asthma? A) No B) Yes C) Don't know						
E11.	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						

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

	No	Yes
E12. Exercise	A	B
E13. Eat less food, fewer calories, or foods low in fat	A	B
E14. Go without eating for 24 hours or more (also called fasting)	A	B
E15. Take any diet pills, powders, or liquids without a doctor's advice (Do not include meal replacement products, such as Slim Fast.)	A	B
E16. Vomit or take laxatives	A	B

Module G
2009-2010

Please answer these questions under Section G of your answer sheet

How wrong do your parents feel it would be for you to...

	Very Wrong	Wrong	A Little Bit Wrong	Not Wrong At All
G1. drink beer, wine or hard liquor (for example, vodka, whiskey, or gin) regularly?	A	B	C	D
G2. smoke cigarettes?	A	B	C	D
G3. smoke marijuana?	A	B	C	D

G4. About what percent of students in your school grade do you think drank alcohol in the **last 30 days**? (For example, you might think about how many in a group of 100 students or three classrooms)

- | | |
|---------------------|----------------------|
| A) 0 percent (None) | G) 60 percent |
| B) 10 percent | H) 70 percent |
| C) 20 percent | I) 80 percent |
| D) 30 percent | J) 90 percent |
| E) 40 percent | K) 100 percent (All) |
| F) 50 percent | |

G5. About what percent of students in your school grade do you think smoked marijuana in the **last 30 days**? (For example, you might think about how many in a group of 100 students or three classrooms)

- | | |
|---------------------|----------------------|
| A) 0 percent (None) | G) 60 percent |
| B) 10 percent | H) 70 percent |
| C) 20 percent | I) 80 percent |
| D) 30 percent | J) 90 percent |
| E) 40 percent | K) 100 percent (All) |
| F) 50 percent | |

G6. During the past **12 months**, did you use any steroids (roids) to build up muscle or increase performance or endurance?

- A) None, have used no steroids
- B) Some, have taken a few times
- C) Regularly, have been on a program of steroid use

G7. During the past **12 months**, have you taken any performance-enhancing supplement that claims to build muscle or increase strength or endurance (andro, ephedrine, DHEA)?

- A) None
- B) Some, have taken a few times
- C) Regularly, have been on a program of supplement use

In the last **6 months**, have you felt any of the following for 2 weeks or longer?

	No	Yes
G8. Difficulty concentrating	A	B
G9. Hopelessness	A	B
G10. More conflicts than usual with friends or family members	A	B
G11. Very irritable	A	B
G12. Lack of pleasure in activities you usually enjoy	A	B
G13. Sleeping more or sleeping less	A	B
G14. Eating more or eating less	A	B

How strongly do you agree or disagree with the following statements?

	Strongly Disagree	Disagree	Agree	Strongly Agree
G15. I work hard at my school work.	A	B	C	D
G16. I ask for help with my school work when I need it.	A	B	C	D
G17. I have goals and plans for the future.	A	B	C	D
G18. I plan to graduate from high school.	A	B	C	D
G19. I plan to go to college or some other school after high school.	A	B	C	D
G20. Teachers and other adults at this school treat all students with respect.	A	B	C	D
G21. Teachers and other adults encourage me to work hard in school so I can be successful in college or at the job I choose.	A	B	C	D
G22. The teachers and other adults work hard to help me with my school work when I need it.	A	B	C	D
G23. Teachers show how classroom lessons are important and helpful to me in real life.	A	B	C	D
G24. Teachers give me a chance to take part in classroom discussions or activities.	A	B	C	D
G25. The books and lessons in my classes include examples of my race or ethnic background.	A	B	C	D
G26. All students are treated fairly when they break school rules.	A	B	C	D
G27. I have been disrespected or mistreated by an adult at this school because of my race, ethnicity, or nationality.	A	B	C	D
G28. There is a lot of tension in this school between different cultures, races or ethnicities.	A	B	C	D
G29. The schoolyard and building are clean and in good condition.	A	B	C	D

THANK YOU FOR YOUR INPUT!