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FTYPE FREV NGHS Form 10 Rev. 0 3/87 14 Pages

NHLBI GROWTH AND HEALTH STUDY

NUTRITION FORM - A

These are questions about the child who is participating in the NHLBI Growth and Health Study:

1. Does she take vitamins? VITAMINS

Daily	☐	1
Most of the time ...	☐	2
Some of the time ...	☐	3
Never	☐	4

2. Are there certain foods she does not eat because of an allergy or other health reasons? ..... ALLERGY

YES	NO
☐	☐

If YES, answer question A.

If NO, skip to question 3 on next page.

A. Please identify these foods:

	YES	NO
A.1. Milk or milk products ..... MILK	☐	☐
A.2. Chocolate ..... CHOC	☐	☐
A.3. Seafood ..... SEAFOOD	☐	☐
A.4. Other foods ..... OTHALLER	☐	☐

If YES, please write the names of the other foods in this space:

ALRGOTHR

3. In general, do you want her to eat: AMTEAT

Less than she eats now	☐	1
The same as she eats now	☐	2
More than she eats now	☐	3
It doesn't matter how much she eats ...	☐	4

4. In general, do you want her to be physically active: PHYSACT

Less than she is now	☐	1
The same as she is now	☐	2
More than she is now	☐	3
It doesn't matter how physically active she is ...	☐	4

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5. Many parents of 9 and 10 year olds feel they do not know what their child eats. Please mark below how much you know about what your child eats at each of these times.

	Know a little	Know some	Know a lot
A. Breakfast BREAKFST	☐	☐	☐
B. Mid-morning snacks MORNSNK	☐	☐	☐
C. Lunch LUNCH	☐	☐	☐
D. Mid-afternoon snacks AFTSNK ...	☐	☐	☐
E. Dinner DINNER	☐	☐	☐
F. Evening snacks EVESNK	☐	☐	☐

6. A. Some people eat between meals. Do you think your child snacks between meals:

BETWNMLS

Never or almost never ... ☐ 1

Sometimes ..... ☐ 2

Usually or always ..... ☐ 3

If she NEVER OR ALMOST NEVER snacks between meals, please go to question 7.

B. If she snacks SOMETIMES or USUALLY OR ALWAYS, when does she snack most?

MORNMST

Morning ..... ☐ 1

AFTMST

Afternoon ... ☐ 2

EVEMST

Evening ..... ☐ 3

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7. Do you try to control what your child eats?

CNTRL

Never or almost never ... ☐ 1

Sometimes ..... ☐ 2

Usually or always ..... ☐ 3

8. A. After eating a meal, except for having dessert, does she eat again within one hour?

EATAGN

Never or almost never ... ☐ 1

Sometimes ..... ☐ 2

Usually or always ..... ☐ 3

B. After eating a meal, except for water or other no-calorie beverages, does she drink beverages within one hour?

DRKAGN

Never or almost never ... ☐ 1

Sometimes ..... ☐ 2

Usually or always ..... ☐ 3

9. Has she ever stopped eating for more than a day except for days when she was sick? ..... ☐ YES ☐ NO

NOFOOD

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10. How would you describe her eating habits? Please answer questions A through H, marking the best answer (NEVER OR ALMOST NEVER, SOMETIMES or USUALLY OR ALWAYS) for each one.

	Never or almost never	Sometimes	Usually or always
A. She eats too much ..... TOMUCH	☐	☐	☐
B. She eats too little ..... TOLITTLE	☐	☐	☐
C. She eats too many snacks ..... TOMANY	☐	☐	☐
D. She eats too little variety ..... NOVARTY	☐	☐	☐
E. She is a picky eater ..... PICKY	☐	☐	☐
F. She eats only one or two foods for several days at a time ..... SAMFOOD	☐	☐	☐
G. She eats very large amounts of food at one time ..... LGAMTS	☐	☐	☐
H. She eats the wrong kinds of food ..... WRKIND	☐	☐	☐

11. How often does she eat food from a place like McDonald's, Kentucky Fried Chicken, Pizza Hut, Burger King, or some other fast food restaurant?

FSTFOOD

Never or almost never ... ☐ 1

Sometimes ..... ☐ 2

Often ..... ☐ 3

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12. When dinner is served at home does she usually help herself or is her plate made up for her?

STYLE

She helps herself ..... ☐ 1

Plate is made up for her ... ☐ 2

13. Does she trim and discard the fat off meat or the skin off chicken?

NOFAT

Never or almost never ..... ☐ 1

Sometimes ..... ☐ 2

Usually or always ..... ☐ 3

Fat or skin is removed before she is served ... ☐ 4

14. Does she drink an instant meal or diet supplement instead of having meals?

SUPPLMNT

Never or almost never ... ☐ 1

Sometimes ..... ☐ 2

Usually or always ..... ☐ 3

15. Does she prepare or help cook meals?

PREPAR

Never or almost never ... ☐ 1

Sometimes..... ☐ 2

Usually or always ..... ☐ 3

16. Does she bake or make desserts or snacks by herself?

BAKE

Never or almost never ... ☐ 1

Sometimes ..... ☐ 2

Usually or always ..... ☐ 3

17. Do you ever tell her that she is eating too much?

TEL2MUCH

Never or almost never ... ☐ 1

Sometimes ..... ☐ 2

Often ..... ☐ 3

18. Do you ever tell her that she is not eating enough?

TEL2LTTL

Never or almost never ... ☐ 1

Sometimes ..... ☐ 2

Often ..... ☐ 3

19. Is she allowed to eat as much as she wants?

ASWANTS

Never or almost never ... ☐ 1

Sometimes ..... ☐ 2

Usually or always ..... ☐ 3

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20. Does she ever complain that you nag her about what she eats?

UNAG

Never or almost never ...	☐	1
Sometimes	☐	2
Often	☐	3

<u>The following questions are about your household</u>:

21. Are most of the meals in your household specially prepared because someone is on a "special diet"? (Mark as many reasons A through G as apply in your household.)

		YES	NO
A.	Yes, because someone has high blood pressure HIBP	☐	☐
B.	Yes, because someone has a heart problem HEART10	☐	☐
C.	Yes, because someone has diabetes or high blood sugar DIABET10 ...	☐	☐
D.	Yes, because someone has high cholesterol HICHOLE	☐	☐
E.	Yes, because someone has another health problem OTHHTH	☐	☐
F.	Yes, because someone is a vegetarian VEGTARN	☐	☐
G.	Yes, because of some other reason OTREA	☐	☐

If <u>YES</u>, please write the reason in this space.

SPDTOTHR ____________________

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22. Who usually prepares the food eaten at home for dinner?

Mother WHOPREP1	☐	1
Father WHOPREP2	☐	2
Child in study WHOPREP3	☐	3
Other child WHOPREP4	☐	4
Other adult WHOPREP5	☐	5
Doesn't eat dinner at home ... WHOPREP6	☐	6

23. Who usually shops for the food eaten at home?

WHOSHOP1	Mother	☐	1
WHOSHOP2	Father	☐	2
WHOSHOP3	Child in study ...	☐	3
WHOSHOP4	Other child	☐	4
WHOSHOP5	Other adult	☐	5

24. How often do you serve the following desserts with or after meals?

		Never or almost never	Sometimes	Usually or always
DAIRY	A. Dairy products such as ice cream, pudding, etc.	☐	☐	☐
FRUIT	B. Fruit	☐	☐	☐
CAKE	C. Cake, cookies, candy, etc. ...	☐	☐	☐

25. Please answer the following questions concerning the way foods are prepared in your household:

		Never or almost never	Sometimes	Usually or always	Never have that food
FFRIED	A. When you have fish, is it fried?	☐	☐	☐	☐
CFRIED	B. When you have chicken, is it fried?	☐	☐	☐	☐
MFRIED	C. When you have other meat, is it fried?	☐	☐	☐	☐
PFRIED	D. When you have food such as potatoes, are they fried? ..	☐	☐	☐	☐
FATVEG	E. When you have vegetables, is butter, margarine, salt pork, ham hocks, or meat drippings added to them?	☐	☐	☐	☐
SALDRESS	F. When you have salads, is any dressing added?	☐	☐	☐	☐

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26. In some homes certain food items are always on the table or are put out with meals. Please mark whether you have the food items listed below on your table at meals:

	Never or almost never	Sometimes	Usually or always
A. Pepper PEPPER	☐	☐	☐
B. Salt SALT	☐	☐	☐
C. Butter BUTTER	☐	☐	☐
D. Margarine MARG	☐	☐	☐
E. Mayonnaise MAYON	☐	☐	☐
F. Other spreads OTSPRDS	☐	☐	☐
G. Sugar SUGAR	☐	☐	☐
H. Jelly or honey JELLY	☐	☐	☐
I. Peanut butter PEANTBUT	☐	☐	☐
J. Water WATER	☐	☐	☐
K. Soft drinks/soda SODA ...	☐	☐	☐
L. Milk MILK2	☐	☐	☐
M. Juice JUICE	☐	☐	☐
N. Ketchup KETCHUP	☐	☐	☐
O. Mustard MUSTARD	☐	☐	☐

27. How does your family usually eat the evening meal? (Mark the one best answer.)

HOWDINE

People sit down together ..... ☐ 1

People eat at different times ... ☐ 2

28. How long does the evening meal usually take?

HOWLONG

Less than 10 minutes ..... ☐ 1

Between 10 and 20 minutes ... ☐ 2

Between 20 and 30 minutes ... ☐ 3

More than 30 minutes ..... ☐ 4

29. Please check the fat you use most often for cooking or frying each of the following foods (vegetables, fish, chicken, meat and potatoes):

	Lard	Vegetable oil	Olive oil	Shortening	Bacon, pork, or ham hocks	Margarine	Butter	Mayonnaise	Other* (please list below.)	Fat never used
A. Vegetables VEG1A VEG1B										
B. Fish FISHA FISHB										
C. Chicken CHICKA CHICKB										
D. Meat MEATA MEATB										
E. Potatoes POTA1A POTA1B										

*If marked "other," please list the other fat here:

FREMK

30. Please check which fat you add most often at the table or use as dressing on each of the following foods (salad, vegetables and potatoes):

	Lard	Vegetable oil	Olive oil	Shortening	Bacon, pork, or ham hocks	Margarine	Butter	Mayonnaise	Other* (please list below.)	Fat never used
A. Salad SALADA SALADB										
B. Vegetables VEG2A VEG2B										
C. Potatoes POTA2A POTA2B										

*If marked "other," please list the other fat here:

FREMK2

31. Who usually prepares the meals in your household?

WHOFIX1 Yourself ..... ☐ 1

WHOFIX2 Your spouse .... ☐ 2

WHOFIX3 Other person ... ☐ 3

Thank you very much for your help. We appreciate your cooperation.

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NHLBI GROWTH AND HEALTH STUDY

NUTRITION FORM - A

These are questions about the child who is participating in the NHLBI Growth and Health Study:

1. Does she take vitamins? VITAMINS

Daily	☐	1
Most of the time ...	☐	2
Some of the time ...	☐	3
Never	☐	4

2. Are there certain foods she does not eat because of an allergy or other health reasons? ALLERGY ..... ☐ YES ☐ NO

If YES, answer question A.
If NO, skip to question 3 on next page.

A. Please identify these foods:

		YES	NO
A.1.	Milk or milk products MILK	☐	☐
A.2.	Chocolate CHOC	☐	☐
A.3.	Seafood SEAFOOD	☐	☐
A.4.	Other foods OTHALLER	☐	☐

If YES, write the names of the other foods in this space:

ALRGOTHR

3. In general, do you want her to eat: AMTEAT

Less than she eats now .... ☐ 1

The same as she eats now .... ☐ 2

More than she eats now .... ☐ 3

It doesn't matter how much she eats ... ☐ 4

4. In general, do you want her to be physically active: PHYSACT

Less than she is now .... ☐ 1

The same as she is now .... ☐ 2

More than she is now .... ☐ 3

It doesn't matter how physically active she is ... ☐ 4

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5. Many parents of 9 and 10 year olds feel they do not know what their child eats. Please mark below how much you know about what your child eats at each of these times.

		Know a little	Know some	Know a lot
A. Breakfast	BREAKFST	☐	☐	☐
B. Mid-morning snacks	MORNSNK	☐	☐	☐
C. Lunch	LUNCH	☐	☐	☐
D. Mid-afternoon snacks ...	AFTSNK	☐	☐	☐
E. Dinner	DINNER	☐	☐	☐
F. Evening snacks	EVESNK	☐	☐	☐

6. A. Some people eat between meals. Do you think your child snacks between meals:

BETWNMLS

- Never or almost never ... ☐ 1
- Sometimes .... ☐ 2
- Usually or always .... ☐ 3

> If she NEVER OR ALMOST NEVER snacks between meals, please go to question 7.

B. If she snacks SOMETIMES or USUALLY OR ALWAYS, when does she snack most?

- MORNMST Morning ..... ☐ 1
- AFTMST Afternoon ... ☐ 2
- EVEMST Evening ..... ☐ 3

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7. Do you try to control what your child eats?

CNTRL

Never or almost never ... ☐ 1

Sometimes ..... ☐ 2

Usually or always ..... ☐ 3

8. A. After eating a meal, except for having dessert, does she eat again within one hour?

EATAGN

Never or almost never ... ☐ 1

Sometimes ..... ☐ 2

Usually or always ..... ☐ 3

B. After eating a meal, except for water or other no-calorie beverages, does she drink beverages within one hour?

DRKAGN

Never or almost never ... ☐ 1

Sometimes ..... ☐ 2

Usually or always ..... ☐ 3

9. Has she ever stopped eating for more than a day except for days when she was sick? ..... NOFOOD ☐ YES ☐ NO

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10. How would you describe her eating habits? Please answer questions A through H, marking the best answer (NEVER OR ALMOST NEVER, SOMETIMES or USUALLY OR ALWAYS) for each one.

	Never or almost never	Sometimes	Usually or always
A. She eats too much TOMUCH	☐	☐	☐
B. She eats too little TOLITTLE	☐	☐	☐
C. She eats too many snacks TOMANY	☐	☐	☐
D. She eats too little variety NOVARTY	☐	☐	☐
E. She is a picky eater PICKY	☐	☐	☐
F. She eats only one or two foods for several days at a time SAMFOOD	☐	☐	☐
G. She eats very large amounts of food at one time LGAMTS	☐	☐	☐
H. She eats the wrong kinds of food .... WRKIND	☐	☐	☐

11. How often does she eat food from a place like McDonald's, Kentucky Fried Chicken, Pizza Hut, Burger King, or some other fast food restaurant?

FSTFOOD

Never or almost never ... ☐ 1

Sometimes .... ☐ 2

Often .... ☐ 3

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12. When dinner is served at home does she usually help herself or is her plate made up for her?

STYLE

She helps herself .... ☐ 1

Plate is made up for her ... ☐ 2

13. Does she trim and discard the fat off meat or the skin off chicken?

Never or almost never .... ☐ 1

Sometimes .... ☐ 2

Usually or always .... ☐ 3

nofat

Fat or skin is removed before she is served ... ☐ 4

14. Does she drink an instant meal or diet supplement instead of having meals?

SUPPLMNT

Never or almost never ... ☐ 1

Sometimes .... ☐ 2

Usually or always .... ☐ 3

15. Does she prepare or help cook meals?

PREPAR

Never or almost never ... ☐ 1

Sometimes............... ☐ 2

Usually or always .... ☐ 3

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16. Does she bake or make desserts or snacks by herself?

BAKE

Never or almost never ... ☐ 1
Sometimes ..... ☐ 2
Usually or always ..... ☐ 3

17. Do you ever tell her that she is eating too much?

TEL2MUCH

Never or almost never ... ☐ 1
Sometimes ..... ☐ 2
Often ..... ☐ 3

18. Do you ever tell her that she is not eating enough?

TEL2LTTL

Never or almost never ... ☐ 1
Sometimes ..... ☐ 2
Often ..... ☐ 3

19. Is she allowed to eat as much as she wants?

ASWANTS

Never or almost never ... ☐ 1
Sometimes ..... ☐ 2
Usually or always ..... ☐ 3

20. Does she ever complain that you nag her about what she eats?

UNAG

Never or almost never ... ☐ 1

Sometimes ..... ☐ 2

Often ..... ☐ 3

The following questions are about your household:

21. Are most of the meals in your household specially prepared because someone is on a "special diet"? ..... SPDIET ☐ YES ☐ NO

If meals are specially prepared, is it because: (Mark as many reasons A through G as apply in your household.)

	YES	NO
A. Someone has high blood pressure ..... HIBP	☐	☐
B. Someone has a heart problem HEART10	☐	☐
C. Someone has diabetes or high blood sugar ... DIABET10	☐	☐
D. Someone has high cholesterol ..... HICHOLE	☐	☐
E. Someone has another health problem ..... OTHLTH	☐	☐
F. Someone is a vegetarian ..... VEGTARN	☐	☐
G. Of some other reason ..... OTREA	☐	☐

If YES, please write the other reason in this space.

SPDTOTHR

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22. Who usually prepares the food eaten at home for dinner?

Mother WHOPRER1	☐	1
Father WHOPREP2	☐	2
Child in study WHOPREP3	☐	3
Other child WHOPREP4	☐	4
Other adult WHOPREP5	☐	5
WHOPREP6 Doesn't eat dinner at home ...	☐	6

23. Who usually shops for the food eaten at home?

WHOSHOP1	Mother	☐	1
WHOSHOP2	Father	☐	2
WHOSHOP3	Child in study ...	☐	3
WHOSHOP4	Other child	☐	4
WHOSHOP5	Other adult	☐	5

24. How often do you serve the following desserts with or after meals?

	Never or almost never	Sometimes	Usually or always
A. Dairy products such as ice cream, pudding, etc. DAIRY	☐	☐	☐
B. Fruit FRUIT	☐	☐	☐
C. Cake, cookies, candy, etc. CAKE	☐	☐	☐

25. Please answer the following questions concerning the way foods are prepared in your household:

	Never or almost never	Sometimes	Usually or always	Never have that food
FFRIED A. When you have fish, is it fried?	☐	☐	☐	☐
CFRIED B. When you have chicken, is it fried?	☐	☐	☐	☐
MFRIED C. When you have other meat, is it fried?	☐	☐	☐	☐
PFRIED D. When you have food such as potatoes, are they fried?	☐	☐	☐	☐
FATVEG E. When you have vegetables, is butter, margarine, salt pork, ham hocks, or meat drippings added to them?	☐	☐	☐	☐
SALDRESS F. When you have salads, is any dressing added?	☐	☐	☐	☐

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26. In some homes certain food items are always on the table or are put out with meals. Please mark whether you have the food items listed below on your table at meals:

	Never or almost never	Sometimes	Usually or always
A. Pepper pepper	☐	☐	☐
B. Salt salt	☐	☐	☐
C. Butter butter	☐	☐	☐
D. Margarine marg	☐	☐	☐
E. Mayonnaise mayon	☐	☐	☐
F. Other spreads otsprds	☐	☐	☐
G. Sugar sugar	☐	☐	☐
H. Jelly or honey jelly	☐	☐	☐
I. Peanut butter peantbut	☐	☐	☐
J. Water water	☐	☐	☐
K. Soft drinks/soda soda ...	☐	☐	☐
L. Milk milka	☐	☐	☐
M. Juice juice	☐	☐	☐
N. Ketchup ketchup	☐	☐	☐
O. Mustard mustard	☐	☐	☐

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27. How does your family usually eat the evening meal? (Mark the one best answer.)

hawdine

People sit down together ..... ☐ 1

People eat at different times ... ☐ 2

28. How long does the evening meal usually take?

howlong

Less than 10 minutes ..... ☐ 1

Between 10 and 20 minutes ... ☐ 2

Between 20 and 30 minutes ... ☐ 3

More than 30 minutes ..... ☐ 4

29. Please check the fat you use most often for cooking or frying each of the following foods (vegetables, fish, chicken, meat and potatoes):

	Lard 01	Vegetable oil 02	Olive oil 03	Shortening 04	Bacon, pork, or ham hocks 05	Margarine 06	Butter 07	Mayonnaise 08	Other* (please list below.) 09	Fat never used 10
A. Vegetables vega vegb										
B. Fish fisha fishb										
C. Chicken chicka chickb										
D. Meat meata meatb										
E. Potatoes pota1a pota1b										

*If marked "other," please list the other fat here:

FREMK

30. Please check which fat you add most often at the table or use as dressing on each of the following foods (salad, vegetables and potatoes):

	Lard 01	Vegetable oil 02	Olive oil 03	Shortening 04	Bacon, pork, or ham hocks 05	Margarine 06	Butter 07	Mayonnaise 08	Other* (please list below.) 09	Fat never used 10
A. Salad salada saladb										
B. Vegetables vega vegb										
C. Potatoes potaza potazb										

*If marked "other," please list the other fat here:

fremk2

31. Who usually prepares the meals in your household?

whofix1 Yourself ..... ☐ 1

whofix2 Your spouse .... ☐ 1

whofix3 Other person ... ☐ 1

Thank you very much for your help. We appreciate your cooperation.

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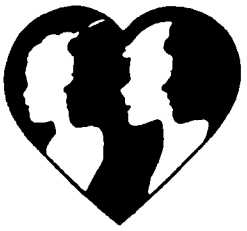

NHLBI Growth And Health Study
Nutrition Form - A

FTYPE NGHS FORM 10
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1. What is today's date? ..... ___ ___ - ___ ___ - ___ ___
   Month Day Year

Please answer the following questions about the child who is participating in the Growth and Health Study:

2. How often does she take vitamins? VITAMINS

   Daily ..... ☐ 1
   Most of the time ..... ☐ 2
   Some of the time ..... ☐ 3
   Never ..... ☐ 4

3. Are there certain foods she does *NOT* eat because of an allergy ALLERGY or other health reason? ..... ☐ Yes ☐ No (Skip to 4)

If *YES*, answer Question A.

A. Are these foods:

	Yes	No
A.1. Milk or milk products ..... milk	☐	☐
A.2. Chocolate ..... choc	☐	☐
A.3. Seafood ..... seafood	☐	☐
A.4. Other foods ..... othaller	☐	☐

(If she is allergic to other foods, please write the names of the other foods in this space:

alrgothr)

4. In general, do you want her to eat: amteat

Less than she eats now	☐	1
The same as she eats now	☐	2
More than she eats now	☐	3
It doesn't matter how much she eats	☐	4

5. In general, do you want her to be physically active: physact

Less than she is now	☐	1
The same as she is now	☐	2
More than she is now	☐	3
It doesn't matter how physically active she is	☐	4

6. Many parents of 11 and 12 year olds feel they do not know what their child eats. Please mark below how much you know about what your child eats at each of these times.

	Know a little	Know some	Know a lot
A. Breakfast breakfst	☐	☐	☐
B. Mid-morning snacks mornsnk	☐	☐	☐
C. Lunch lunch	☐	☐	☐
D. Mid-afternoon snacks aftsnk	☐	☐	☐
E. Dinner dinner	☐	☐	☐
F. Evening snacks evesnk	☐	☐	☐

7. A. Some people eat between meals. Do you think your child snacks between meals:

betwnmls

- Never or almost never ☐ 1
- Sometimes ☐ 2
- Usually or always ☐ 3

If she *NEVER OR ALMOST NEVER* snacks between meals, please go to Question 8.

B. When she snacks, when does she snack *most*?

- In the morning mornmst ☐ 1
- In the afternoon aftmst ☐ 2
- In the evening evemst ☐ 3
- It varies varymst ☐ 4

8. Do you try to control what your child eats?

cntrl

- Never or almost never ☐ 1
- Sometimes ☐ 2
- Usually or always ☐ 3

9. A. After eating a meal, except for having dessert, does she eat again within one hour?

eatagn

- Never or almost never ☐ 1
- Sometimes ☐ 2
- Usually or always ☐ 3

B. After eating a meal, except for water or other no-calorie beverages, does she drink beverages within one hour?

drkagn

- Never or almost never ☐ 1
- Sometimes ☐ 2
- Usually or always ☐ 3

10. Has she ever stopped eating for more than a day except for nofood days when she was sick? ☐ Yes ☐ No

11. How would you describe her eating habits? Please answer questions A through H, marking the best answer *(NEVER OR ALMOST NEVER, SOMETIMES* or *USUALLY OR ALWAYS)* for each one.

	Never or almost never	Sometimes	Usually or always
A. She eats too much tomuch	☐	☐	☐
B. She eats too little tolittle	☐	☐	☐
C. She eats too many snacks tomany	☐	☐	☐
D. She eats too little variety novarty	☐	☐	☐
E. She is a picky eater picky	☐	☐	☐
F. She eats only one or two foods for several days at a time samfood	☐	☐	☐
G. She eats very large amounts of food at one time lgamts	☐	☐	☐
H. She eats the wrong kinds of food wrkind	☐	☐	☐

12. How often does she eat food from a place like McDonald's, Kentucky Fried Chicken, Pizza Hut, Burger King, or some other fast food restaurant?

fstfood

- Never or almost never ☐ 1
- Sometimes ☐ 2
- Often ☐ 3

13. When dinner is served at home does she usually help herself or is her plate made up for her?

style

- She helps herself ☐ 1
- Plate is made up for her ☐ 2

14. Does she trim and discard the fat off meat (or is it removed before she is served)?

nofatmt

Never or almost never ☐ 1

Sometimes ☐ 2

Usually or always ☐ 3

OR

Fat is usually removed before she is served ☐ 4

OR

She doesn't eat meat ☐ 5

15. Does she take the skin off chicken (or is it removed before she is served)?

nofatchk

Never or almost never ☐ 1

Sometimes ☐ 2

Usually or always ☐ 3

OR

Skin is usually removed before she is served ☐ 4

OR

She doesn't eat chicken ☐ 5

16. Does she drink an instant meal or diet supplement instead of having meals?

supplmnt

Never or almost never ☐ 1

Sometimes ☐ 2

Usually or always ☐ 3

17. Does she prepare or help cook meals?

prepar

Never or almost never ☐ 1
Sometimes ☐ 2
Usually or always ☐ 3

18. Does she bake or make desserts or snacks by herself?

bake

Never or almost never ☐ 1
Sometimes ☐ 2
Usually or always ☐ 3

19. Do you ever tell her that she is eating too much?

tel2much

Never or almost never ☐ 1
Sometimes ☐ 2
Often ☐ 3

20. Do you ever tell her that she is not eating enough?

~~te~~EL2LTTL

Never or almost never ☐ 1
Sometimes ☐ 2
Often ☐ 3

21. Is she allowed to eat as much as she wants?

aswants

Never or almost never ☐ 1
Sometimes ☐ 2
Usually or always ☐ 3

22. Does she ever complain that you nag her about what she eats?

unag

Never or almost never	☐	1
Sometimes	☐	2
Often	☐	3

Please answer the following questions about food preparation in your household:

23. Are most of the meals in your household specially prepared because someone is on a "special diet"? spdiet

Yes	No
☐	☐

If *NO*, skip to Question 24.
If *YES*, answer Questions A and B.

A. If meals are specially prepared, is it because:
(Mark as many reasons 1 through 6 as apply in your household.)

	Yes	No
1. Someone has high blood pressure hibp	☐	☐
2. Someone has a heart problem heart10	☐	☐
3. Someone has diabetes or high blood sugar diabet10	☐	☐
4. Someone has high cholesterol hichole	☐	☐
5. Someone is a vegetarian vegtarn	☐	☐
6. Someone has some other health reason or problem otrea	☐	☐

(What is the other health reason: spdtothr)

OTHER HEALTH REASON

B. Does the child in the study eat these specially prepared foods? etspdiet

Never or almost never	☐	1
Sometimes	☐	2
Usually or always	☐	3

24. Who *USUALLY* prepares the food eaten at home for dinner?

Mother	whoprep1	☐ 1
Father	whoprep2	☐ 1
Child in study	whoprep3	☐ 1
Other child	whoprep4	☐ 1
Other adult	whoprep5	☐ 1
Dinner usually not eaten at home	whoprep6	☐ 1

25. Who *USUALLY* shops for the food eaten at home?

Mother	whoshop1	☐ 1
Father	whoshop2	☐ 1
Child in study	whoshop3	☐ 1
Other child	whoshop4	☐ 1
Other adult	whoshop5	☐ 1

26. How often do you serve the following desserts with or after meals?

		Never or almost never	Sometimes	Usually or always
A.	Dairy products such as ice cream, pudding, etc. dairy	☐	☐	☐
B.	Fruit fruit	☐	☐	☐
C.	Cake, cookies, candy, etc. cake	☐	☐	☐

27. Please answer the following questions concerning the way foods are prepared in your household:

		Never or almost never	Sometimes	Usually or always	Never have that food
A.	When you have fish, is it fried? ffried	☐	☐	☐	☐
B.	When you have chicken, is it fried? cfried	☐	☐	☐	☐
C.	When you have other meat, is it fried? mfried	☐	☐	☐	☐
D.	When you have food such as potatoes, are they fried? pfried	☐	☐	☐	☐
E.	When you have vegetables, is butter, margarine, salt pork, ham hocks, or meat drippings added to them? fatveg	☐	☐	☐	☐
F.	When you have salads, is dressing added? Saldress	☐	☐	☐	☐

28. In some homes certain food items are on the table during meals.

Please mark whether you have the food items listed below on your table at meals:

	Never or almost never	Sometimes	Usually or always
A. Pepper ... pepper	☐	☐	☐
B. Salt ... salt	☐	☐	☐
C. Butter ... butter	☐	☐	☐
D. Margarine ... marg	☐	☐	☐
E. Mayonnaise ... mayoh	☐	☐	☐
F. Other spreads ... otsprds	☐	☐	☐
G. Sugar ... Sugar	☐	☐	☐
H. Jelly or honey ... jelly	☐	☐	☐
I. Peanut butter ... peantbut	☐	☐	☐
J. Water ... water	☐	☐	☐
K. Soft drinks/soda ... soda	☐	☐	☐
L. Milk ... milk2	☐	☐	☐
M. Juice ... juice	☐	☐	☐
N. Ketchup ... ketchup	☐	☐	☐
O. Mustard ... mustard	☐	☐	☐

29. How does your family *USUALLY* eat the evening meal? (Mark the *ONE* best answer).

howdine

We sit down together ☐ 1

We eat at different times ☐ 2

30. How long does the evening meal usually take?

howlong

Less than 10 minutes	☐	1
Between 10 and 20 minutes	☐	2
Between 20 and 30 minutes	☐	3
More than 30 minutes	☐	4

31. Please check the fat you use *MOST OFTEN* when cooking or frying each of the following foods (vegetables, fish, chicken, meat, and potatoes):

	Lard 01	Vegetable oil 02	Olive oil 03	Shortening 04	Bacon, pork, or ham hocks 05	Margarine 06	Butter 07	Mayonnaise 08	Other (list below)** 09	Fat never used 10	Do not eat this food 11
A. Vegetables veg1a veg1b											
B. Fish fish a fishb											
C. Chicken chicka chickb											
D. Meat meata meatb											
E. Potatoes potata potatb											

**If you use an other fat that we did not name, please list it here:

fremk

32. Please check the fat or dressing you add *MOST OFTEN* at the table on each of the following foods (salad, vegetables, and potatoes):

	Lard 01	Vegetable oil 02	Olive oil 03	Shortening 04	Bacon, pork, or ham hocks 05	Margarine 06	Butter 07	Mayonnaise 08	Commercial salad dressing 09	Other (list below)** 10	Fat or salad dressing never used 11
A. Salad salada / saladb											
B. Vegetables veg2a / veg2b											
C. Potatoes pota2a / pata2b											

**If you use an other fat or dressing that we did not name, please list it here:

fremk2

33. In the past year, have you made any change in the way you usually cook or prepare foods eaten in your house? ..... ☐ Yes ☐ No

chngcook

IF *YES*, answer Questions A - C.

A. What changes have you made in the way you cook or prepare food? (List.)

whtchck

B. Why did you make these changes?

whychck

C. Has your daughter in the study suggested making any changes in the way foods are cooked or prepared at home? ..... ☐ Yes ☐ No

chldchck

If *YES*, please list: cremark

34. In the past year, have you made any change in the kinds of food bought for the family? chngfood ☐ Yes ☐ No

If *YES*, answer Questions A-C.

A. What changes have been made in the kinds of food bought? (List) wntchfd

B. Why did you make these changes? whychfd

C. Has your daughter in the study suggested making any changes in the kinds of food bought? chldchfd ☐ Yes ☐ No

If *YES*, please list: fremark

Thank you very much for your help. We appreciate your cooperation.

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exp. 9/92

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15 Pages

NHLBI GROWTH AND HEALTH STUDY

NUTRITION FORM

RID

ID							
NC							
VN							

VISIT

Please answer the following questions about the girl who is participating in the Growth and Health Study:

1. How often does she take vitamins? VITAMINS

   Daily ..... ☐ 1

   Most of the time ..... ☐ 2

   Some of the time ..... ☐ 3

   Never ..... ☐ 4

2. Are there certain foods she does NOT eat because of an allergy or other health reason? ..... ☐ Yes ☐ No (Skip to 3)
   ALLERGY

If YES, answer Question A.

A. Are these foods:

		Yes	No
1.	Milk or milk products ..... MILK	☐	☐
2.	Chocolate ..... CHOC	☐	☐
3.	Seafood ..... SEAFOOD	☐	☐
4.	Other foods ..... OTHALLER	☐	☐

(If she is allergic to other foods, please write the names of the other foods in this space:
ALRGOTHR)

3. In general, do you want her to eat: AMTEAT

Less than she eats now	☐ 1
The same as she eats now	☐ 2
More than she eats now	☐ 3
It doesn't matter how much she eats	☐ 4

4. In general, do you want her to be physically active: PHYSACT

Less than she is now	☐ 1
The same as she is now	☐ 2
More than she is now	☐ 3
It doesn't matter how physically active she is	☐ 4

5. Many parents of 13 and 14 year olds feel they do not know what their girl eats. Please mark below how much you know about what your girl eats at each of these times.

	Know A Little	Know Some	Know A Lot
A. Breakfast ..... BREAKFST	☐	☐	☐
B. Mid-morning snacks ..... MORNSNK	☐	☐	☐
C. Lunch ..... LUNCH	☐	☐	☐
D. Mid-afternoon snacks ..... AFTSNK	☐	☐	☐
E. Dinner ..... DINNER	☐	☐	☐
F. Evening snacks ..... EVESNK	☐	☐	☐

6. A. Some people eat between meals. Do you think your girl snacks between meals:

BETWNMLS

- Never or almost never ..... ☐ 1
- Sometimes ..... ☐ 2
- Usually or always ..... ☐ 3

If she NEVER OR ALMOST NEVER snacks between meals, skip to Question 7.

B. When she snacks, when does she snack most?

1. In the morning ..... MORNMST ☐ 1
2. In the afternoon ..... AFTMST ☐ 1
3. In the evening ..... EVEMST ☐ 1
4. It varies ..... VARYMST ☐ 1

7. Do you try to control what your girl eats? CNTRL

- Never or almost never ..... ☐ 1
- Sometimes ..... ☐ 2
- Usually or always ..... ☐ 3

8. A. After eating a meal, except for having dessert, does she eat again within one hour? EATAGN

- Never or almost never ..... ☐ 1
- Sometimes ..... ☐ 2
- Usually or always ..... ☐ 3

B. After eating a meal, except for water or other no-calorie beverages, does she drink beverages within one hour? DRKAGN

- Never or almost never ..... ☐ 1
- Sometimes ..... ☐ 2
- Usually or always ..... ☐ 3

9. Has she ever stopped eating for more than a day except for days when she was sick?..... NOFOOD ☐ Yes ☐ No

10. How would you describe her eating habits? Please answer questions A through H, marking the best answer (NEVER OR ALMOST NEVER, SOMETIMES or USUALLY OR ALWAYS) for each one.

		Never or Almost Never	Sometimes	Usually or Always
A.	She eats too much ..... TOMUCH	☐	☐	☐
B.	She eats too little ..... TOLITTLE	☐	☐	☐
C.	She eats too many snacks ..... TOMANY	☐	☐	☐
D.	She eats too little variety ..... NOVARTY	☐	☐	☐
E.	She is a picky eater ..... PICKY	☐	☐	☐
F.	She eats only one or two foods for several days at a time ..... SAMFOOD	☐	☐	☐
G.	She eats very large amounts of food at one time ..... LGAMTS	☐	☐	☐
H.	She eats the wrong kinds of food ..... WRKIND	☐	☐	☐

11. How often does she eat food from a place like McDonald's, Kentucky Fried Chicken, Pizza Hut, Burger King, or some other fast food restaurant?

FSTFOOD

Never or almost never ..... ☐ 1
Sometimes ..... ☐ 2
Often ..... ☐ 3

12. When dinner is served at home does she usually help herself or is her plate made up for her?

STYLE

She helps herself ..... ☐ 1
Plate is made up for her ..... ☐ 2

13. Does she trim and discard the fat off meat (or is it removed before she is served)?

NOFATMT

- Never or almost never ..... ☐ 1
- Sometimes ..... ☐ 2
- Usually or always ..... ☐ 3

OR

- Fat is usually removed before she is served ..... ☐ 4

OR

- She doesn't eat meat ..... ☐ 5

14. Does she take the skin off chicken (or is it removed before she is served)?

NOFATCHK

- Never or almost never ..... ☐ 1
- Sometimes ..... ☐ 2
- Usually or always ..... ☐ 3

OR

- Skin is usually removed before she is served ..... ☐ 4

OR

- She doesn't eat chicken ..... ☐ 5

15. Does she drink an instant meal or diet supplement instead of having meals?

SUPPLMNT

- Never or almost never ..... ☐ 1
- Sometimes ..... ☐ 2
- Usually or always ..... ☐ 3

16. Does she prepare or help cook meals?

PREPAR
~~HMAG~~

- Never or almost never ..... ☐ 1
- Sometimes ..... ☐ 2
- Usually or always ..... ☐ 3

17. Does she bake or make desserts or snacks by herself?

BAKE

- Never or almost never ..... ☐ 1
- Sometimes ..... ☐ 2
- Usually or always ..... ☐ 3

18. Do you ever tell her that she is eating too much?

TEL2MUCH

- Never or almost never ..... ☐ 1
- Sometimes ..... ☐ 2
- Often ..... ☐ 3

19. Do you ever tell her that she is not eating enough?

TEL2LTTL

- Never or almost never ..... ☐ 1
- Sometimes ..... ☐ 2
- Often ..... ☐ 3

20. Is she allowed to eat as much as she wants?

ASWANTS

- Never or almost never ..... ☐ 1
- Sometimes ..... ☐ 2
- Usually or always ..... ☐ 3

21. Does she ever complain that you nag her about what she eats?

UNAG

Never or almost never ..... ☐ 1
Sometimes ..... ☐ 2
Often ..... ☐ 3

Please answer the following questions about food preparation in your household:

22. Are most of the meals in your household specially prepared because someone is on a "special diet"? ..... ☐ Yes ☐ No

SPDIET

If NO, skip to Question 23.
If YES, answer Questions A and B.

A. If meals are specially prepared, is it because:
(Mark as many reasons 1 through 6 as apply in your household.)

		Yes	No
1.	Someone has high blood pressure ... HIBP	☐	☐
2.	Someone has a heart problem ... HEARTIO	☐	☐
3.	Someone has diabetes or high blood sugar ... DIABETIO	☐	☐
4.	Someone has high cholesterol ... HICHOLE	☐	☐
5.	Someone is a vegetarian ... VEGTARN	☐	☐
6.	Someone has some other health reason or problem . OTREA	☐	☐

(What is the other health reason: SPDTOTHR)
OTHER HEALTH REASON

B. Does the girl in the study eat these specially prepared foods?

ETSPDIET

Never or almost never ..... ☐ 1
Sometimes ..... ☐ 2
Usually or always ..... ☐ 3

23. Who USUALLY prepares the food eaten at home for dinner?

A. Mother ..... whoprep1 ☐ 1
B. Father ..... whoprep2 ☐ 1
C. Girl in the study ..... whoprep3 ☐ 1
D. Other young person ..... whoprep4 ☐ 1
E. Other adult ..... whoprep5 ☐ 1
F. Dinner usually not eaten at home whoprep6 ☐ 1

24. Who USUALLY shops for the food eaten at home?

A. Mother ..... whoshop1 ☐ 1
B. Father ..... whoshop2 ☐ 1
C. Girl in the study ..... whoshop3 ☐ 1
D. Other young person ..... whoshop4 ☐ 1
E. Other adult ..... whoshop5 ☐ 1

25. How often do you serve the following desserts with or after meals?

		Never or Almost Never	Sometimes	Usually or Always
A.	Dairy products such as ice cream, pudding, etc. ..... dairy	☐	☐	☐
B.	Fruit ..... fruit	☐	☐	☐
C.	Cake, cookies, candy, etc. ..... cake	☐	☐	☐

26. Please answer the following questions concerning the way foods are prepared in your household.

		Never or Almost Never	Sometimes	Usually or Always	Never Have That Food
A.	When you have fish, is it fried? .... ffried	☐	☐	☐	☐
B.	When you have chicken, is it fried? . cfried	☐	☐	☐	☐
C.	When you have other meat, is it fried? ..... mfried	☐	☐	☐	☐
D.	When you have food such as potatoes, are they fried? ..... pfried	☐	☐	☐	☐
E.	When you have vegetables, is butter, margarine, salt pork, ham hocks, or meat drippings added to them? fatveg	☐	☐	☐	☐
F.	When you have salad, is dressing added? ..... Saldress	☐	☐	☐	☐

27. In some homes certain food items are on the table during meals.

Please mark whether you have the food items listed below on your table at meals:

		Never or Almost Never	Sometimes	Usually or Always
A.	Pepper ....pepper.....	☐	☐	☐
B.	Salt .....salt.....	☐	☐	☐
C.	Butter .....butter.....	☐	☐	☐
D.	Margarine .....marg.....	☐	☐	☐
E.	Mayonnaise .....mayon.....	☐	☐	☐
F.	Other spreads otsprds...	☐	☐	☐
G.	Sugar .....sugar.....	☐	☐	☐
H.	Jelly or honey ...jelly....	☐	☐	☐
I.	Peanut butter peantbut..	☐	☐	☐
J.	Water .....water.....	☐	☐	☐
K.	Soft drinks/soda .....soda...	☐	☐	☐
L.	Milk .....milk2.....	☐	☐	☐
M.	Juice .....juice.....	☐	☐	☐
N.	Ketchup .....ketchup.....	☐	☐	☐
O.	Mustard ....mustard.....	☐	☐	☐

28. How does your family USUALLY eat the evening meal? (Mark the ONE best answer.)

howdine

- We sit down together ..... ☐ 1
- We eat at different times ..... ☐ 2

29. How long does the evening meal usually take?

howlong

- Less than 10 minutes ..... ☐ 1
- Between 10 and 20 minutes ..... ☐ 2
- Between 20 and 30 minutes ..... ☐ 3
- More than 30 minutes ..... ☐ 4

30. Please check the fat you use MOST OFTEN when cooking or frying each of the following foods (vegetables, fish, chicken, meat, and potatoes):

	Lard 01	Vegetable oil 02	Olive oil 03	Shortening 04	Bacon, pork, or ham hocks 05	Margarine 06	Butter 07	Mayonnaise 08	Other (list below)** 09	Fat never used 10	Do not eat this food 11
A. Vegetables vegta vegtb											
B. Fish fisha fishb											
C. Chicken chicka chickb											
D. Meat meata meatb											
E. Potatoes potata potatb											

**If you use another fat that we did not name, please list it here:

fremk

31. Please check the fat or dressing you add MOST OFTEN at the table on each of the following foods (salad, vegetables, and potatoes):

	Lard 01	Vegetable oil 02	Olive oil 03	Shortening 04	Bacon, pork, or ham hocks 05	Margarine 06	Butter 07	Mayonnaise 08	Commercial salad dressing 09	Other (list below)** 10	Fat or salad dressing never used 11
A. Salad salad a salad b											
B. Vegetables veg2a veg2b											
C. Potatoes pota2a pota2b											

**If you use another fat or dressing that we did not name, please list it here:

fremk2

32. In the past year, have you made any change in the way you usually cook or prepare foods eaten in your house? ..... ☐ Yes ☐ No

chngcook

If YES, answer Questions A-C.

A. What changes have you made in the way you cook or prepare food? (List.)

whtchck

B. Why did you make these changes?

whychck

chldchck

C. Has your daughter in the study suggested making any changes in the way foods are cooked or prepared at home? ..... ☐ Yes ☐ No

If YES, please list: cremark

33. In the past year, have you made any change in the kinds of food you bought for the family? ..... ☐ Yes ☐ No

chngfood

If YES, answer Questions A-C.

A. What changes have been made in the kinds of food bought? (List.)

whtchfd

B. Why did you make these changes?

whychfd

C. Has your daughter in the study suggested making any changes in the kinds of food bought? ..... ☐ Yes ☐ No

chldchfd

If YES, please list: fremark

34. If a person is fat, what do you think are the reasons?

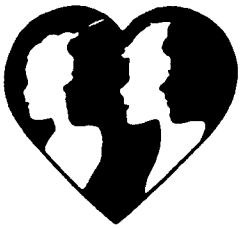
		Yes	No
A.	They don't exercise enough noexcuse	☐	☐
B.	They have big bones bigbone	☐	☐
C.	They have a gland problem or something is wrong with their body gland	☐	☐
D.	They eat the wrong foods wrfood	☐	☐
E.	They don't control themselves noctrl	☐	☐
F.	They eat a lot of snacks snacklot	☐	☐
G.	They eat a lot eatalot	☐	☐
H.	It is natural for them to be fat natural	☐	☐

35. A. Do you think there are any other reasons why a person is fat? othfat ☐ Yes ☐ No

B. If YES, what are the reasons? fatrmk

Thank you very much for your help. We appreciate your cooperation.

FTYPE FREV NGHS Form 10
Rev. 4 1/93
7 Pages



GROWTH AND HEALTH STUDY
NUTRITION FORM

RID

VISIT

ID							
NC							
VN							

Section 1: Please tell us about **YOUR** eating habits, activity patterns, and opinions.

1. How often do you eat fast food from a place like McDonald's, Kentucky Fried Chicken, Pizza Hut, or any other place that you can buy fast food? (This includes food eaten there or carried out.)

FRQFSTFD

Never	☐ 01
Less than once a week	☐ 02
Once a week	☐ 03
2 to 3 times a week	☐ 04
4 to 5 times a week	☐ 05
6 to 7 times a week	☐ 06
More than 7 times a week	☐ 07

2. How well do these statements describe you? Mark the box that best describes how often this happens.

		Never or Almost Never	Some-times	Usually or Always
A.	When I am bored I eat more (boredmr)	☐	☐	☐
B.	I am physically active (physact2)	☐	☐	☐
C.	I eat while I watch TV (eattv)	☐	☐	☐
D.	When I am happy I eat less (happyls)	☐	☐	☐
E.	I eat between meals even when I am not hungry (nothungy)	☐	☐	☐
F.	When I am worried I eat less (worryls)	☐	☐	☐
G.	When I do something well I give myself a food treat (rewkfd)	☐	☐	☐
H.	When I am sad I eat more (sadmr)	☐	☐	☐

2. How well do these statements describe you? Mark the box that best describes how often this happens. (Continued)

		Never or Almost Never	Some-times	Usually or Always
I.	When I am happy I eat more happymr	☐	☐	☐
J.	I eat big helpings of food bhelps	☐	☐	☐
K.	When I am worried I eat more worrymr	☐	☐	☐
L.	When I watch TV, I snack tvsnak	☐	☐	☐
M.	When I am sad I eat less sadls	☐	☐	☐
N.	I wish I weighed less wghls	☐	☐	☐
O.	I eat more when I am mad madz	☐	☐	☐
P.	I wish I weighed more wghmor	☐	☐	☐
Q.	I eat less when I am mad madls	☐	☐	☐
R.	I eat desserts with or after meals dessert	☐	☐	☐
S.	When I am bored I eat less boredls	☐	☐	☐

3. Did you ever try any of the following to lose weight? (You may check more than one answer.)

A.	I have never tried to lose weight or keep from gaining weight Isnotry	☐ 1
B.	I dieted Isdiet	☐ 1
C.	I did not eat at all for one or more days Isnoeat	☐ 1
D.	I exercised to lose weight Isexer	☐ 1
E.	I made myself throw up Isvomit	☐ 1
F.	I took diet pills Ispill	☐ 1
G.	I used laxatives, ipecac, or diuretics Islax	☐ 1
H.	I used diet drinks such as Slim Fast Isdrnk	☐ 1
I.	I used some other method (specify) Isothr	☐ 1

Isrmk

4. Have you ever been on a weight-loss diet for **MORE THAN ONE WEEK**? ..... ☐ Yes ☐ No

dietwk

If **NO**, skip to Question 8.

5. In the last 6 years, how often have you tried a weight loss diet whether successful or not?

frqdt6

- Almost always ..... ☐ 1
- Frequently ..... ☐ 2
- Occasionally ..... ☐ 3
- Rarely ..... ☐ 4

6. How often have you gone on a weight-loss diet during the last year?

frqdtyr

- Never ..... ☐ 1
- 1-4 times ..... ☐ 2
- 5-10 times ..... ☐ 3
- More than 10 times ..... ☐ 4
- I am always dieting ..... ☐ 5

7. Have you ever lost 5 or more pounds on a weight-loss diet? ..... dt5 ..... ☐ Yes ☐ No

8. Are you currently on some kind of a diet, either from a doctor or on your own? ..... ☐ Yes ☐ No

ondiet

If **NO**, skip to Question 9.

If **YES**, answer Questions A and B.

8. (Continued)

A. What kind of diet are you on? (**Mark as many as apply**). Is it:

1. To lose weight dtlswt ☐ 1
2. For low salt dtlosalt ☐ 1
3. For low cholesterol dtlochol ☐ 1
4. To gain weight dtgnwt ☐ 1
5. For diabetes dtdiabet ☐ 1
6. For some other reason dtothr ☐ 1

B. Who put you on this diet? (**Mark as many as apply**). Was it:

1. A doctor? dtdoc ☐ 1
2. A nurse? dtnurs ☐ 1
3. A dietitian? dtdiet ☐ 1
4. Yourself? dtself ☐ 1
5. Someone else? dtelse ☐ 1

9. If a person is fat, what do you think are the reasons?

		Yes	No
A.	They don't exercise enough noexcise	☐	☐
B.	They have big bones bigbone	☐	☐
C.	They have a gland problem or something is wrong with their body gland	☐	☐
D.	They eat the wrong foods wrfood	☐	☐
E.	They don't control themselves nocntl	☐	☐
F.	They eat a lot of snacks snacklot	☐	☐
G.	They eat a lot eatalot	☐	☐
H.	It is natural for them to be fat natural	☐	☐

Section 2: Please tell us about the **GIRL** in the NGHS program.

10. How would you describe the eating habits of the girl in the study? Please answer questions A through F. Mark the best answer for each question.

		Never or Almost Never	Some-times	Usually or Always
A.	She eats too much (tomuch)	☐	☐	☐
B.	She eats too little (tolittle)	☐	☐	☐
C.	She eats too many snacks (tomany)	☐	☐	☐
D.	She eats too little variety (novarty)	☐	☐	☐
E.	She eats very large amounts of food at one time (lgamts)	☐	☐	☐
F.	She eats the wrong kinds of food (wrkind)	☐	☐	☐

11. In general, do you want her to eat: (amteat)

- Less than she eats now ☐ 1
- The same as she eats now ☐ 2
- More than she eats now ☐ 3
- It doesn't matter how much she eats ☐ 4

12. In general, do you want her to be physically active: (physact)

- Less than she is now ☐ 1
- The same as she is now ☐ 2
- More than she is now ☐ 3
- It doesn't matter how physically active she is ☐ 4

13. Do you ever tell her that she is eating too much? (telzmuch)

- Never or almost never ☐ 1
- Sometimes ☐ 2
- Often ☐ 3

14. Do you ever tell her that she is not eating enough? te|2|tt|

- Never or almost never ☐ 1
- Sometimes ☐ 2
- Often ☐ 3

Section 3: This section has questions about the cooking and eating habits of your **FAMILY**.

15. Do you do most of the food preparation for the household? ucook ☐ Yes ☐ No

16. How does your family **usually** eat the evening meal? (Check only one box.) howdine

- We sit down together ☐ 1
- We eat at different times ☐ 2

17. Please answer the following questions about the way foods are prepared in your household.

	Never or Almost Never	Sometimes	Usually or Always	Never Have That Food
A. When you have fish, is it fried? ffried	☐	☐	☐	☐
B. When you have chicken, is it fried? cfried	☐	☐	☐	☐
C. When you have foods such as potatoes, are they fried? pfried	☐	☐	☐	☐
D. When you prepare vegetables do you add butter, margarine, salt pork, ham hocks, or meat drippings to them? fatveg	☐	☐	☐	☐

18. Please check the fat you use **most often** in preparing each of the following foods:

	Lard 01	Vegetable Oil 02	Olive Oil 03	Shortening 04	Bacon, pork or ham hocks 05	Margarine 06	Diet Margarine 07	Butter 08	Mayonnaise 09	Diet or Light Mayonnaise 10	Sour Cream 11	Diet Sour Cream 12	Fat never used 13	Do not eat this food 14
A. Vegetables veg1a veg1b														
B. Fish fish1a fish1b														
C. Chicken chick1a chick1b														
D. Meat meat1a meat1b														
E. Potatoes pota1a pota1b														

19. Please check the fat you add **most often** at the table to the following foods:

	Vegetable Oil 01	Olive Oil 02	Margarine 03	Diet Margarine 04	Butter 05	Mayonnaise 06	Diet or Light Mayonnaise 07	Commercial Salad Dressing 08	Diet Salad Dressing 09	Sour Cream 10	Diet Sour Cream 11	Fat or salad dressing never used 12
A. Salad salad1a salad1b												
B. Vegetables veg2a veg2b												
C. Potatoes pota2a pota2b												