



School Obesity Prevention Programs and Worrisome Eating Behaviors and Physical Activity in Kids

[Parent of children age 6 to 14]

This next set of questions is about physical activity and eating. Please answer questions for each child between the age of 6 and 14.

Q1. Please describe your **child[ren]'s** current level of physical activity.

(Select one response for each child.)

	Not enough	About right	Too much
Your [x]-year-old			
Your [y]-year-old			
Your [z]-year-old			

Q2. Have you observed any of the following changes in your **child[ren]'s** eating behavior over the past year? (Select all that apply.)

	Avoids sweets or junk food	Excessive worry about fat in food	Sudden interest in vegetarianism	Inappropriate dieting	Have NOT observed any of these
Your [x]-year-old					
Your [y]-year-old					
Your [z]-year-old					

Q3. Have you observed any of the following changes in your **child[ren]'s** behavior over the past year?
(Select all that apply.)

	Preoccupied with food content or labels	Worried about weight	Refusing family meals (wants different food)	Worried about body size or shape	Have NOT observed any of these
Your [x]-year-old					
Your [y]-year-old					
Your [z]-year-old					

Q4. Has/Have your **child[ren]** had any formal or structured nutrition education at school?

(Select one response for each child.)

	Yes	No	Unsure
Your [x]-year-old			
Your [y]-year-old			
Your [z]-year-old			

Q5. Are there programs at your **child[ren]'s** school related to the following:

(Select one response for each program.)

	Measurement of height and weight at school	Incentives for physical activity	Limits on sweets or junk food in the classroom
Your [x]-year-old	Yes/ No/ Don't know	Yes/ No/ Don't know	Yes/ No/ Don't know
Your [y]-year-old	Yes/ No/ Don't know	Yes/ No/ Don't know	Yes/ No/ Don't know
Your [z]-year-old	Yes/ No/ Don't know	Yes/ No/ Don't know	Yes/ No/ Don't know

Q6. Has/Have your **child[ren]** been made to feel bad about what or how much they are eating at school?

(Select all that apply.)

	Yes, by a teacher	Yes, by another parent or other adult	Yes, by another student or peer	Yes, because of a school program or policy	No	Don't Know
Your [x]-year-old						
Your [y]-year-old						
Your [z]-year-old						

Participants were also asked demographic questions on gender, race/ethnicity, annual household income, education and insurance status.

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