FTYPE NGHS Form 9A
FREV Rev. 0 01/95

GROWTH AND HEALTH STUDY
NUTRITION FORM - A

ID number of NGHS girl: ..... RID ___ - ___ ___ ___ ___ - ___

Name code of NGHS girl: ..... ___ ___ ___ ___ ___ ___

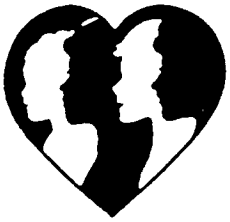
Visit number: ..... VISIT ___ ___

Date: ..... DO_FORM ___ ___ - ___ ___ - ___ ___
Month Day Year

Please **PRINT** your full name:

_____
First Name Middle Initial Last Name

NGHS Form 9A
Rev. 0 01/95
6 Pages



GROWTH AND HEALTH STUDY
NUTRITION FORM - A

ID							
NC							
VN							

1. On **WEEKDAYS**, do you **USUALLY** eat:

		Yes	No	
A.	Breakfast	☐	☐	**BREAKFST**
B.	Lunch	☐	☐	**LUNCH**
C.	Afternoon snack	☐	☐	**AFTSNK**
D.	Dinner/supper	☐	☐	**DINNER**
E.	Evening snack	☐	☐	**EVNSNK**

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

	FSTFOOD7
Never	☐ 1
Less than once a week	☐ 2
Once a week	☐ 3
2 to 3 times a week	☐ 4
4 to 5 times a week	☐ 5
6 to 7 times a week	☐ 6
More than 7 times a week	☐ 7

3. How well do these statements describe you? Put a check in 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 sneak food when no one is looking	☐	☐	☐	**SECRET**
C.	I wish I weighed more	☐	☐	☐	**WGHMOR**
D.	I am physically active, which means that I gets lots of exercise	☐	☐	☐	**PHYSACT**
E.	I eat while I watch TV	☐	☐	☐	**EATTV**
F.	When I am happy I eat less	☐	☐	☐	**HAPPYLS**
G.	I diet to lose weight	☐	☐	☐	**DIETLOS**
H.	I eat between meals even when I am not hungry	☐	☐	☐	**NOTHUNGY**
I.	When I am worried I eat less	☐	☐	☐	**WORRYLS**
J.	When I do something well I give myself a food treat	☐	☐	☐	**REWARD**
K.	When I am sad I eat more	☐	☐	☐	**SADMR**
L.	When I am stressed I eat more	☐	☐	☐	**STRSDMR**
M.	When I am happy I eat more	☐	☐	☐	**HAPPYMR**
N.	I eat more when I am mad	☐	☐	☐	**MAD2**
O.	I eat big helpings of food	☐	☐	☐	**BHELPS**
P.	When I am worried I eat more	☐	☐	☐	**WORRYMR**
Q.	I eat food in my bedroom	☐	☐	☐	**BEDRM**
R.	When I am sad I eat less	☐	☐	☐	**SADLS**
S.	I eat less when I am mad	☐	☐	☐	**MADLS**
T.	When I watch TV, I snack	☐	☐	☐	**TVSNAK**
U.	When I am bored I eat less	☐	☐	☐	**BOREDLS**
V.	I wish I weighed less	☐	☐	☐	**WGHLES**
W.	I am a picky eater	☐	☐	☐	**PICKEAT**
X.	I eat a healthy diet	☐	☐	☐	**HLTHDIET**

4. Put a check in the box that best describes how often you usually eat the following foods:

	Never eat this food 1	Eat less than once a week 2	Eat 1-3 times a week 3	Eat 4-6 times a week 4	Eat once a day 5	Eat 2 times a day 6	Eat 3 or more times a day 7
A. French fries or other fried potatoes	FFRDA				FFRDB		
B. Potatoes - not fried	POTA				POTB		
C. Salad	SALADA				SALADB		
D. Vegetables - not salad	VEGA				VEGB		
E. Fruit Juice	FJUICA				FJUICB		
F. Fruit	FRUITA				FRUITB		

5. Please check the oil, fat, or salad dressing you add **most often** to the following foods:

	Vegetable Oil 1	Olive Oil 2	Margarine 3	Diet Margarine 4	Butter 5	Mayonnaise 6	Diet or Light Mayonnaise 7	Regular Salad Dressing 8	Diet Salad Dressing 9	Sour Cream 10	Diet Sour Cream 11	Fat or salad dressing never used 12
A. Salad	SALADNA2						SALADNB2					
B. Vegetables	VEGNA2						VEGNB2					
C. Potatoes	POTANA2						POTANB2					
D. Bread and rolls	BREADA2						BREADB2					

6. Would you say that you: (Mark one box only.) **EATAGE**

- Eat less food than most young women your age? ☐ 1
- Eat about as much food as most young women your age? ☐ 2
- Eat more food than most young women your age? ☐ 3

7. Would you say that you: (Mark one box only.) **JNKAGE**

- Eat less junk food than most young women your age? ☐ 1
- Eat about as much junk food as most young women your age? ☐ 2
- Eat more junk food than most young women your age? ☐ 3

8. How do you think of yourself? (Mark one box only.) **SELFWT**

- Very underweight ☐ 1
- Slightly underweight ☐ 2
- About the right weight ☐ 3
- Slightly overweight ☐ 4
- Very overweight ☐ 5

9. At the **present time** are you: (Mark one box only.) **PRSNTWT**

- Trying to gain weight? ☐ 1
- Trying to lose weight? ☐ 2
- Trying to stay the same weight? ☐ 3
- Not trying to do anything about your weight? ☐ 4

10. Have you **ever** lost five pounds or more on a weight loss diet? **DT5** ☐ Yes ☐ No

11. During the **past year** how often have you gone on a diet to **lose weight**? **FRQDT**

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

12. During the **past 30 days**, which of the following did you do to lose weight or to keep from gaining weight? (You may check more than one answer.)

A.	I did not try to lose weight or keep from gaining weight	☐ 1	**LSMNOTRY**
B.	I dieted	☐ 1	**LSMDIET**
C.	I did not eat at all for one or more days	☐ 1	**LSMNOEAT**
D.	I skipped meals	☐ 1	**LSMSKIP**
E.	I exercised to lose weight or keep from gaining weight	☐ 1	**LSMEXER**
F.	I made myself throw up	☐ 1	**LSMVOMIT**
G.	I took diet pills	☐ 1	**LSMPILL**
H.	I used laxatives, ipecac, or diuretics	☐ 1	**LSMLAX**
I	I used diet drinks such as Slim Fast	☐ 1	**LSMDRNK**
J.	I smoked to lose weight or keep from gaining weight	☐ 1	**LSMSMOK**
K.	I used some other method	☐ 1	**LSMOTHR**

1. Specify: _____ **LSMRMK**

Lots of people talk about nutrition these days. We are trying to learn what people your age believe about the foods they eat. Please answer the following:

13. **I don't need to worry about what I eat:**

		True	False	
A.	if I drink enough milk	☐	☐	**IFMILK**
B.	if I maintain my weight	☐	☐	**IFWT**
C.	if I take vitamins regularly	☐	☐	**IFVITMN**
D.	if I eat a low-fat diet	☐	☐	**IFLOFAT**

14. **I would eat fast food more often:**

		True	False	
A.	if I had more money	☐	☐	**FFMONEY**
B.	if it were more nutritious	☐	☐	**FFNUTR**
C.	if it contained less fat	☐	☐	**FFLSFAT**
D.	if it had fewer calories	☐	☐	**FFLOCAL**
E.	if there were more fast food restaurants near where I live	☐	☐	**FFMRRST**

15. **It is important for me to choose foods that:**

		Not Important	Important	Very Important	
A.	are low in sugar	☐	☐	☐	**CHLOSUG**
B.	are low in fat	☐	☐	☐	**CHLOFAT**
C.	are low in calories	☐	☐	☐	**CHLOCAL**
D.	include plenty of breads, cereals, pasta and rice	☐	☐	☐	**CHGRN**
E.	include plenty of fruits and vegetables	☐	☐	☐	**CHFRUIT**
F.	include a variety of foods	☐	☐	☐	**CHVARTY**
G.	include plenty of milk and cheese	☐	☐	☐	**CHDAIRY**
H.	include plenty of meat, fish and chicken	☐	☐	☐	**CHMEAT**

READNUTR

16. Do you read the nutrition information on food labels? ☐ Yes ☐ No

If YES, how often do you do the following?

		Usually	Rarely	
A.	When I read the information on nutrition labels I find it confusing	☐	☐	**NTRCONFS**
B.	I read the nutrition labels on snack foods	☐	☐	**NTRSNAK**
C.	I read the nutrition labels for calorie information	☐	☐	**NTRCAL**
D.	I read nutrition labels for information on the amount of fat	☐	☐	**NTRFAT**
E.	I use the information on nutrition labels to help me choose the foods I eat	☐	☐	**NTRCHOS**

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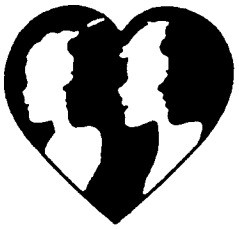

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NUTRITION FORM - A

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Name code of NGHS girl: ..... ___ ___ ___ ___ ___ ___

Visit number: ..... VISIT

Date: ..... DO_FORM ___ ___ - ___ ___ - ___ ___
Month Day Year

Please **PRINT** your full name:

_____
First Name Middle Initial Last Name

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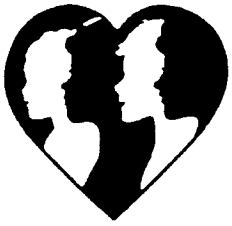

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		Yes	No	
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B.	Lunch	☐	☐	**LUNCH**
C.	Afternoon snack	☐	☐	**AFTSNK**
D.	Dinner/supper	☐	☐	**DINNER**
E.	Evening snack	☐	☐	**EVNSNK**

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

	FSTFOOD7
Never	☐ 1
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Once a week	☐ 3
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4 to 5 times a week	☐ 5
6 to 7 times a week	☐ 6
More than 7 times a week	☐ 7

3. How well do these statements describe you? Put a check in the box that best describes how often this happens.

		Never or Almost Never	Some-times	Usually or Always	
A.	I am physically active, which means that I get lots of exercise	☐	☐	☐	**PHYSACT**
B.	I am a picky eater	☐	☐	☐	**PICKEAT**
C.	When I am stressed I eat more	☐	☐	☐	**STRSDMR**
D.	I eat a healthy diet	☐	☐	☐	**HLTHDIET**
E.	I diet to lose weight	☐	☐	☐	**DIETLOS**
F.	When I watch TV, I snack	☐	☐	☐	**TVSNAK**
G.	I eat too much	☐	☐	☐	**ETTOMCH**
H.	I eat too little	☐	☐	☐	**ETTOLTL**
I.	I eat too many snacks	☐	☐	☐	**ETTOSNK**
J.	I eat too little variety	☐	☐	☐	**ETTOVRTY**
K.	I eat the wrong kinds of food	☐	☐	☐	**ETWRGFD**

4. Put a check in the box that best describes how often you **usually** eat the following foods:

	Never eat this food 1	Eat less than once a week 2	Eat 1-3 times a week 3	Eat 4-6 times a week 4	Eat once a day 5	Eat 2 times a day 6	Eat 3 or more times a day 7
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	1		2	3	4	5	6	7	8		9	10	11	12	13	14
A. Salad	SALADNA2								SALADNB2							
B. Vegetables	VEGNA2								VEGNB2							
C. Potatoes	POTANA2								POTANB2							
D. Bread and rolls	BREADA2								BREADB2							

6. Do you **usually** eat the skin on chicken?

CHKSKN

Yes ..... ☐ 1

No ..... ☐ 2

Don't eat chicken ..... ☐ 3

7. Do you **usually** eat the fat on meat?

EATFAT

Yes ..... ☐ 1

No ..... ☐ 2

Don't eat meat ..... ☐ 3

8. Who **usually** prepares the meals you eat?

	Do not eat this meal 1	Parent or guardian 2	Self 3	Husband, partner, friend or roomate 4	Eat out or in a cafeteria 5	Other 6	If other, (specify)
A. Breakfast	FIXBRK						BRKRMK
B. Lunch	FIXLNCH						LNCHRMK
C. Dinner	FIXDIN						DINRMK

9. Would you say that you: (Mark one box only.) **EATAGE**

- Eat less food than most young women your age? ☐ 1
- Eat about as much food as most young women your age? ☐ 2
- Eat more food than most young women your age? ☐ 3

10. Would you say that you: (Mark one box only.) **JNKAGE**

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11. How do you think of yourself? (Mark one box only.) **SELFWT**

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- Slightly overweight ☐ 4
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12. At the **present time** are you: (Mark one box only.) **PRSNTWT**

- Trying to gain weight? ☐ 1
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13. Have you **ever** lost five pounds or more on a weight loss diet? **DT5** ☐ Yes ☐ No

14. During the **past year** how often have you gone on a diet to **lose weight**? **FRQDT**

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

15. During the **past 30 days**, which of the following did you do to lose weight or to keep from gaining weight? (You may check more than one answer.)

A.	I did not try to lose weight or keep from gaining weight	☐ 1	**LSMNOTRY**
B.	I dieted	☐ 1	**LSMDIET**
C.	I did not eat at all for one or more days	☐ 1	**LSMNOEAT**
D.	I skipped meals	☐ 1	**LSMSKIP**
E.	I exercised to lose weight or keep from gaining weight	☐ 1	**LSMEXER**
F.	I made myself throw up	☐ 1	**LSMVOMIT**
G.	I took diet pills	☐ 1	**LSMPILL**
H.	I used laxatives, ipecac, or diuretics	☐ 1	**LSMLAX**
I.	I used diet drinks such as Slim Fast	☐ 1	**LSMDRNK**
J.	I smoked to lose weight or keep from gaining weight	☐ 1	**LSMSMOK**
K.	I ate only 1 or 2 foods for several days at a time	☐ 1	**LSM12FD**
L.	I used some other method	☐ 1	**LSMOTHR**

1. Specify: _____ **LSMRMK**

16. 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**

Lots of people talk about nutrition these days. We are trying to learn what people your age believe about the foods they eat. Please answer the following:

17. **I don't need to worry about what I eat:**	True	False	
A. if I drink enough milk	☐	☐	**IFMILK**
B. if I maintain my weight	☐	☐	**IFWT**
C. if I take vitamins regularly	☐	☐	**IFVITMN**
D. if I eat a low-fat diet	☐	☐	**IFLOFAT**

18. **I would eat fast food more often:**	True	False	
A. if I had more money	☐	☐	**FFMONEY**
B. if it were more nutritious	☐	☐	**FFNUTR**
C. if it contained less fat	☐	☐	**FFLSFAT**
D. if it had fewer calories	☐	☐	**FFLOCAL**
E. if there were more fast food restaurants near where I live	☐	☐	**FFMRRST**

19. **It is important for me to choose foods that:**	Not Important	Important	Very Important	
A. are low in sugar	☐	☐	☐	**CHLOSUG**
B. are low in fat	☐	☐	☐	**CHLOFAT**
C. are low in calories	☐	☐	☐	**CHLOCAL**
D. include plenty of breads, cereals, pasta and rice	☐	☐	☐	**CHGRN**
E. include plenty of fruits and vegetables	☐	☐	☐	**CHFRUIT**
F. include a variety of foods	☐	☐	☐	**CHVARTY**
G. include plenty of milk and cheese	☐	☐	☐	**CHDAIRY**
H. include plenty of meat, fish and chicken	☐	☐	☐	**CHMEAT**

		READNUTR	
20.	Do you read the nutrition information on food labels?	☐ Yes	☐ No

If YES, how often do you do the following?

		Usually	Rarely	
A.	When I read the information on nutrition labels I find it confusing	☐	☐	**NTRCONFS**
B.	I read the nutrition labels on snack foods	☐	☐	**NTRSNAK**
C.	I read the nutrition labels for calorie information	☐	☐	**NTRCAL**
D.	I read nutrition labels for information on the amount of fat	☐	☐	**NTRFAT**
E.	I use the information on nutrition labels to help me choose the foods I eat	☐	☐	**NTRCHOS**