OMB: 0925-0294
Expires 12/89

NGHS Form 17 FTYPE
Rev. 0 2/88 FREV

NHLBI GROWTH AND HEALTH STUDY

NUTRITION FORM - C

SELF ADMINISTERED

This form is to be completed by the NGHS child at the time of each annual follow-up examination.

TO BE COMPLETED BY INTERVIEWER/CENTER:

ID number of NGHS child: ..... ___ - ___ ___ ___ ___ - ___ (RID)

Name code of NGHS child: ..... ___ ___ ___ ___ ___ ___

Visit number: ..... ___ ___ (VISIT)

BEGIN HERE **********

We think this questionnaire will take about ten minutes for you to complete including listening to or reviewing instructions and collecting information. If you have comments about this time estimate or any part of the questionnaires, including suggestions for reducing the time required, please send them to NGHS Project Office, DECA, NHLBI, Room 220 Federal Building Bethesda, Maryland 20892; and to the Office of Information and Regulatory Affairs, Office of Management and Budget, Washington, D.C. 20503.

Today's date: ..... _____ - _____ - _____ (DO_FORM)
Month Day Year

Please PRINT your full name here:

_____
First Name Middle Initial Last Name

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5 Pages

FOR OFFICE USE:

ID						
NC						
VN						

NHLBI GROWTH AND HEALTH STUDY

NUTRITION FORM - C

1. On school days:

	YES	NO	
A. Do you usually eat breakfast	☐	☐	BREAKFST
B. Do you usually eat a morning snack	☐	☐	MORNSNK
C. Do you usually eat lunch	☐	☐	LUNCH
D. Do you usually eat a snack after school	☐	☐	AFTSNK
E. Do you usually eat dinner/supper	☐	☐	DINNER
F. Do you usually eat an evening snack	☐	☐	EVNSNK

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

	FSTFOOD5	
Never	☐	1
Less than once a week	☐	2
1 to 3 times a week	☐	3
4 to 7 times a week	☐	4
8 or more times a week ...	☐	5

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

	Never or Almost Never	Sometimes	Usually or Always
A. I take vitamins		VITAMINS	
B. When I am bored I eat more		BOREDMR	
C. I sneak food when no one is looking		SECRET	
D. I am physically active, that means I get lots of exercise		PHYSACT	
E. My parents tell me that I should gain weight		GAINWT	
F. My parents try to get me to eat less food		EATLESS	
G. I eat while I watch TV		EATTV	
H. I drink beer, wine, or other drinks with liquor		DRINK	
I. I eat with my parent(s)		WFAMLY	
J. I eat vegetables		VEGGIE	
K. My parent(s) buy the snacks I like		PARSNACK	
L. I am on a diet to lose weight		DIETLOS	
M. I eat between meals even when I am not hungry		NOTHUNGY	

ID

VN

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

	Never or Almost Never	Sometimes	Usually or Always
N. I bring a lunch from home to eat at school		CRRYLNCH	
O. My parents tell me that I should lose weight		LOSWT	
P. When I do something well I give myself a food treat		REWARD	
Q. When I am sad I eat more		SADMR	
R. I help choose the food my family buys		BUYFMLY	
S. I eat while I do my homework		HOMEWRK	
T. I eat the school lunch		SCHLNCH	
U. I get very hungry		VRHUNGY	
V. I buy snack food		SNKFOOD1	
W. When I am happy I eat more		HAPPYMR	
X. I fix my own food		FIXOWN	
Y. I eat alone		ALONE	
Z. I eat big helpings of food		BHELPS	
AA. When my friends and I get together, I usually have something to eat		FRIENDS	

ID | | | | | | | VN | |

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

	Never or Almost Never	Sometimes	Usually or Always
BB. When I am worried I eat more		WORRYMR	
CC. My parents tell me that I can't eat certain foods for snacks		CERTFOOD	
DD. I eat what my parents tell me to eat		ASTOLD	
EE. I eat food in my bedroom		BEDRM	
FF. I wish I weighed less		WGHLES	
GG. My parent(s) nag me about the kinds of food I eat		NAG	
HH. I skip lunch		SKIPLNCH	
II. I eat when I am mad		MAD2	
JJ. I have to finish all the food on my plate		FNSHPLT1	
KK. I can eat as much as I want at meals		ALLWNT	
LL. I wish I weighed more		WGHMOR	
MM. I eat when I go out to movies or go to watch a sporting event		SPORTEAT	
NN. I eat desserts after meals		DESSERT	

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4. When you have snacks, what are the three snacks you have most often? (Write the names of the snacks on the lines below.)

1. SNACK1 ______

2. SNACK2 ______

3. SNACK3 ______

STOPEAT

5. Have you ever stopped eating for more than a day except for days when you were sick? .... ☐ YES ☐ NO

6. 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

Thank you very much for your help.

ID | | | | | | |

VN | | |