

### e-YEAH! Baseline Survey

Today's Date   /   /

Group   Birth Month   Birth Day

Your code

We want to learn more about you and your thoughts about your YEAH! Project. Your honest answers to the items in this survey are very important. If you have questions or if something isn't clear, please ask the person who gave you this survey.

Remember....

- we want to know what you think
- there are no right or wrong answers and everything you tell us will be kept confidential (secret)
- please try to answer all the questions

1. What type of project will/did your group focus on? *(circle all that apply)*

**School**    
  **Parks**    
  **Fast food outlets**    
  **Outdoor advertising**    
  **Stores**    
  **I don't know**

2. What is the one main reason you wanted to be part of this group project? *(check only one)*

- |   |  |
|---|--|
| <input type="checkbox"/> Spend time with my friends<br><input type="checkbox"/> Because a friend asked me<br><input type="checkbox"/> Because a family member or close friend has been affected by obesity, heart disease, high blood pressure, or diabetes.<br><input type="checkbox"/> Learn new skills<br><input type="checkbox"/> Gain knowledge about nutrition or physical activity<br><input type="checkbox"/> Money for my time<br><input type="checkbox"/> Looks good on college applications, transcripts, or resume<br><input type="checkbox"/> Other (please specify): _____<br>_____ | <input type="checkbox"/> Meet new friends<br><input type="checkbox"/> Because an adult asked me<br><input type="checkbox"/> Because I have been affected by obesity, heart disease, high blood pressure, or diabetes.<br><input type="checkbox"/> To try and make a difference<br><input type="checkbox"/> Get involved in a political issue<br><input type="checkbox"/> Incentives/free stuff<br><input type="checkbox"/> Community service hours<br><input type="checkbox"/> Gifts, prizes, or tokens<br><input type="checkbox"/> I had to be a part of this group; it was not something I chose |
|---|--|

**Please tell us how you feel about these things** *(circle one)*

	Strongly Disagree	Somewhat disagree	Neutral	Somewhat Agree	Strongly Agree
3. I am sure that I can tell my friends to eat healthy.	1	2	3	4	5
4. I am sure that I can tell my friends to be physically active.	1	2	3	4	5
5. I am a leader.	1	2	3	4	5

Please tell us how you feel about these things *(circle one)*

	Strongly Disagree	Somewhat disagree	Neutral	Somewhat Agree	Strongly Agree
6. I like to wait and see if someone else is going to solve a problem.	1	2	3	4	5
7. I find it very hard to talk in front of a group.	1	2	3	4	5
8. If I have a problem when working towards a goal, I usually <u>do not</u> give up.	1	2	3	4	5
9. I can influence the decisions my group makes.	1	2	3	4	5
10. I can talk with adults about issues I believe in.	1	2	3	4	5
11. If I tell someone "in charge," like a leader, about my opinions, they will listen to me.	1	2	3	4	5
12. I can ask others to help work on making our school or community healthier.	1	2	3	4	5
13. I can start discussions with others about how to change our school or community to make it healthier.	1	2	3	4	5
14. I know how to get information about ways to make my school or community a better place for being physically active and eating healthy.	1	2	3	4	5
15. I am confident that I can work to make my school or community a better place for being physically active and eating healthy.	1	2	3	4	5
16. I am ready to work on making my school or community a better place for being physically active and eating healthy.	1	2	3	4	5



--Keep it up, you're doing great--

Please tell us how you feel about these things *(circle one)*

	Strongly Disagree	Somewhat disagree	Neutral	Somewhat Agree	Strongly Agree
17. This project can make a difference in making our school or community a better place for being physically active and eating healthy.	1	2	3	4	5
18. I am confident that this group can work through problems.	1	2	3	4	5
19. I enjoy participation because I want to have as much say as possible in my school or community.	1	2	3	4	5
20. What other types of groups are you involved with? <i>(like sports, music, hobbies)</i>					

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21. Have you ever done any of these things? *(Check all that apply)*

- Signed a petition to change a school or community policy or law
- Written or called a government official
- Written or called the news media (newspaper, TV, radio)
- Written a letter to the editor
- Attended a youth leadership conference
- Done a community assessment (besides the project you are working on now)
- Been part of meetings with school or community officials
- Attended a rally or demonstration
- Nothing other than this group



22. Being an advocate means standing up for what you believe in and talking with other people about making changes. Before you joined this YEAH! project, what might have stopped you from being an advocate? *(check all that apply)*

- I didn't have time.
- I am shy.
- I never thought about it.
- My friends aren't into it.
- No one would listen to me.
- I don't like working in groups.
- I've already done some of these things.
- I didn't think it would be fun.
- I didn't know how.
- I never had an opportunity to.
- It seemed like someone else's responsibility.
- I am not good at talking about my ideas.
- People might think my ideas aren't good enough.

23. In the last year, how many times have you tried to tell other students, your family, or friends, to think more about eating healthy or being physically active? *(circle one)*

Never (0)      Once (1)      2 or 3 times (2)      4 or 5 times (3)      6 or more times (4)



24. In the last year, how many times have you tried to tell school leaders, people in your community, or politicians, to be more interested in making your school or community a better place for being physically active and eating healthy? *(circle one)*

Never (0)      Once (1)      2 or 3 times (2)      4 or 5 times (3)      6 or more times (4)

### Physical activity and nutrition

Physical activity is any activity that increases your heart rate and makes you get out of breath some of the time. It can be done in sports, with friends, or walking to school. Some examples are running, walking briskly, rollerblading, biking, dancing, swimming, skateboarding, basketball, and football.

25. Over the past seven days, how many days were you physically active for a total of at least 60 minutes per day? *(circle one)*

0      1      2      3      4      5      6      7

26. Over a typical or usual week, on how many days are you physically active for a total of at least 60 minutes per day? *(circle one)*

0      1      2      3      4      5      6      7

27. Not counting PE classes, how many days per week do you play or practice a team sport, or take a physical activity class ( like martial arts, dance, tennis)? *(circle one)*

0      1      2      3      4      5 or more

28. In a typical week, how many days do you walk or bike to school? *(circle one)*

0      1      2      3      4      5

29. In a typical week, how many days do you walk or bike from school? *(circle one)*

0      1      2      3      4      5



30. If you do not walk or bike to school, what are the main reasons? *(check all that apply)*

- It's too far
- It's unsafe because of crime or bullying
- My parents don't want me to
- None - I get a ride every day
- Doesn't apply to me - I walk or bike to school
- I don't want to
- It's unsafe because of traffic
- I'm part of a carpool

31. I enjoy doing physical activity. *(circle one)*

- Strongly disagree  
*(1)*
- Somewhat disagree  
*(2)*
- Neutral  
*(3)*
- Somewhat agree  
*(4)*
- Strongly agree  
*(5)*

32. Outside of school, in a typical week how many times do you eat fast-food?

times/week        times/month



33. In a typical day, how many servings of fruit do you eat?

A serving is equal to:

- One medium piece of fruit (about the size of a baseball)
- ½ cup fruit salad (about the size of ½ a baseball)
- ¼ cup raisins, apricots, or other dried fruit (about the size of a large egg)
- 6 ounces (¾ cup) of 100% orange, apple, or grapefruit juice  
(Do not count fruit punch, lemonade, Gatorade, Sunny Delight, or fruit drink)

0            1            2            3            4 or more

34. In a typical day, how many servings of vegetables do you eat?

A serving is equal to:

- One medium carrot or other fresh vegetable
- 1 small bowl of green salad (about the size of a baseball)
- ½ cup fresh or cooked vegetables (about the size of ½ a baseball)
- 6 ounces (¾ cup) of vegetable soup  
(Do not count French fries, onion rings, potato chips, or fried okra)

0            1            2            3            4 or more

*--You're getting close to the end! Keep going--*

35. In the past seven days, how many days did you eat any fruits and/or vegetables? *(circle one)*

0      1      2      3      4      5      6      7

36. How many of your five closest friends are physically active at least 5 days a week? *(circle one)*

0      1      2      3      4      5

37. How many of your five closest friends eat at least 5 servings of fruits and vegetables a day? *(circle one)*

0      1      2      3      4      5



38. My friends think it is cool that I am participating in this project.

Strongly Disagree	Somewhat disagree	Neutral	Somewhat Agree	Strongly Agree
1	2	3	4	5

39. I often tell my friends and family to be physically active and/or eat healthy.

1	2	3	4	5
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40. This group can influence how people feel about nutrition or physical activity.

1	2	3	4	5
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**Demographic Information**

How old are you?

What grade are you in?

Are you a: *(circle one)*      boy *(1)*      girl *(2)*

What school do you go to? \_\_\_\_\_

How well do you think you do in school?

- Much better than average (1)
- Better than average (2)
- About average (3)
- Below average (4)
- Much worse than average (5)
- Don't know (-1)

How do you describe your ethnicity or race? (check all that apply)

- White or Caucasian (non-Hispanic) (1)
- Black or African American (non-Hispanic) (2)
- Pacific Islander or Native Hawaiian (3)
- Hispanic or Latino(a) (4)
- Asian or Asian American (5)
- American Indian/Alaska Native (6)
- Other (7)
- Prefer not to answer (8)

If you would like to tell us the specific ethnic group you belong to, please write that here:

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*All done!*  
*Thanks for helping us by answering these questions. Your responses will help make programs like YEAH! even more successful in the future.*

