



# Family Health Project

Child's Name \_\_\_\_\_

MCM:   Form: 4AC

## DEMOGRAPHICS INFORMATION

PRINT YOUR FULL NAME \_\_\_\_\_

WHAT NAME DO YOU PREFER TO BE CALLED? \_\_\_\_\_

What is your sex? (Check (✓) one)

- 1. Male
- 2. Female

2. What is your birthdate? \_\_\_\_\_

/   /

Month Day Year

3. In which group do you consider yourself? (Check (✓) one)

- 1. White, Non-Hispanic
- 2. Asian, Asian-American
- 3. Black, Afro-American
- 4. Mexican, Mexican-American
- 5. Other Hispanic-Latino
- 6. Native American Indian
- 7. Other \_\_\_\_\_

4. If Adult, what is your Marital Status? (Check (✓) one)

- 1. Never married, not living with partner
- 2. Never married, living with partner
- 3. Separated or divorced, not living with partner
- 4. Separated or divorced, living with partner
- 5. Married to present partner
- 6. Widowed, living alone
- 7. Widowed, living with partner
- 8. Other, describe \_\_\_\_\_

5. What is your current employment status?

- 1. Currently employed
- 2. Unemployed, looking for a job
- 3. On strike
- 4. Homemaker
- 5. Retired
- 6. Student

6. How many years of formal education have you completed?

Years

7. Have you attempted to change your diet or exercise habits in the past year?

- 1. Yes
- 2. No



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Measurement

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## FOOD FREQUENCY QUESTIONNAIRE

Listed below are various foods and beverages. Using the following scale, estimate how often your child eats each food, or drinks each beverage during a "typical" week or month. (Please circle only one number for each food.)

	Never	Once per month	2-3 times per month	Once per week	2-3 times per week	4-6 times per week	At least once a day
<b>SAMPLE</b>							
If I eat a candy bar every school day I would circle number 6 like this:							
A. Candy bar	1	2	3	4	5	6	7
1. Ice cream	1	2	3	4	5	6	7
Ice milk/sherbet	1	2	3	4	5	6	
Hard cheese (American, Jack, Cheddar, etc.)	1	2	3	4	5	6	7
Eggs	1	2	3	4	5	6	7
Pancakes, waffles, French Toast	1	2	3	4	5	6	7
6. Bacon or sausage	1	2	3	4	5	6	7
Lunch meat (salami, bologna, hot dogs)		2	3	4	5	6	7
Stick margarine	1	2	3	4	5	6	7
9. Tub margarine	1	2	3	4	5	6	7
10. Vegetable oil	1	2	3	4	5	6	7
Solid Shortening (Crisco)	1	2	3	4	5	6	7
Butter	1	2	3	4	5	6	7
13. Lard	1	2	3	4	5	6	7
14. Cottage cheese, regular	1	2	3	4	5	6	7
15. Cottage cheese, lowfat	1	2	3	4	5	6	7
16. Yogurt, lowfat	1	2	3	4	5	6	7
17. Whole milk	1	2	3	4	5	6	7
18. Lowfat milk (2% fat)	1	2	3	4	5	6	7
19. Nonfat (skim) milk	1	2	3	4	5	6	

	Never	Once per month	2-3 times per month	Once per week	2-3 times per week	4-6 times per week	At least once a day
20. Pastries (pie, cake, cookies, brownies, sweet rolls, donuts)	1	2	3	4	5	6	7
21. Red meats (beef, pork, lamb)	1	2	3	4	5	6	7
22. Chicken or turkey	1	2	3	4	5	6	7
23. Fish (including tuna)	1	2	3	4	5	6	7
24. Ham		2	3	4	5	6	7
25. Liver, other organ meats		2	3	4	5	6	7
26. French fries, onion rings	1	2	3	4	5	6	7
27. Canned vegetables	1	2	3	4	5	6	7
28. Frozen dinners (pot pies, TV dinners, etc.)	1	2	3	4	5	6	
29. Potato chips, corn chips, tortilla chips, cheese puffs	1	2	3		5	6	
30. Peanuts, other nuts, seeds	1	2	3		5	6	
31. Mayonnaise	1	2	3	4	5	6	
32. Salad dressing	1	2	3	4	5	6	7
33. Catsup, mustard, soy sauce, steak sauce	1	2	3	4	5	6	7
34. Menudo	1	2	3	4		6	7
35. Posole	1	2	3		5	6	7
36. Chicharrones (fried pork skin)	1	2	3	4	5	6	7
37. Rice	1	2	3	4	5	6	7
38. Raisins	1	2	3	4	5	6	7
39. Orange juice	1	2	3	4	5	6	7
40. Rice cakes	1	2	3	4	5	6	7
41. Soda (Coke)	1	2	3	4	5	6	7
42. Popcorn	1	2	3	4	5	6	7
43. Fresh fruits	1	2	3	4	5	6	7
44. Vegetables	1	2	3	4	5	6	7
45. Table salt	1	2	3	4	5	6	7
46. Breakfast cereal please specify:	1	2	3	4	5	6	7

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## PHYSICAL ACTIVITY QUESTIONS

These questions are about your physical activity habits.

I. Do you feel you get enough exercise?

1. Yes  
 2. No

II. In this section please circle the number of days per week you usually do the activity.

SAMPLE: If I carried heavy objects about twice in a usual week. I would fill out that question like this:

A. How many days in a week do you *usually* carry heavy objects?

0 1 **2** 3 4 5 6 7 days per week

1. How many days in a week do you *usually* climb some stairs for exercise instead of taking the elevator?

0 1 2 3 4 5 6 7 days per week

2. How many days in a week do you *usually* walk instead of driving a short distance?

0 1 2 3 4 5 6 7 days per week

3. How many days in a week do you *usually* park away from your destination so you have to walk more?

0 1 2 3 4 5 6 7 days per week

4. How many days in a week do you *usually* take a walk on your lunch hour or after dinner?

0 1 2 3 4 5 6 7 days per week

5. How many days in a week do you *usually* get off at a bus stop which is not the one nearest your destination and walk?

0 1 2 3 4 5 6 7 days per week

III. For at least the last three months, which of the following activities have you performed regularly? (Check (✓) all that apply.)

1.  jog or run at least 10 miles per week
2.  play strenuous racquet sports (singles tennis, racquet ball, etc.) at least five hours per week
3.  play other strenuous sports (basketball, soccer, etc.) at least five hours per week
4.  ride a bicycle at least 50 miles per week
5.  swim at least two miles per week
6.  aerobic dance classes at least three times per week

(go on to next page)

IV. Is there any activity that you perform at least 20 minutes without stopping, three times a week which is vigorous enough to make you breathe hard and sweat?

1. (Check (✓) one)

- 1. Yes
- 2. No

2. What is that activity or these activities? \_\_\_\_\_

V. Compared to others of your same age and sex, how much physical activity do you think you get? Think about your leisure and work activities. (Check (✓) one)

- 1. Much less than others
- 2. Somewhat less than others
- 3. About the same as others
- 4. Somewhat more than others
- 5. Much more than others

VI. Compared to other children of your child's age and sex, how much physical activity does your child get? Think about their play-time and school activities. (Check (✓) one)

- 1. Much less than others
- 2. Somewhat less than others
- 3. About the same as others
- 4. Somewhat more than others
- 5. Much more than others



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Measurement

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## HEALTH FACTS SURVEY

**INSTRUCTIONS:** These questions are about diet and exercise. There are some answers you won't know, but answer the questions as best as you can. If you need to guess, that's okay. For each question, check (✓) the correct answer. You are to choose only the *one* best answer for each question.

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### SAMPLE:

A. Walking is good for your health.

- 1. True
- 2. False
- 8. Don't know

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1. The best way to reduce blood pressure without medication is to:

- 1. Reduce cholesterol intake
- 2. Lose weight
- 3. Restrict salt
- 4. 1 and 3 above
- 5. 2 and 3 above
- 8. Don't know

2. Which of the following foods is highest in saturated fat?

- 1. Peanuts
- 2. Beef liver
- 3. Frankfurters
- 4. Roast Beef
- 8. Don't know

3. How are the ingredients listed on the label of a food product?

- 1. In order of their nutritional content, from the most to the least nutritious
- 2. In order of their amount in the product, from the most to the least
- 3. In order of how expensive the ingredients are, from most expensive to least expensive
- 4. There is no standard order of ingredient labeling, each manufacturer sets its own policy on this matter.
- 8. Don't know

4. A good way to reduce saturated fat intake is to:

- 1. Use more cheese
- 2. Decrease the use of vegetable oil
- 3. Cut down on bacon, sausage, and luncheon meat
- 4. Use fewer nuts and beans
- 8. Don't know

5. How long and how often do you need to exercise to improve the fitness of your heart and lungs?

- 1. 1 hour each time, once per week
- 2. 20 minutes each time, 2 times per week
- 3. 20 minutes each time, 3 times per week
- 4. 10 minutes each time, 6 times per week
- 8. Don't know

6. Below are the ingredient labels from 3 brands of margarine, check the one that is *best* for your heart.

- 1. Contains partially hydrogenated soybean and cottonseed oils
- 2. Contains liquid safflower oil, partially hydrogenated soy oil
- 3. Contains palm oil, partially hydrogenated soy oil
- 8. Don't know

7. Exercises that are the best for preventing heart disease are:

- 1. Short, energetic hard bursts of physical exercise
- 2. Physical activity in which breathing pure air is important
- 3. Physical activity which causes hard and rapid breathing for a sustained period of time
- 4. Exercise involving specially designed equipment
- 8. Don't know

8. The best way to reduce the amount of cholesterol in the blood is to:

- 1. Avoid tension and stress
- 2. Decrease the amount of fat you eat
- 3. Quit smoking and drink less alcohol
- 4. Decrease the amount of starchy foods in diet
- 8. Don't know

9. Hydrogenated vegetable fats are:

- 1. Mainly saturated fats
- 2. Mainly polyunsaturated fats
- 3. Solid at room temperature
- 4. 1 and 2 above
- 5. 2 and 3 above
- 8. Don't know

The following statements about health are either true or false. Please read each one and check (✓) "True" if the statement is true or check (✓) "False" if it is false. Please mark only one response for each statement.

10. Soy sauce and steak sauce are low in sodium.

- 1. True
- 2. False
- 8. Don't Know

11. Mechanical devices like sauna belts make it easier for you to develop physical fitness.

- 1. True
- 2. False
- 8. Don't Know

12. Exercising for 2 hours on the weekend is just as good as exercising for 30 minutes on 4 different days.

- 1. True
- 2. False
- 8. Don't Know

13. Seasoned salt, garlic salt and onion salt should be avoided on a low sodium diet.

- 1. True
- 2. False
- 8. Don't Know

14. White cheese is lower in fat than yellow cheese.

- 1. True
- 2. False
- 8. Don't Know

15. If you're in good physical condition, your pulse should return to normal within 15 minutes after exercising.
- 1. True
  - 2. False
  - 8. Don't Know
16. Most frozen convenience foods, like T.V. dinners have large amounts of salt added.
- 1. True
  - 2. False
  - 8. Don't Know
17. Riding your bicycle for 10 minutes twice a day will give you the same results as riding your bicycle for 20 minutes once a day.
- 1. True
  - 2. False
  - 8. Don't Know
18. Fresh pork has as much salt as ham.
- 1. True
  - 2. False
  - 8. Don't Know

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1. English  2. Spanish    Date: Entered   /   /      Coder:

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October 11, 1984