

Appendix A

CATCH KIDS CLUB AFTER-SCHOOL STUDENT QUESTIONNAIRE

The following questions ask about foods and meals you eat, and what you know about nutrition and physical activity. This is not a test. We want to learn about what kids your age eat and know about nutrition and about physical activity.

The answers you give will be kept private. No one will ever know what you say unless you tell them. Your name will never be used.

Taking this survey is up to you. Your choice about taking it will not affect how you are treated in this program.

Please be as honest as you can.

CATCH KIDS CLUB AFTER-SCHOOL STUDENT QUESTIONNAIRE

	Baseline	Time 2
Number of Children in the program	249	268

1. What grade are you in?

3 rd Grade		4 th Grade		5 th Grade	
Base	T2	Base	T2	Base	T2
27	35	28	34	24	30
34%	35%	35%	34%	30%	30%
Number who answered question		Baseline		Time 2	
		79		99	

2. How old are you? _____ years old

8		9		10		11		12	
Base	T2	Base	T2	Base	T2	Base	T2	Base	T2
16	15	29	38	23	27	9	16	2	3
20%	15%	37%	38%	29%	27%	11%	16%	3%	3%
Number who answered question		Baseline				Time 2			
		79				99			

3. Are you a boy or a girl?

Boy				Girl							
Baseline		Time 2		Baseline		Time 2					
44		54		32		42					
58%		56%		42%		44%					
Number who answered question				Baseline				Time 2			
				76				96			

4. How do you describe yourself?

White		Black		Hispanic		Asian or Pacific Isl		Am Indian/Alask. Native		Other	
Base	T2	Base	T2	Base	T2	Base	T2	Base	T2	Base	T2
52	66	2	2	13	16	0	0	7	4	12	7
66%	76%	3%	2%	16%	18%	0%	0%	9%	5%	15%	8%
Number who answered question				Baseline				Time 2			
				79				87			

INSTRUCTIONS: Please CIRCLE your answer.

5. Yesterday, did you eat French fries or chips? Chips are potato chips, tortilla chips, cheetos, corn chips, or other snack chips.

No		Yes – 1 time		Yes – 2 times		Yes – 3 or more	
Base	T2	Base	T2	Base	T2	Base	T2
62	55	14	29	2	5	2	0
78%	62%	18%	33%	3%	6%	3%	0%
Number who answered question		Baseline				Time 2	
		80				89	

6. Yesterday, did you eat any vegetables? Vegetables are salads; boiled, baked and mashed potatoes, and all cooked and uncooked vegetables. Do not count French fries or chips.

No		Yes – 1 time		Yes – 2 times		Yes – 3 or more	
Base	T2	Base	T2	Base	T2	Base	T2
18	17	25	25	27	23	11	23
22%	19%	31%	28%	33%	26%	14%	26%
Number who answered question		Baseline				Time 2	
		81				88	

7. Yesterday, did you eat beans such as pinto beans, baked beans, kidney beans, refried beans, or pork and beans? Do not count green beans.

No		Yes – 1 time		Yes – 2 times		Yes – 3 or more	
Base	T2	Base	T2	Base	T2	Base	T2
62	61	11	16	2	6	3	3
79%	71%	14%	19%	3%	7%	4%	3%
Number who answered question		Baseline				Time 2	
		78				86	

8. Yesterday, did you eat fruit? Do not count fruit juice.

No		Yes – 1 time		Yes – 2 times		Yes – 3 or more	
Base	T2	Base	T2	Base	T2	Base	T2
10	8	32	28	21	24	15	25
13%	9%	41%	33%	27%	28%	19%	29%
Number who answered question		Baseline				Time 2	
		78				85	

9. Yesterday, did you drink fruit juice? Fruit juice is a drink, which is 100% juice, like orange juice, apple juice, or grape juice? Do not count punch, kool-aid, sports drinks, and other fruit-flavored drinks.

No		Yes – 1 time		Yes – 2 times		Yes – 3 or more	
Base	T2	Base	T2	Base	T2	Base	T2
25	28	33	29	12	22	8	9
32%	32%	42%	33%	15%	25%	10%	10%
Number who answered question		Baseline				Time 2	
		78				88	

10. Yesterday, did you eat sweet rolls, doughnuts, cookies, brownies, pies, or cake?

No		Yes – 1 time		Yes – 2 times		Yes – 3 or more	
Base	T2	Base	T2	Base	T2	Base	T2
41	42	28	35	4	8	5	3
53%	48%	36%	40%	5%	9%	6%	3%
Number who answered question		Baseline				Time 2	
		78				88	

11. Yesterday, did you exercise or participate in sports activities that made your heart beat fast and made you breathe hard for at least 20 minutes (For example: basketball, jogging, skating, fast dancing, swimming laps, tennis, fast bicycling, or aerobics)?

Yes		No			
Baseline	Time 2	Baseline	Time 2		
64	72	16	16		
80%	82%	20%	18%		
Number who answered question		Baseline		Time 2	
		80		88	

12. How many TV shows or videos do you watch during the week?

I don't		1		2		3 or more	
Base	T2	Base	T2	Base	T2	Base	T2
7	9	14	24	12	16	48	40
9%	10%	17%	27%	15%	18%	59%	45%
Number who answered question		Baseline				Time 2	
		81				89	

13. How many TV shows or videos do you watch during the weekend?

I don't		1		2		3 or more	
Base	T2	Base	T2	Base	T2	Base	T2
11	15	13	15	12	14	45	45
14%	17%	16%	17%	15%	16%	56%	51%
Number who answered question		Baseline				Time 2	
		81				89	

14. During the week, how many hours per day do you usually play video games like Nintendo, Sega, games at the arcade, or use the computer to surf the internet?

I don't		< 1 hour		1-2 hours		3-4 hours		> 4 hrs	
Base	T2	Base	T2	Base	T2	Base	T2	Base	T2
17	26	34	39	19	14	4	6	5	3
22%	30%	43%	44%	24%	16%	5%	7%	6%	3%
Number who answered question		Baseline				Time 2			
		79				88			

15. During the weekend, how many hours per day do you usually play video games like Nintendo, Sega, games at the arcade, or use the computer to surf the internet?

I don't		< 1 hour		1-2 hours		3-4 hours		> 4 hrs	
Base	T2	Base	T2	Base	T2	Base	T2	Base	T2
13	25	29	36	27	15	3	5	8	6
16%	29%	36%	41%	34%	17%	4%	6%	10%	7%
Number who answered question		Baseline				Time 2			
		80				87			

16. During the past 12 months, on how many sports teams did you play? Sports teams are baseball teams, soccer teams, swim teams, basketball teams or football teams.

0 teams		1 team		2 teams		3 or more teams	
Base	T2	Base	T2	Base	T2	Base	T2
35	33	19	26	15	13	10	16
44%	38%	24%	30%	19%	15%	13%	18%
Number who answered question		Baseline				Time 2	
		79				88	

17. Do you ever read the nutrition labels on food packages?

Almost always or always		Sometimes		Almost never or never	
Baseline	Time 2	Baseline	Time 2	Baseline	Time 2
15	13	43	52	21	23
19%	15%	54%	59%	27%	26%
Number who answered question		Baseline		Time 2	
		79		88	

18. From which food group should you eat the most servings each day? Chose only one group.

- a. Breads, cereals, rice, pasta
- b. Dairy products (milk, cheese)
- c. Fats, oils, sweets
- d. Fruits
- e. Meats, fish, poultry, beans, eggs, nuts
- f. Vegetables
- g. Don't know

a.		b.		c.		d.		e.		f.		g.	
Base	T2	Base	T2	Base	T2	Base	T2	Base	T2	Base	T2	Base	T2
13	15	10	10	1	0	14	13	11	16	16	21	13	12
17%	17%	13%	11%	1%	0%	18%	15%	14%	18%	21%	24%	17%	14%
Number who answered question		Baseline						Time 2					
		78						87					

19. From which food group should you eat the fewest servings each day? Chose only one group.

- a. Breads, cereals, rice, pasta
- b. Dairy products (milk, cheese)
- c. Fats, oils, sweets
- d. Fruits
- e. Meats, fish, poultry, beans, eggs, nuts
- f. Vegetables
- g. Don't know

a.		b.		c.		d.		e.		f.		g.	
Base	T2	Base	T2	Base	T2	Base	T2	Base	T2	Base	T2	Base	T2
4	1	3	2	50	58	2	3	3	7	4	3	8	13
5%	1%	4%	2%	68%	67%	3%	3%	4%	8%	5%	3%	11%	15%
Number who answered question		Baseline						Time 2					
		74						87					

20. How many total servings of fruits and vegetables should you eat each day?

At least 2		At least 5		At least 8		At least 10		I don't know	
Base	T2	Base	T2	Base	T2	Base	T2	Base	T2
28	21	27	49	8	5	6	8	10	6
35%	24%	34%	55%	10%	6%	8%	9%	13%	7%
Number who answered question		Baseline				Time 2			
		79				89			

21. What you eat can make a difference in your chances of getting heart disease or cancer.

Yes		No		I don't know	
Baseline	Time 2	Baseline	Time 2	Baseline	Time 2
48	64	14	7	17	17
61%	73%	18%	8%	22%	19%
Number who answered question		Baseline		Time 2	
		79		88	

22. The foods that I eat and drink now are healthy.

Yes, all of the time		Yes, sometimes		No	
Baseline	Time 2	Baseline	Time 2	Baseline	Time 2
10	18	67	67	2	2
13%	21%	85%	77%	3%	2%
Number who answered question		Baseline		Time 2	
		79		87	

23. I like to try new foods.

Almost always or always		Sometimes		Almost never or never	
Baseline	Time 2	Baseline	Time 2	Baseline	Time 2
26	23	40	53	12	11
33%	26%	51%	61%	15%	13%
Number who answered question		Baseline		Time 2	
		78		87	

24. Do you ever eat high fiber cereal?

Almost always or always		Sometimes		Almost never or never	
Baseline	Time 2	Baseline	Time 2	Baseline	Time 2
10	26	49	44	18	20
13%	29%	64%	49%	23%	22%
Number who answered question		Baseline		Time 2	
		77		90	

25. Do you ever eat whole wheat bread?

Almost always or always		Sometimes		Almost never or never	
Baseline	Time 2	Baseline	Time 2	Baseline	Time 2
26	40	41	42	8	6
35%	45%	55%	48%	11%	7%
Number who answered question		Baseline		Time 2	
		75		88	

26. Do you ever drink 100% fruit juice?

Almost always or always		Sometimes		Almost never or never	
Baseline	Time 2	Baseline	Time 2	Baseline	Time 2
30	41	45	39	2	7
39%	47%	58%	45%	3%	8%
Number who answered question		Baseline		Time 2	
		77		87	

27. Do you ever eat fruit for lunch?

Almost always or always		Sometimes		Almost never or never	
Baseline	Time 2	Baseline	Time 2	Baseline	Time 2
33	39	40	41	4	8
43%	44%	52%	47%	5%	9%
Number who answered question		Baseline		Time 2	
		77		88	

28. Do you ever eat vegetables for dinner?

Almost always or always		Sometimes		Almost never or never	
Baseline	Time 2	Baseline	Time 2	Baseline	Time 2
34	35	35	47	8	6
44%	40%	45%	53%	10%	7%
Number who answered question		Baseline		Time 2	
		77		88	

INSTRUCTIONS: Please CIRCLE one of the two foods that you would pick if you had to choose just one.

29. If you were at the movies, which one would you pick?

Popcorn with butter		Popcorn without butter	
Baseline	Time 2	Baseline	Time 2
46	47	33	42
58%	53%	42%	47%
Number who answered question	Baseline		Time 2
	79		89

30. Which would you pick to drink?

Regular milk		Low fat or skim milk	
Baseline	Time 2	Baseline	Time 2
49	44	26	46
65%	49%	35%	51%
Number who answered question	Baseline		Time 2
	75		90

31. Which food would you eat for a snack?

Candy bar		Fresh fruit	
Baseline	Time 2	Baseline	Time 2
16	15	61	74
21%	17%	79%	83%
Number who answered question	Baseline		Time 2
	77		89

32. Which would you do if you were going to eat a piece of chicken?

Leave on the skin		Take off the skin and not eat the skin	
Baseline	Time 2	Baseline	Time 2
29	33	46	56
39%	37%	61%	63%
Number who answered question	Baseline		Time 2
	75		89

33. Which food would you ask for?

Frozen yogurt		Ice cream	
Baseline	Time 2	Baseline	Time 2
48	54	30	34
62%	61%	38%	39%
Number who answered question	Baseline		Time 2
	78		88

34. Which would you choose to cook if you were going to help make dinner at home?

French fries		Baked potato	
Baseline	Time 2	Baseline	Time 2
26	17	51	72
34%	19%	66%	81%
Number who answered question	Baseline		Time 2
	77		89

35. Which would you do if you were going to eat cooked vegetables?

Eat without butter		Add butter	
Baseline	Time 2	Baseline	Time 2
45	47	32	39
58%	55%	42%	45%
Number who answered question	Baseline		Time 2
	77		86

36. Which would you order if you were going to eat at a fast food restaurant?

A regular hamburger		A grilled chicken sandwich	
Baseline	Time 2	Baseline	Time 2
40	36	39	53
51%	40%	49%	60%
Number who answered question	Baseline		Time 2
	79		89

INSTRUCTIONS: Please CIRCLE one of the two foods that you think is **better for your health.**

37.

Whole wheat bread		White bread	
Baseline	Time 2	Baseline	Time 2
64	77	13	11
83%	88%	17%	13%
Number who answered question	Baseline	Time 2	
	77	88	

38.

Broiled beef		Broiled fish	
Baseline	Time 2	Baseline	Time 2
35	36	41	52
46%	41%	54%	59%
Number who answered question	Baseline	Time 2	
	76	88	

39.

Cereal		Eggs and bacon	
Baseline	Time 2	Baseline	Time 2
42	55	35	34
55%	62%	45%	38%
Number who answered question	Baseline	Time 2	
	77	89	

40.

Beef		Beans	
Baseline	Time 2	Baseline	Time 2
28	26	49	64
36%	29%	64%	71%
Number who answered question	Baseline	Time 2	
	77	90	

41.

Chicken		Regular hamburger	
Baseline	Time 2	Baseline	Time 2
65	83	12	6
84%	93%	16%	7%
Number who answered question	Baseline	Time 2	
	77	89	

42.

Regular milk		Low fat or skim milk	
Baseline	Time 2	Baseline	Time 2
42	24	35	65
55%	27%	45%	73%
Number who answered question	Baseline		Time 2
	77		89

43.

Frozen yogurt		Ice cream	
Baseline	Time 2	Baseline	Time 2
58	74	19	13
75%	85%	25%	15%
Number who answered question	Baseline		Time 2
	77		87

44.

Green salad		French fries	
Baseline	Time 2	Baseline	Time 2
65	81	11	8
86%	91%	14%	9%
Number who answered question	Baseline		Time 2
	76		89

45.

French fries		Baked potato	
Baseline	Time 2	Baseline	Time 2
11	9	65	80
14%	10%	86%	90%
Number who answered question	Baseline		Time 2
	76		89

46.

100% juice		Fruit punch	
Baseline	Time 2	Baseline	Time 2
67	82	9	6
88%	93%	12%	7%
Number who answered question	Baseline		Time 2
	76		88

INSTRUCTIONS: The questions in this section ask how sure you are about being able to eat some of the foods below. Please answer by circling either NOT SURE, A LITTLE SURE, or VERY SURE for each question.

47. How sure are you that you can drink low fat or skim milk instead of regular white milk?

Not sure		A little sure		Very sure	
Baseline	Time 2	Baseline	Time 2	Baseline	Time 2
31	17	23	27	24	45
40%	19%	29%	30%	31%	51%
Number who answered question		Baseline		Time 2	
		78		89	

48. How sure are you that you can eat high fiber cereal instead of a donut?

Not sure		A little sure		Very sure	
Baseline	Time 2	Baseline	Time 2	Baseline	Time 2
16	17	22	25	41	47
20%	19%	28%	28%	52%	53%
Number who answered question		Baseline		Time 2	
		79		89	

49. How sure are you that you can eat fresh fruit instead of a candy bar?

Not sure		A little sure		Very sure	
Baseline	Time 2	Baseline	Time 2	Baseline	Time 2
9	10	15	19	54	60
12%	11%	19%	21%	69%	67%
Number who answered question		Baseline		Time 2	
		78		89	

50. How sure are you that you can take the skin off of chicken (and not eat the skin)?

Not sure		A little sure		Very sure	
Baseline	Time 2	Baseline	Time 2	Baseline	Time 2
23	15	17	22	38	52
29%	17%	22%	25%	49%	58%
Number who answered question		Baseline		Time 2	
		78		89	

51. How sure are you that you can ask for frozen yogurt instead of ice cream?

Not sure		A little sure		Very sure	
Baseline	Time 2	Baseline	Time 2	Baseline	Time 2
14	17	16	21	46	50
18%	19%	21%	24%	61%	57%
Number who answered question		Baseline		Time 2	
		76		88	

52. How sure are you that you can eat a baked potato instead of French fries?

Not sure		A little sure		Very sure	
Baseline	Time 2	Baseline	Time 2	Baseline	Time 2
18	16	17	15	41	57
24%	18%	22%	17%	54%	65%
Number who answered question		Baseline		Time 2	
		76		88	

53. How sure are you that you can drink fruit juice instead of a soft drink (a soda pop)?

Not sure		A little sure		Very sure	
Baseline	Time 2	Baseline	Time 2	Baseline	Time 2
15	12	17	18	43	58
20%	14%	23%	20%	57%	66%
Number who answered question		Baseline		Time 2	
		75		88	

54. How sure are you that you can order a grilled chicken sandwich at a fast food restaurant instead of ordering a hamburger?

Not sure		A little sure		Very sure	
Baseline	Time 2	Baseline	Time 2	Baseline	Time 2
19	15	16	27	41	46
25%	17%	21%	31%	54%	52%
Number who answered question		Baseline		Time 2	
		76		88	

INSTRUCTIONS: The questions in this section ask how sure you are about being physically active. Please answer by circling either NOT SURE, A LITTLE SURE, or VERY SURE for each question.

55. How sure are you that you can be physically active 3-5 times a week?

Not sure		A little sure		Very sure	
Baseline	Time 2	Baseline	Time 2	Baseline	Time 2
12	11	16	16	47	61
16%	13%	21%	18%	63%	69%
Number who answered question		Baseline		Time 2	
		75		88	

56. How sure are you that you can exercise and keep moving for most of the time in your after school program?

Not sure		A little sure		Very sure	
Baseline	Time 2	Baseline	Time 2	Baseline	Time 2
7	8	26	22	41	58
9%	9%	35%	25%	55%	66%
Number who answered question		Baseline		Time 2	
		74		88	

57. How sure are you that you can improve your physical fitness by running or biking 3-5 times a week?

Not sure		A little sure		Very sure	
Baseline	Time 2	Baseline	Time 2	Baseline	Time 2
9	9	22	18	43	61
12%	10%	30%	20%	58%	69%
Number who answered question		Baseline		Time 2	
		74		88	

58. How sure are you that you can keep up a steady pace without stopping for 15-20 minutes when you are physically active?

Not sure		A little sure		Very sure	
Baseline	Time 2	Baseline	Time 2	Baseline	Time 2
20	15	22	27	33	45
27%	17%	29%	31%	44%	52%
Number who answered question		Baseline		Time 2	
		75		87	

Thank you for your help!