

REACH - WaterUP! Survey

REACH WaterUp! Survey

Part 1

Who we are:

We are from the Avance Center at GeorgeWashington University in Washington, DC. This is a research study to find out what you eat and drink at home and at school.

What?

Today, we invite you to complete a survey to tell us what you eat and drink at home and at school. This survey will take 20 minutes to complete and we invite you to complete it now. It's alright if you do not want to participate.

Risks/Benefits?

The survey asks only about what you eat or drink, and the country where you were born. We will not ask you to write down your name or any other information about you. There will be no direct benefit to you from this study. The information you share with us is very important and we will keep it safe.

Questions?

If you have any questions about this study after you participate, please call the Principal Investigator, Dr. Colón-Ramos. She can be contacted at (202) 994-1899. If you have questions about your rights as a participant, please call the Office of Human Research at The GeorgeWashington University at (202) 994-2715.

By completing the survey, you agree to participate in this study.

Please answer the following questions:

1. What grade are you in school? *

- 4th grade
- 5th grade
- 6th grade
- 7th grade
- 8th grade
- 9th grade
- 10th grade
- 11th grade
- 12th grade

2. What is your gender? *

- Male
- Female

3. Were you born in the United States of America (USA)?

- United States (USA)
- Other - If you chose "other", which country were you born in?

*

4. How many years have you lived in the U.S.?

- less than 1 year
- 1 to 3 years
- 3 to 5 years
- 5 to 10 years
- 10 years or more

Please go on to the next section. The next part has a set of questions that ask you about what snacks and drinks you usually have at home and school and about the types of snacks you like to eat.

If you have any questions, please raise your hand so that one of the research assistants can answer your question.

Beverage & Snack Questionnaire (BSQ19)

PART 2

Beverage & Snack Questionnaire - 19

Please think about what you ate & drank during the past week, while you were at school, and while you were not at school. Not at school includes all of the rest of the time, for example when you are at home, at a friend's house, or at a restaurant.

You are going to mark the column that shows, on average, how many times you ate the food at school and not at school. If you did not eat this food or drink this beverage during the past week, please mark "never or less than 1 per week."

5. How often did you drink these beverages in the past week? (pick one in each row)

Never
(or
less

2 to 4 or

Diet soda or pop (include all kinds such as Diet Pepsi, Pepsi One, Diet Coke, Diet 7-Up)) NOT AT SCHOOL

Regular soda or pop (include all kinds such as Coke, Pepsi, 7-Up, Sprite, root beer) IN SCHOOL

Regular soda or pop (include all kinds such as Coke, Pepsi, 7-Up, Sprite, root beer) NOT AT SCHOOL

Energy drinks (such as Rock star, Red Bull, Monster and Full Throttle); these drinks usually have caffeine IN SCHOOL

Energy drinks (such as Rock star, Red Bull, Monster and Full Throttle); these drinks usually have caffeine NOT AT SCHOOL

Sweetened coffee or tea drinks (Frappuccino, Frappe, or Chai (do not include unsweetened coffee or tea)) IN SCHOOL

Sweetened coffee or tea drinks (Frappuccino, Frappe, or Chai (do not include unsweetened coffee or tea)) NOT AT SCHOOL

1% or nonfat flavored milk (sometimes called skim, fat-free, or low-fat milk; includes chocolate and other flavors but not unflavored, white milk) IN SCHOOL

1% or nonfat flavored milk (sometimes called skim, fat-free, or low-fat milk; includes chocolate and other flavors but not unflavored, white milk) NOT AT SCHOOL

Regular or 2% flavored milk (sometimes called whole, reduced fat, or 4% milk fat; includes chocolate and other flavors but not unflavored, white milk) IN SCHOOL

Regular or 2% flavored milk

(sometimes called whole, reduced fat, or 4% milk fat; includes chocolate and other flavors but not unflavored, white milk) NOT AT SCHOOL

1% or nonfat white milk (sometimes called skim, fat-free, or low-fat milk; do not include chocolate or other flavored milks) IN SCHOOL

1% or nonfat white milk (sometimes called skim, fat-free, or low-fat milk; do not include chocolate or other flavored milks) NOT AT SCHOOL

Regular or 2% white milk (sometimes called whole, reduced fat, or 4% milk fat; do not include chocolate or other flavored milks) IN SCHOOL

Regular or 2% white milk (sometimes called whole, reduced fat, or 4% milk fat; do not include chocolate or other flavored milks) NOT AT SCHOOL

6. How often did you eat these foods in the past week? (pick one in each row)

Never (or less than 1 per week) 1 per week 2 to 4 per week 5 to 6 per week 1 per day 2 to 3 per day 4 or more per day

Low-fat or non-fat potato chips, tortilla chips and corn chips (such as Baked Lays, Reduced-fat Doritos, Fat-Free Pringles) IN SCHOOL

Low-fat or non-fat potato chips, tortilla chips and corn chips (such

such as low fat ice cream, frozen yogurt, popsicles, & sherbet NOT AT SCHOOL

<input type="radio"/>							
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Regular ice cream & milkshakes (include all flavors) IN SCHOOL

<input type="radio"/>							
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Regular ice cream & milkshakes (include all flavors) NOT AT SCHOOL

<input type="radio"/>							
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How often did you eat a serving of vegetables such as green salad, peas, green beans or corn? (not French fries) IN SCHOOL

<input type="radio"/>							
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How often did you eat a serving of vegetables such as green salad, peas, green beans or corn? (not French fries) NOT AT SCHOOL

<input type="radio"/>							
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How often did you eat a serving of fruit such as a banana, apple or grapes? (not juice) IN SCHOOL

<input type="radio"/>							
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How often did you eat a serving of fruit such as a banana, apple or grapes? (not juice) NOT AT SCHOOL

<input type="radio"/>							
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Please continue on to the next section.

If you have any questions, please raise your hand so that one of the research assistants can answer your question.

Attitudes on Drinking Water at School

PART 3

Please mark to indicate if you agree with the following statements

7. It is fine for me to drink water from fountains at my school.

Strongly Agree	Agree	Neither agree or disagree	Disagree	Strongly Disagree
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

8. The water that comes out of the fountains at my school could make me sick.

Strongly Agree	Agree	Neither agree or disagree	Disagree	Strongly Disagree
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

9. The drinking fountains at my school typically have dirt, gum, paper, or other trash in them.

Strongly Agree	Agree	Neither agree or disagree	Disagree	Strongly Disagree
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

10. The water that comes out of the fountains at my school tastes good.

Strongly Agree	Agree	Neither agree or disagree	Disagree	Strongly Disagree
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

11. The water that comes out of the fountains at my school contains unhealthy chemicals like lead.

Strongly Agree	Agree	Neither agree or disagree	Disagree	Strongly Disagree
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

12. How likely is it that you will drink water the next day you are at school?

Very likely

Likely

Neither likely
or unlikely

Unlikely

Very Unlikely

Thank You!

THANK YOU FOR YOUR PARTICIPATION!