

SJLIFE

Health Habits Survey 11-17 Years of Age Self Report

The questions in this booklet relate to:
Name
Person completing this questionnaire is:
percomp text

Today's date: d d m m У datecomp

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SJLIFEID STUDYNAME

Please! Do not mark below this line

Your relationship:

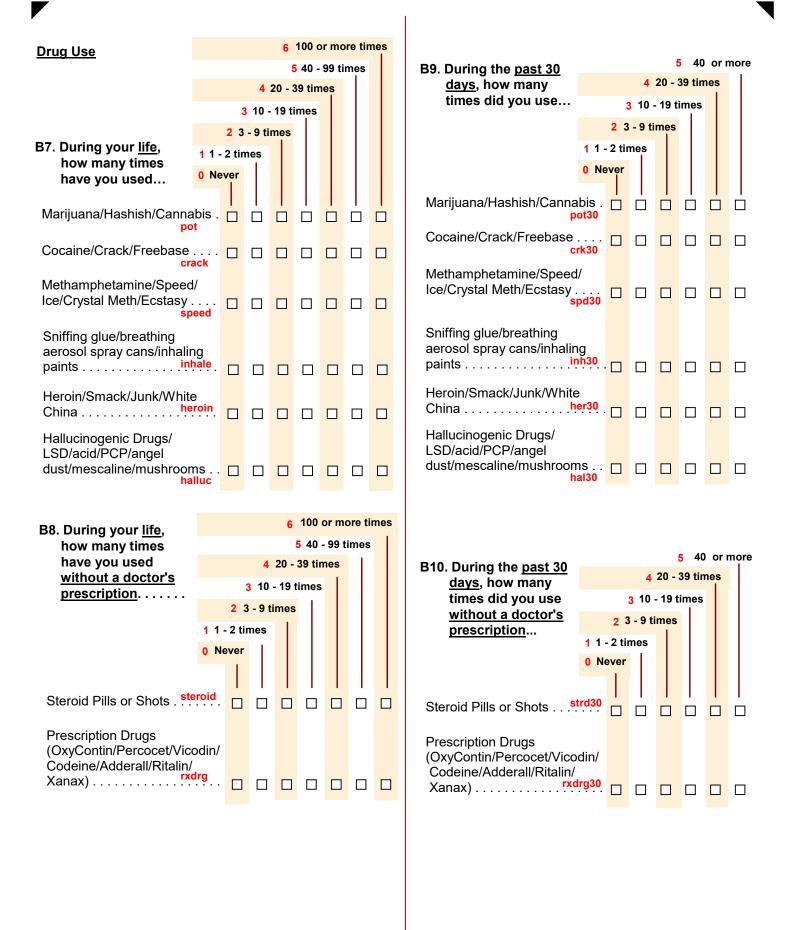
1 Self relation

MRN

Sun Sensitivity	4 6+ times
A1. How would you describe your natural skin color	A5. How often have you had a severe, painful sunburn on each of these 3 3-5 times
on parts of your body <u>not exposed to the sun</u> ? skinco	areas of the body?
1 ☐ Pale or milky white	1 Never
² ☐ Very light brown, sometimes freckles	Back and shoulders
3 ☐ Light tan, brown, or olive	
4 ☐ Brown, dark brown, or black	Lower limbs
A2. What color are your eyes? eyeco	Face or arms
1 ☐ Blue	All over
2 ☐ Blue-grey	
3 ☐ Hazel	A6. Have you ever sunbathed or sat outside by the
4 ☐ Green	water? eversn
5 ☐ Light brown	2 ☐ No Go to Question A8.
6 ☐ Dark brown/black	¹ □ Yes ¬
7 ☐ Mixed/other	A7. If yes, how many days in the <u>last 12 months</u> have
	you sunbathed or sat outside by the water? daysun
A3. What is your natural hair color? (check only one)	1 ☐ None
1 ☐ Light blond hairco	2 □ 1-5 days
2 ☐ Blond	3 □ 6-10 days
3 ☐ Light brown	4 ☐ 11 or more days
4 ☐ Medium brown	·
5 ☐ Red-brown	A8. Have you ever used artificial tanning devices such
6 ☐ Strawberry (reddish) blond	as a sunlamp, or gone to a tanning booth? fakesn
7 □ Red	2 ☐ No Go to Question A10, next page.
8 ☐ Dark brown/black	1 ☐ Yes
9 ☐ Jet black	
Sunburn is a reddening of the skin that lasts at least 12 hours after you have been outdoors in the sun.	A9. If yes, how many days in the <u>last 12 months</u> have you used any artificial tanning devices such as a sunlamp, or gone to a tanning booth? dyfsn
A4. Suppose that after several months of not being in	1 ☐ None
the sun, you went out in the sun without a hat,	2 ☐ 1-5 days
sunscreen, or protective clothing for an hour. Would you (check only one) nohat	3 ☐ 6-10 days
1 ☐ Never tan, always burn	4 ☐ 11 or more days
2 ☐ Sometimes tan, usually burn	
3 ☐ Usually tan, sometimes burn	
4 ☐ Always tan, rarely burn	
<u> </u>	

A10. When you were outside	ŧ	Always	5	B6. In the <u>past year</u> , have you	4 Regularly use
last summer for more than			ever used any of these tobacco products?	3 Occasionally use	
15 minutes, how often did you protect yourself from	3 Sometimes			(Mark all that apply)	2 No longer use
the sun by	2 Rarely			, , , , , , , , , , , , , , , , , , , ,	1 Never used
_	1 Never	Ш		Chewing tobacco	
Applying a sunscreen with				Snuff tobacco	snuff
a sun protection factor (SPF) of 15 or more on all sun				Pipes	
exposed skin areasspf]	Cigars	
Wearing protective clothing				E-Cigarettes	ecig
such as long-sleeved shirts and long pants	ect		,		
			J	The next questions ask about products, such as JUUL, Vuse	
Wearing a hat	🗆 🗆 🗆]	Electronic vaping products in	clude e-cigarettes,
Limiting exposure to the sun duri	ing			vapes, vape pens, e-cigars, eh	
the mid-day hours !imi	^t 👝 🗀 🗀]	and mods. These products are usually contain nicotine and f	
Staying in the shade sha	qe 🗆 🗆 🗆]	mint, or candy.	,
				B6a. Have you ever used an ele	
Smoking				product, even just one tir	vaning
				2 ☐ No Go to Question	B7 on page 5.
B1. Have you smoked cigarettes in	n the <u>last mon</u>	<u>ith</u> ? cig	mo	1 ☐ Yes	
2 □ No				3 ☐ Don't know/Not sure	
1 □ Yes				B6b. How old were you when y electronic vaping product	
B2. Have you used smokeless tob	acco in the la	st mon	th?		
2□ No		tobmo	<u></u> .	Years	
1 ☐ Yes				B6c. Do you use electronic vap	oing products now? vaping_now
				2□ No	
B3. Have you smoked at least 100 your entire life? evsm) cigarettes in			1 ☐ Yes	
2 ☐ No Go to Question E	36.			B6d. What types of mist have y	ou inhaled when you us
¹ □ Yes ¬				an electronic vaping produc	ct (select all that apply)? vaping_inhale
				☐ Nicotine vaping_inhale_nico	tine
▼				☐ Marijuana or hash oil vapi	ng_inhale_marijuana
B4. How old were you when you s	tarted smokin	g? sms	tr	☐ Just Flavoring vaping_inhale	e_flavor
Years				☐ Other vaping_inhale_other	
				☐ Don't know vaping_inhale_c	lontknow
	_			L DOTT KNOW Vaping_initale_c	IOIRRIIOW
B5. Do you smoke cigarettes now	? smnow				
₂ \square No					
₁ □ Yes					

B6e. When you use an electronic vaping product, what mist do you use most often? vaping_mist	did you usually pick up your electronic vaping product to vape? vaping_times
1 ☐ Nicotine	o □ 0
2 ☐ Marijuana or hash oil	1
3 ☐ Just Flavoring	
4 ☐ Other	3 □ 3-5
5 ☐ Don't know	4 □ 6-9
	5 □ 10-14
	<mark>6</mark> □ 15-20
B6f. During the past 30 days, on how many days did you use an electronic vaping product? vaping_30days	7 □ >20 times per day
<mark>0</mark> □ 0 days	B6h. Each time you picked up your electronic vaping
1 □ 1 or 2 days	product to vape, how many puffs did you usually take before putting it away? vaping_puffs
2 □ 3 to 5 days	0 □ 0
3 □ 6 to 9 days	1 □ 1
4 ☐ 10 to 19 days	2 □ 2
5 □ 20 to 29 days	3 □ 3-5
6 □ All 30 days	4 □ 6-9
	5 □ 10-14
	6 □ 15-20
	7 □ >20 puffs
B6i. During the past 30 days, how did you usually get your (Select only one response.) vaping_get	own electronic vaping products?
$1 \ \square \ I$ did not use any electronic vapor products during the past	30 days
$2 \square\mathbf{I}$ bought them in a store such as a convenience store, super	ermarket, discount store, gas station, or vape store
3 ☐ I got them on the Internet	
4 ☐ I gave someone else money to buy them for me	
5 ☐ I borrowed them from someone else	
$6 \square$ A person who can legally buy these products gave them to	me
7 $□$ I took them from a store or another person	
8 □ I got them some other way	



B11. How old were you when you						
Neve tried			Age at first use			
potf	Marijuana/Hashish/Cannabis	pota				
☐ crkf	Cocaine/Crack/Freebase	crka				
□ spdf	Methamphetamine/Speed/ ft Ice/Crystal Meth/Ecstasy	spda				
inhf	Sniffing glue/breathing aerosol sp cans/inhaling paints	oray inha				
☐ herf	Heroin/Smack/Junk/White China t	hera				
□ halft	Hallucinogenic Drugs/ LSD/acid/PCP/angel dust/mescaline/mushrooms	hala				
Never tried	Steroid Pills or Shots		Age at first use			

<u>Alcohol</u>

B13. In your <u>entire life</u> , have you ever had at least 2 drinks of any kind of alcoholic beverage? evdrk				
2 ☐ No Go to Question B16, next page.				
¹ ☐ Yes				
B14. How old were you when you first started drinking alcohol? agdrk				
Years				
B15. During the <u>last 12 months</u> , what is the largest number of drinks you had on any single day? Was it mostdrk				
8 ☐ 24+ drinks				
7 ☐ 12-23 drinks				
6 ☐ 8-11 drinks				
5 ☐ 5-7 drinks				
4 ☐ 4 drinks				
3 ☐ 3 drinks				
2 ☐ 2 drinks				
1 ☐ 1 drink				
0 □ 0 drinks				

Continue on next page.

Body Weight
B16. Are you now trying to lose weight? loswt
2 □ No
1 ☐ Yes Go to Question B18.
3 ☐ Don't know / Not sure
B17. Are you now trying to maintain your current weight, that is, to keep from gaining weight? maiwt
2 ☐ No Go to Question B20.
1 ☐ Yes
3 ☐ Don't know / Not sure Go to Question B20.
B18. Are you eating either fewer calories or less fat to lose weight? kcalwt
4 □ No
1 ☐ Yes, fewer calories
2 ☐ Yes, less fat
3 ☐ Yes, fewer calories and less fat
5 ☐ Don't know / Not sure
B19. Are you using physical activity or exercise to lose weight or keep from gaining weight? phyactwt
2 □ No
1 ☐ Yes
3 ☐ Don't know / Not sure
B20. In the <u>past 12 months</u> , has a doctor, nurse or other health professional given you advice about your weight? mdwt
4 □ No
1 ☐ Yes, lose weight
2 ☐ Yes, gain weight

3 ☐ Yes, maintain current weight

5 ☐ Don't know / Not sure

Physical Activity

B21. I	During the past 7 days, on how many days were
	you physically active for a total of at least 60
i	minutes per day? Add up all the time you spent in
	any kind of physical activity that increased your
	heart rate and made you breathe hard some of the time. play60

- 1 □ 0 days
- 2 □ 1 day
- **3** □ 2 days
- **4** □ 3 days
- **5** □ 4 days
- 6 ☐ 5 days
- **7** □ 6 days
- 8 ☐ 7 days

B22. Now think about the time you spend doing different types of physical activity in a typical week. First think about the time you spend doing work. Work is the things that you have to do such as paid or unpaid work, household chores, and yard work. Does your work involve vigorous-intensity activity that causes large increases in breathing or heart rate like carrying or lifting heavy loads, digging or construction work for at least 10 minutes continuously? wkvpa10

- 2 ☐ No Go to Question B25, next page.
- 1 ☐ Yes

B23. In a typical week, on how many days do you do vigorous-intensity activities as part of your work? Vigorous-intensity activity causes large increases in breathing or heart rate and is done for at least 10 minutes continuously. wkvpadays

- 2 □ 1 day
- 3 ☐ 2 days
- **4** □ 3 days
- 5 ☐ 4 days
- 6 □ 5 days
- **7** □ 6 days
- **8** □ 7 days

	\
B24. How much time do you spend doing vigorous-intensity activities at work on a typical day?	B29. In a typical week, on how many days do you walk or bicycle for at least 10 minutes continuously to get to and from places? walkdays
· · ·	2 ☐ 1 day
hours minutes	3 ☐ 2 days
wkvpahrs wkvpamin	4 □ 3 days
	5
B25. Does your work involve <u>moderate-intensity</u> activity that causes small increases in breathing	6 ☐ 5 days
or heart rate such as brisk walking or carrying	7 □ 6 days
light loads for at least 10 minutes continually? wkmpa10	8 □ 7 days
2 ☐ No Go to Question B28.	_ ,
1 □ Yes	B30. How much time do you spend walking or bicycling for travel on a typical day? Think about a typical day when you walk or bicycle for travel.
B26. In a typical week, on how many days do you do	ioi travei.
moderate-intensity activities as part of your work? 2 □ 1 day	hours minutes
•	walkhrs walkmin
3 □ 2 days	B31. The next questions exclude the work and
4 □ 3 days	transport activities that you already mentioned and ask about sports, fitness, and recreational
5 □ 4 days	activities. In a typical week do you do any
6 □ 5 days	vigorous-intensity sports, fitness, or recreational activities that cause large increases in breathing
7 □ 6 days	or heart rate such as running or basketball for at
8 □ 7 days	least 10 minutes continuously? recvpa10
	2 ☐ No Go to Question B34, next page.
B27. How much time do you spend doing	1□ Yes
moderate-intensity activities at work on a typical day?	Doo to a feet and a second and a second as
hours minutes wkmpahrs wkmpamin	B32. In a typical week, on how many days do you do vigorous-intensity sports, fitness or recreational activities? Vigorous-intensity activity causes large increases in breathing or heart rate and is done for at least 10 minutes continuously. recvpadays
B28. The next questions exclude the physical activities	2 ☐ 1 day
at work that you have already mentioned and ask	3 ☐ 2 days
about the usual way you travel to and from school, for shopping, or to work. In a typical week	4 □ 3 days
do you walk or use a bicycle for at least 10	5 ☐ 4 days
minutes continuously to get to and from places? walk10	6 □ 5 days
2 ☐ No Go to Question B31.	7 □ 6 days
	8 □ 7 days
	_ ,

B33. How much time do you spend doing vigorous-intensity sports, fitness or recreational activities on a typical day?	B38. Over the <u>past 30 days</u> , on average how many hours per day did you sit and watch TV or videos? Would you say tvhrs		
	⁰ ☐ Less than 1 hour		
recvpahrs recvpamin minutes	1 ☐ 1 hour		
B34. In a typical week do you do any	2 ☐ 2 hours		
moderate-intensity sports, fitness, or recreational	3 ☐ 3 hours		
activities that cause a small increase in breathing or heart rate such as brisk walking, bicycling,	4 ☐ 4 hours		
swimming, or volleyball for at least 10 minutes continuously? recmpa10	5 ☐ 5 hours or more		
<u>.</u>	6 ☐ Don't watch TV or videos		
2 ☐ No Go to Question B37.	P20 Over the past 20 days, an average how many		
1 ☐ Yes B35. In a typical week, on how many days do you do moderate-intensity sports, fitness or recreational activities? Moderate-intensity sports, fitness or	B39. Over the <u>past 30 days</u> , on average how many hours per day do you use a computer or play computer games outside of school? Include Playstation, Nintendo DS, or other portable video games. Would you say gamehrs		
recreational activities cause small increases in breathing or heart rate and is done for least 10	⁰ □ Less than 1 hour		
minutes continuously. recmpadays	1 □ 1 hour		
2	2 ☐ 2 hours		
3	3 ☐ 3 hours		
4	4 ☐ 4 hours		
5 □ 4 days	5 ☐ 5 hours or more		
<mark>6</mark>	6 ☐ Don't use a computer outside of work or school		
7	B40. For the next questions, think about the types of		
8 □ 7 days	sports or physical activities you may have done during the <u>past 7 days</u> . Please do not include things you did during the school day like PE or		
B36. How much time do you spend doing moderate-intensity sports, fitness or recreational activities on a typical day?	gym class. Did you do any physical activities during the past 7 days? pa7		
hours minutes	2 ☐ No Go to Question B42 next page.		
recmpahrs recmpamin	1 ☐ Yes		
B37. The following question is about sitting at school, at home, getting to and from places, or with friends including time spent sitting at a desk, traveling in a car or bus, reading, playing cards, watching television, or using a computer. Do not	B41. What physical activities did you do during the <u>past 7 days</u> ? Don't include activities you did during gym or PE. Did you do any other physical activities? For example, baseball, running, or swimming. pa7spe		
include time spent sleeping. How much time do you usually spend sitting on a typical day?			
	text		
hours minutes			

B42. During the <u>past 7 days</u> , on how many days did you play active video games such as Wii Sports, Wii Fit, Xbox 360, Xbox Kinect, Playstation 3, or Dance, Dance Revolution? actvgdays	B45. On how many of the <u>past 7 days</u> did you do exercise to strengthen or tone your muscles, such as push-ups, sit-ups, or weight lifting? patone
1 ☐ 0 days Go to Question B44.	1 □ 0 days
2 □ 1 day	2 □ 1 day
3 □ 2 days	3 □ 2 days
4 □ 3 days	4 □ 3 days
•	5 □ 4 days
5 ☐ 4 days	<mark>6</mark> ☐ 5 days
6 □ 5 days	7 ☐ 6 days
7 □ 6 days 8 □ 7 days	8 □ 7 days
B43. On average, how long did you play these active video games?	B46. The next questions ask about activities during the school year. If you are not currently in school, think about your activities when you were last in school. Are students at your school allowed to use school facilities during lunch or during a free or elective period, such as the gymnasium, tennis courts, weight room, or track, during school time? 2 □ No
7 □ 6 days	-
8 □ 7 days	1 ☐ 1 day a week
	2 ☐ 2 days a week
	3 ☐ 3 days a week
	4 ☐ 4 days a week
	5 ☐ Every day

B50	. On average, how long is the PE or gym class? pemin		ny impairment or health olding a job or attending	
	¹ ☐ Less than 30 minutes	2 □ No		
	2 ☐ 30-45 minutes	1 ☐ Yes		
	3 ☐ More than 45 minutes			
B51	. The following are activities that may be done	B56. Do you 2 □ No	currently have a driver's	s license? drive
	before, during, or after school other than during PE or gym class. If you are not currently in school, think about your activities when you were last in school. Do you participate in school sports or physical activity clubs? schsprt 2 □ No → Go to Question B53. 1 □ Yes	1 □ Yes		
B52	In what school sports or physical activity clubs do you participate? schsprtsp		Continue on next page.]
	text			-
<u>Da</u>	ily Activity			
B53	Because of any impairment or health problems, do you need the help of other persons with personal care needs, such as eating, bathing, dressing, or getting around your home? help □ No □ Yes			
B54	Because of any impairment or health problems, do you need the help of other persons in handling routine needs, such as everyday household chores, doing necessary business, shopping, or getting around for other purposes? chore			
	2 □ No			
	1 ☐ Yes			

(Check only one for each group)
B57a. Mobility admob
1 ☐ I have no problems in walking around
² □ I have some problems walking around
3 ☐ I have a lot of problems walking around
B57b. Taking care of myself adself
$oldsymbol{1} \ \square$ I have no problems with taking a bath or shower by myself or getting dressed by myself
$2 \ \square$ I have some problems taking a bath or shower by myself or getting dressed by myself
${f 3} \ \square$ I have a lot of problems taking a bath or shower by myself or getting dressed by myself
B57c. Doing usual activities (for example, going to school, hobbies, sports, playing, doing things with family or friends adusual
1 ☐ I have no problems doing my usual activities
2 ☐ I have some problems doing my usual activities
3 ☐ I have a lot of problems doing my usual activities
B57d. Having pain or discomfort adpain
¹ ☐ I have no pain or discomfort
2 ☐ I have some pain or discomfort
3 ☐ I have a lot of pain or discomfort
B57e. Feeling worried, sad, or unhappy adanx
1 ☐ I am not worried, sad, or unhappy
2 ☐ I am a little worried, sad, or unhappy
3 ☐ I am very worried, sad, or unhappy

Please indicate which statements best describe your own health today.