

St. Jude Children's Research Hospital

ALSAC • Danny Thomas, Founder
Finding cures. Saving children.

# 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
```

Your relationship:$\square$ Self relation

Today's date:


datecomp


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## Sun Sensitivity

A1. How would you describe your natural skin color on parts of your body not exposed to the sun? skinco
1Pale or milky white
2Very light brown, sometimes freckles
3Light tan, brown, or olive
4Brown, dark brown, or black

A2. What color are your eyes? eyecoBlue
2Blue-grey

3 Hazel

4 -Green

5Light brown
6 Dark brown/black

7Mixed/other

A3. What is your natural hair color? (check only one)Light blond
hairco
2 BlondLight brown
4 Medium brown Red-brown Strawberry (reddish) blond

## Red

8Dark brown/black
$9 \square$ $\square$ Jet black

Sunburn is a reddening of the skin that lasts at least 12 hours after you have been outdoors in the sun.

A4. Suppose that after several months of not being in the sun, you went out in the sun without a hat, sunscreen, or protective clothing for an hour. Would you... (check only one) nohatNever tan, always burn
2 Sometimes tan, usually burn

3Usually tan, sometimes burn
4Always tan, rarely burn

A5. How often have you had a severe, painful sunburn on each of these areas of the body?

4 6+ times


Lower limbs brnleg

Face or arms brnfac

All over.
brnall

A6. Have you ever sunbathed or sat outside by the water? eversn
$2 \square$ No $\longrightarrow$ Go to Question A8.Yes

A7. If yes, how many days in the last 12 months have you sunbathed or sat outside by the water? daysun

1 $\square$ None
$2 \square$ 1-5 days

36-10 days

4 $\square 11$ or more days

A8. Have you ever used artificial tanning devices such as a sunlamp, or gone to a tanning booth? fakesn$\square$ No $\qquad$
1Yes

A9. If yes, how many days in the last 12 months have you used any artificial tanning devices such as a sunlamp, or gone to a tanning booth? dyfsnNone1-5 days6-10 days
$4 \square$ 11 or more days


## Smoking

B1. Have you smoked cigarettes in the last month? cigmoNoYes

B2. Have you used smokeless tobacco in the last month? $2 \square$ No
$1 \square$ Yes

B3. Have you smoked at least 100 cigarettes in your entire life? evsm
2No $\qquad$ Go to Question B6.
1Yes


B4. How old were you when you started smoking? smstr
$\square$ Years

B5. Do you smoke cigarettes now? smnow
 No
1Yes

B6. In the past year, have you ever used any of these tobacco products? (Mark all that apply)


The next questions ask about electronic "vaping" products, such as JUUL, Vuse, MarkTen, and blu. Electronic vaping products include e-cigarettes, vapes, vape pens, e-cigars, ehookahs, hookah pens, and mods. These products are battery-powered and usually contain nicotine and flavors such as fruit, mint, or candy.

B6a. Have you ever used an electronic vaping product, even just one time in your entire life?No $\longrightarrow$ Go to Question B7 on page 5 .Yes
$3 \square$ Don't know/Not sure

B6b. How old were you when you first used an electronic vaping product? vaping_age


Years
B6c. Do you use electronic vaping products now?
2
NoYes

B6d. What types of mist have you inhaled when you use an electronic vaping product (select all that apply)?
vaping_inhaleNicotine vaping_inhale_nicotineMarijuana or hash oil vaping_inhale_marijuanaJust Flavoring vaping_inhale_flavorOther vaping_inhale_otherDon't know vaping_inhale_dontknow

B6e. When you use an electronic vaping product, what mist do you use most often? vaping_mist
$\qquad$NicotineMarijuana or hash oilJust FlavoringOtherDon't know

B6f. During the past 30 days, on how many days did you use an electronic vaping product? vaping_30days
$0 \square$ $\square 0$ days1 or 2 days3 to 5 days6 to 9 days
$4 \square$10 to 19 days20 to 29 daysAll 30 days

B6g. On the days that you vaped, how many times did you usually pick up your electronic vaping product to vape? vaping_times3-56-910-1415-20$>20$ times per day

B6h. Each time you picked up your electronic vaping product to vape, how many puffs did you usually take before putting it away? vaping_puffs1
$3 \square$ 3-5
4 6-9

510-14

615-20
$7 \square>20$ puffs

B6i. During the past 30 days, how did you usually get your own electronic vaping products?
(Select only one response.) vaping_getI did not use any electronic vapor products during the past 30 daysI bought them in a store such as a convenience store, supermarket, discount store, gas station, or vape store

3I got them on the InternetI gave someone else money to buy them for meI borrowed them from someone else

6A person who can legally buy these products gave them to meI took them from a store or another personI got them some other way



B11. How old were you when you
tried $\qquad$ for the first time?


11


Marijuana/Hashish/Cannabis
Cocaine/Crack/Freebase
Methamphetamine/Speed/
Ice/Crystal Meth/Ecstasy spda

Sniffing glue/breathing aerosol spray cans/inhaling paints $\qquad$


Heroin/Smack/Junk/White China . hera


Hallucinogenic Drugs/ LSD/acid/PCP/angel dust/mescaline/mushrooms


B12. How old were you when you tried for the first time without a doctor's prescription?


Steroid Pills or Shots


Prescription Drugs
rxdrgft
(OxyContin/Percocet/Vicodin/ Codeine/Adderall/Ritalin/Xanax) rxdrga


Alcohol

B13. In your entire life, have you ever had at least 2 drinks of any kind of alcoholic beverage? evdrk
$2 \square$ No $\longrightarrow$ Go to Question B16, next page.
$1 \square \mathrm{Yes}$


B14. How old were you when you first started drinking alcohol? agdrk


Years

B15. During the last 12 months, what is the largest number of drinks you had on any single day? Was it. . . mostdrk

824+ drinks12-23 drinks8-11 drinks

55-7 drinks

44 drinks3 drinks

22 drinks1 drink0 drinks

[^0]
## Body Weight

B16. Are you now trying to lose weight? loswtNo

1Yes $\longrightarrow$ Go to Question B18.

3Don't know / Not sure

B17. Are you now trying to maintain your current weight, that is, to keep from gaining weight? maiwtNo $\longrightarrow$ Go to Question B2O.

1Yes

3Don't know / Not sure Go to Question B20.

B18. Are you eating either fewer calories or less fat to lose weight? kcalwt

4

1Yes, fewer calories

2Yes, less fat

3Yes, fewer calories and less fat

5Don't know / Not sure

B19. Are you using physical activity or exercise to lose weight or keep from gaining weight? phyactwtNo

1Yes
$3 \square$Don't know / Not sure

B20. In the past 12 months, has a doctor, nurse or other health professional given you advice about your weight? mdwtNo

1Yes, lose weightYes, gain weightYes, maintain current weightDon't know / Not sure

## Physical Activity

B21. During the past 7 days, on how many days were you physically active for a total of at least 60 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 $\square 0$ days1 day
43 days$\square 4$ days5 days6 days7 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? wkvpa10No $\longrightarrow$ Go to Question B25, next page.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 day2 days3 days4 days5 days6 days7 days

B24. How much time do you spend doing vigorous-intensity activities at work on a typical day?


B25. Does your work involve moderate-intensity activity that causes small increases in breathing or heart rate such as brisk walking or carrying light loads for at least 10 minutes continually? wkmpa10No


1Yes

B26. In a typical week, on how many days do you do moderate-intensity activities as part of your work?

```1 day
3
```

```2 days
4
```

```3 days
5
```

```4 days
6
```

```5 days
7
```

```6 days
8
```

```7 days
```

B27. How much time do you spend doing moderate-intensity activities at work on a typical day?

wkmpahrs
hours
F
$\qquad$


B28. The next questions exclude the physical activities at work that you have already mentioned and ask about the usual way you travel to and from school, for shopping, or to work. In a typical week do you walk or use a bicycle for at least 10 minutes continuously to get to and from places? walk10No $\longrightarrow$ Go to Question B31.Yes

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
$2 \square 1$ day
${ }^{3} \square 2$ days
$4 \square 3$ days
$5 \square 4$ days
$6 \square 5$ days
$7 \square 6$ days
$8 \square 7$ days
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.


B31. The next questions exclude the work and transport activities that you already mentioned and ask about sports, fitness, and recreational activities. In a typical week do you do any vigorous-intensity sports, fitness, or recreational activities that cause large increases in breathing or heart rate such as running or basketball for at least 10 minutes continuously? recvpa10
$2 \square$ No $\longrightarrow$ Go to Question B34, next page.Yes

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
$2 \square 1$ day
$3 \square 2$ days
$4 \square 3$ days
$5 \square 4$ days
$6 \square 5$ days
$7 \square 6$ days
$8 \square 7$ days

B33. How much time do you spend doing vigorous-intensity sports, fitness or recreational activities on a typical day?

recvpahrs

minutes

B34. In a typical week do you do any moderate-intensity sports, fitness, or recreational activities that cause a small increase in breathing or heart rate such as brisk walking, bicycling, swimming, or volleyball for at least 10 minutes continuously? recmpa10


B35. In a typical week, on how many days do you do moderate-intensity sports, fitness or recreational activities? Moderate-intensity sports, fitness or recreational activities cause small increases in breathing or heart rate and is done for least 10 minutes continuously. recmpadays


B36. How much time do you spend doing moderate-intensity sports, fitness or recreational activities on a typical day?

hours
 minutes

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 include time spent sleeping. How much time do you usually spend sitting on a typical day?
hours


sithrs
minutes

B38. Over the past 30 days, on average how many hours per day did you sit and watch TV or videos? Would you say... tvhrsLess than 1 hour1 hour2 hours3 hours4 hours5 hours or moreDon't watch TV or videos

B39. Over the past 30 days, 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
Don't use a computer outside of work or school

B40. For the next questions, think about the types of sports or physical activities you may have done during the past 7 days. Please do not include things you did during the school day like PE or gym class. Did you do any physical activities during the past 7 days? pa7


B41. What physical activities did you do during the past 7 days? Don't include activities you did during gym or PE. Did you do any other physical activities? For example, baseball, running, or swimming. pa7spe

## text

B42. During the past 7 days, 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


B43. On average, how long did you play these active video games?

hours


B44. In this question you can include activities done in school. On how many of the past 7 days did you exercise or participate in physical activity for at least $\mathbf{2 0}$ minutes that made you sweat and breathe hard, such as basketball, soccer, running, swimming laps, fast bicycling, fast dancing, or similar activities? pa20days0 days1 day

32 days

4 3 days

54 days

65 days6 days7 days

B45. On how many of the past 7 days did you do exercise to strengthen or tone your muscles, such as push-ups, sit-ups, or weight lifting? patone0 days1 day2 days

4 3 days4 days

6 5 days6 days7 days

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?No
 Go to Question B48.
facilynYes

B47. Do you use school facilities for physical activities during school time? faciluse

2

1Yes

B48. Do you have PE or gym during school days? peynNo $\longrightarrow$ Go to Question B51, next page.$\square$ Yes

B49. How often do you have PE or gym? pedays


B50. On average, how long is the PE or gym class? pemin
$1 \square$ Less than 30 minutes

2 30-45 minutes
$3 \square$ More than 45 minutes

B51. The following are activities that may be done 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? schsprtNo $\longrightarrow$ Go to Question B53.

1Yes

B52. In what school sports or physical activity clubs do you participate? schsprtsp
$\square$

## Daily 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
$2 \square$ No
$1 \square$ $\square$ 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$\square$ No$\square$ Yes

B55. Does any impairment or health problem keep you from holding a job or attending school? nojob

2
1Yes

B56. Do you currently have a driver's license? drive
2 No

1Yes

> Continue on next page.

Please indicate which statements best describe your own health today.
(Check only one for each group)
B57a. Mobility admobI have no problems in walking around

2I have some problems walking aroundI have a lot of problems walking around

B57b. Taking care of myself adselfI have no problems with taking a bath or shower by myself or getting dressed by myself

2I have some problems taking a bath or shower by myself or getting dressed by myself
$3 \square$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 adusualI have no problems doing my usual activitiesI have some problems doing my usual activitiesI have a lot of problems doing my usual activities

B57d. Having pain or discomfort adpain
$1 \square$ I have no pain or discomfortI have some pain or discomfortI have a lot of pain or discomfort

B57e. Feeling worried, sad, or unhappy adanx
1I am not worried, sad, or unhappy

2I am a little worried, sad, or unhappy

3I am very worried, sad, or unhappy


[^0]:    Continue on next page.

