

University of Saskatchewan - Smart Cities, Healthy Kids Research Project

UNIVERSITY OF
SASKATCHEWAN**NOTE TO ALL STUDENTS:**

This is a survey with questions about youth physical activity and nutrition. Your answers will help the Smart Cities, Healthy Kids Project learn about how kids like to stay active and what may prevent them from participating in activities. The survey will take approximately 30 minutes to complete.

NBHD-SCHL		CHILD ID	
0		0	
1		1	
2		2	
3		3	
4		4	
5		5	
6		6	
7		7	
8		8	
9		9	

MARKING INSTRUCTIONS

- Use an HB pencil only.
- Do not use ink, ball point, or felt tip pens.
- Make solid marks that fill the response completely.
- Erase cleanly any marks you wish to change.

CORRECT: ●

INCORRECT: ☒ ☓ ☐ ☑

01091

DO NOT WRITE IN THIS BOX**Section A : About Me and My Family**

1. I am a ☐ Boy ☐ Girl
2. What grade are you in? ☐ 5 ☐ 6 ☐ 7 ☐ 8
3. How old are you? ☐ 9 ☐ 10 ☐ 11 ☐ 12 ☐ 13 ☐ 14 ☐ 15

4. What is the name of your School?

5. Please write your **Street Address**

(eg. 123 Main Street)

Please write your **Postal Code**

(eg. S7L1E6)

*—This information will only be used to confirm your neighborhood.*6. Do you identify as an Aboriginal person (First Nations, Métis, Inuit)? ☐ Yes ☐ No

7. Where do you live most of the time?

☐ Both parents (biological or adopted)☐ Other relative (Grandmother, Aunt, Uncle, etc.)☐ Mother only☐ Group home or Foster home☐ Father only☐ Other☐ Mother part time/ Father part time

8. How many brother and sisters do you have that live with you right now?

☐ None☐ 1☐ 2☐ 3☐ 4☐ 5☐ 6☐ 7 or more

9. What is the highest level of schooling that your father completed?

☐ Less than high school☐ Finished university☐ Finished high school☐ Don't know or Doesn't Apply☐ Trade School (ex., mechanic, technician, journeyman, librarian)☐ Other☐ Some university

10. What is the highest level of schooling that your mother completed?

- ☐ Less than high school ☐ Finished university
☐ Finished high school ☐ Don't know or Doesn't Apply
☐ Trade School (ex. mechanic, technician, journeyman, librarian) ☐ Other
☐ Some university

11. Would you describe your family's money situation as (please choose only one answer):

- ☐ Wealthy ☐ Poor
☐ Average ☐ Don't know
☐ Difficult

12. In general would you say that your health is: **Excellent** **Very Good** **Good** **Fair** **Poor**

☐ ☐ ☐ ☐ ☐

13. Is it hard for you to do physical activities because of health problems that have lasted 6 months or longer?

- ☐ Yes ☐ No ☐ Don't Know/Not Sure

14. This next question is about your weight. Choose the answer that is closest to how you feel:

- ☐ I think I'm overweight (by 5 pounds or more) ☐ I think my weight is Okay
☐ I think I'm underweight (by 5 pounds or more)

15. How well are you doing in school this year?

- ☐ Above average ☐ Average ☐ Below average

16. This year, where have most of your marks been?

- ☐ 90% or higher ☐ 80 - 89% ☐ 70 - 79%
☐ 60 - 69% ☐ 50 - 59% ☐ 49% or lower

Section B. About My Family

17. In the **last 30 days** how often did you see any of your family members participate in sports or exercise?

- ☐ Never ☐ Once or Twice ☐ 3 or 4 times ☐ 5 times or more

18. In the **last 30 days** how often have your family members (mom, dad, grandma, grandpa, brothers, sisters etc.)...

	Never	Once or Twice	3 or 4 Times	5 times or more
a. Said that you were good at the physical activities that you did?....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
b. Got upset about the physical activities that you did?.....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
c. Said that physical activity was good for you?.....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
d. Offered to be active with you? (ex. ride bikes, throw a ball, etc.)...	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
e. Ordered you to be active?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
f. Paid for programs or equipment to help you stay active?.....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
g. Helped you to learn or improve the skills you use when you are being active (ex. for playing sports)?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
h. Talked to you about how much fun physical activity is?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
i. Watched you participate in physical activity or play sports?.....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
j. Encouraged you to do sports or physical activity?.....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
k. Provided transportation to a place where you can do physical activity?.....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
l. Done a physical activity or played sports with you (ex. walked or biked)?.....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

- | | Never | 1-2 days | 3-4 days | 5-6 days | Every Day | I have no siblings |
|--|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| 19. During a typical week, how often: | | | | | | |
| a. Do your brother(s) and/or sister(s) encourage you to do sports or exercise? | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| b. Do your brother(s) and/or sister(s) do physical activity or play sports with you? | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |

Section C. About My Friends

- | | Never | 1-2 days | 3-4 days | 5-6 days | Every Day |
|---|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| 20. During a typical week, how often: | | | | | |
| a. Do your friends encourage you to do sports or physical activities? | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| b. Do your friends do physical activities or play sports with you? | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| c. Do your friends or classmates tease you about not being good at physical activities or sports? | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| d. Do your friends ask you to walk or to bike to school or to a friend's house? | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| e. Do your friends tell you that you are doing well in physical activities or sports? | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 21. In the last 30 days , how often: | | | | | |
| a. Did you see any of your friends participate in physical activity? | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| b. Did any of your friends say that physical activity was good for you? | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| c. Did any of your friends force you to be active? | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| d. Did any of your friends help you to learn/improve the skills that you use to be active? | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| e. Did any of your friends come to watch you when you were doing physical activity? | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| f. Did any of your friends say that you were good at doing physical activity? | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |

22. How many of your closest friends exercise regularly?

- ☐ None
 ☐ 1-2 Friends
 ☐ 3-4 Friends
 ☐ 5 or More Friends

Section D: Reasons I might not be active

23. How often have the following things kept you from being active?

	Never	Rarely	Sometimes	Often	Always
a. I felt lazy	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
b. I didn't feel like it	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
c. It makes me look uncool.....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
d. I didn't have the money	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
e. The activity is not close to my home	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
f. I couldn't get a ride.....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
g. I didn't have enough time	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
h. I had too much homework.....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
i. It gets in the way when I want to hang out with friends.....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
j. I was injured	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
k. The weather was bad	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
l. The equipment was broken	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
m. I had family responsibilities (ex. chores, looking after brother or sister, etc.)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
n. The area was not safe.....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
o. It was too crowded	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Section E: About Me and Activities

24. In an average week, when you are in school, on how many days do you go to gym classes?

☐ 1
 ☐ 2
 ☐ 3
 ☐ 4
 ☐ 5

25. In an average week, about how many hours a day, in total, do you watch TV, videos/DVDs, play video games or use the computer?

☐ I don't have any screen time in a day
 ☐ Less than 1 hour a day
 ☐ 1 to 2 hours a day
☐ 3 to 4 hours a day
 ☐ 5 to 6 hours a day
 ☐ 7 or more hours a day

26. In the **last 30 days** how often have you:

	Never	1 or 2 times	3 or 4 times	5 times or more
a. Played sports or done physical activities without a coach or an instructor (ex. biking, skateboarding, etc.)?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
b. Played sports with a coach or instructor other than in gym class? (ex. swimming lessons, baseball, hockey, etc.)?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
c. Taken part in dance, gymnastics, karate, or other groups or lessons other than in gym class?.....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
d. Taken part in art, drama, or music groups, clubs, or lessons?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
e. Taken part in clubs or groups such as Guides or Scouts, 4-H club, community, church or other religious groups?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
f. Done a hobby or craft (ex. drawing, model building, etc.)?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Section F: Where I go to do activities

27. Here is a list of places where people can exercise. Which ones do you go to that are somewhere you could **walk** or **ride your bike** to easily? (Mark all that apply)

- | | |
|--|---|
| <input type="checkbox"/> Fitness facility | <input type="checkbox"/> Swimming Pool |
| <input type="checkbox"/> Basketball court | <input type="checkbox"/> Walking/hiking trails |
| <input type="checkbox"/> Bike lane or trails | <input type="checkbox"/> Tennis courts |
| <input type="checkbox"/> Golf Course | <input type="checkbox"/> Dance studio |
| <input type="checkbox"/> Public park | <input type="checkbox"/> Playing field (soccer, football, softball, etc.) |
| <input type="checkbox"/> Running track | <input type="checkbox"/> Other |
| <input type="checkbox"/> Skating rink/outdoor rink | <input type="checkbox"/> There are no places close to my house |

28. For the places that you marked in **Question 27**, how often would you walk or bike to these places in a typical month?

- ☐ Once a month ☐ 2-4 times a month ☐ 5 or more times a month

29. How long does it take you to walk to the closest park from your house?

- ☐ Less than 5 mins ☐ 5-10 mins ☐ 10-20 mins ☐ More than 20 mins

30. In the **last 30 days**, how often have you walked or biked to school?

- ☐ Never ☐ Two to four times a week
☐ Once a week ☐ Every day

31. When you didn't walk or bike to school was it because (Mark as many reasons as apply) ...

- | | |
|--|--|
| <input type="checkbox"/> School is too far from my house | <input type="checkbox"/> I take the bus instead |
| <input type="checkbox"/> I didn't have time | <input type="checkbox"/> I was sick or injured and couldn't walk or bike |
| <input type="checkbox"/> My parents or guardians drove me | <input type="checkbox"/> It was not safe |
| <input type="checkbox"/> The weather wasn't good for walking or biking | <input type="checkbox"/> Other - explain _____ |

32. In a typical week, how much time do you spend walking

	Less than an hour	About an hour	1-5 hours	More than 5 hours
--	------------------------------	--------------------------	----------------------	------------------------------

- | | | | | |
|---|-----------------------|-----------------------|-----------------------|-----------------------|
| a. For fun (ex. just walking with friends) | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| b. To do errands(ex. going to get the mail or to the store).... | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| c. To get someplace (ex. to the park or playground)..... | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |

33. How often do you walk or bike to each of the following places in a typical week?

- | | Never | 1-2 times | 3-4 times | 5 or more
times |
|--|-----------------------|-----------------------|-----------------------|----------------------------|
| a. Corner store/Convenience Store | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| b. Bus stop | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| c. Library | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| d. Church or place of worship | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| e. Friend or relatives' house | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| f. Restaurant | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| g. Shopping Mall | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| h. Grocery store | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| i. Entertainment outlet (ex.Video store, Ruckers,
Movie Theatre, etc.) | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |

34. If you answered 'Never' to any of the options in **Question 33**, mark as many of the following reasons that apply....

- | | |
|---|---|
| <input type="radio"/> It is too far from my house | <input type="radio"/> I took the bus instead |
| <input type="radio"/> I didn't have time | <input type="radio"/> I was sick or injured and couldn't walk or bike |
| <input type="radio"/> My parents or guardians drove me | <input type="radio"/> It was not safe |
| <input type="radio"/> The weather wasn't good for walking or biking | <input type="radio"/> Other - explain _____ |

35. Please fill in the circle beside each item that you have in your home, yard or apartment complex. (Mark all that apply).

- | | |
|--|---|
| <input type="radio"/> Treadmill, Stair climber, Stationary Bike | <input type="radio"/> Snowboard |
| <input type="radio"/> Bicycle (for outside) | <input type="radio"/> Canoe, row boat, kayak |
| <input type="radio"/> Trampoline | <input type="radio"/> Skis (snow or water) |
| <input type="radio"/> Running shoes | <input type="radio"/> Basketball hoop |
| <input type="radio"/> Swimming Pool | <input type="radio"/> Backyard rink |
| <input type="radio"/> Step aerobics, Slide aerobics | <input type="radio"/> Hockey nets or sticks |
| <input type="radio"/> Ice Skates or Roller Blades | <input type="radio"/> Wii fit or Dance Dance revolution |
| <input type="radio"/> Balls or Racquets | <input type="radio"/> I have no equipment |
| <input type="radio"/> Weight lifting equipment (ex. free weights, Nautilus, Universal) | |

36. How much do you agree with the following statements?

	Strongly Disagree	Somewhat Disagree	Somewhat Agree	Strongly Agree
a. At home there are enough supplies and pieces of sports equipment (like balls, bicycles, skates) to use for physical activity.....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
b. It is difficult to walk or jog in my neighbourhood because of things like traffic, no sidewalks, gangs, etc.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
c. There are playgrounds, parks, or gyms, that are close to my home or that I can get to easily	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
d. It is safe to walk or jog in my neighbourhood during the day	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
e. It is safe to ride my bike on the road in my neighbourhood	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

37. Please fill in the circle beside each item on the list that is found in your neighbourhood. (Mark all that apply).

- | | |
|-------------------------------------|---|
| <input type="radio"/> Sidewalks | <input type="radio"/> Dogs that are loose |
| <input type="radio"/> Heavy Traffic | <input type="radio"/> Enjoyable scenery/Parks |
| <input type="radio"/> Hills | <input type="radio"/> Frequently see people walking or exercising |
| <input type="radio"/> Street lights | <input type="radio"/> High Crime |

38. How **safe** do you feel **walking** in your neighbourhood during the day?

- ☐ Very Unsafe
 ☐ Pretty Unsafe
 ☐ Safe
 ☐ Pretty Safe
 ☐ Very Safe

39. How **safe** do you feel **riding your bike** in your neighbourhood during the day?

- ☐ Very Unsafe
 ☐ Pretty Unsafe
 ☐ Safe
 ☐ Pretty Safe
 ☐ Very Safe

40. How **safe** do you feel **crossing the street** in your neighbourhood during the day?

- ☐ Very Unsafe
 ☐ Pretty Unsafe
 ☐ Safe
 ☐ Pretty Safe
 ☐ Very Safe

41. How **easy** is it to **cross the street** in your neighbourhood during the day?

- ☐ Very hard ☐ Pretty hard ☐ Pretty easy ☐ Very Easy

Section G: Food I eat

42. In the **last 30 days**, how often did you eat breakfast before you came to school?

- ☐ Seldom or never ☐ 3-4 times a week
☐ 1-2 times a week ☐ 5 times a week

43. In the **last 30 days**, how often did you go hungry because there was not enough food?

- ☐ Never ☐ Most of the time
☐ Rarely ☐ Always
☐ Sometimes

44. In the **last 30 days**, how many times per day did you eat fruit?

- ☐ I did not eat fruit in the last 30 days ☐ 3 times per day
☐ Less than one time per day ☐ 4 times per day
☐ 1 time per day ☐ 5 or more times per day
☐ 2 times per day

45. In the **last 30 days**, how many times per day did you eat vegetables?

- ☐ I did not eat vegetables in the last 30 days ☐ 3 times per day
☐ Less than one time per day ☐ 4 times per day
☐ 1 time per day ☐ 5 or more times per day
☐ 2 times per day

46. In the **last 30 days**, how many times per day did you drink pop, fruit drinks or energy drinks?

- ☐ I did not drink pop, fruit drinks or energy drinks in the last 30 days ☐ 3 times per day
☐ Less than one time per day ☐ 4 times per day
☐ 1 time per day ☐ 5 or more times per day
☐ 2 times per day

47. In the **last 30 days**, how many times per day did you drink milk (including soy milk and rice milk)?

- ☐ I did not drink milk in the last 30 days ☐ 3 times per day
☐ Less than one time per day ☐ 4 times per day
☐ 1 time per day ☐ 5 or more times per day
☐ 2 times per day

48. In the **last 30 days**, how many times per day did you eat food from a fast food restaurant; include food that you ordered in as take out (ex. McDonalds, KFC, Taco Time, Pizza Hut, etc.)?

- ☐ I did not eat fast food in the last 30 days ☐ 3 times per day
☐ Less than one time per day ☐ 4 times per day
☐ 1 time per day ☐ 5 or more times per day
☐ 2 times per day



Code # _____

SCHK Questionnaire

49. What do you think your school can do to help kids your age become more physically active?

50. Can you tell us what you think would make the park closest to your house better?

51. Is there anything else you would like to share with us about being physically active?

THE END

☺ THANK YOU FOR YOUR HELP! ☺