

Healthcare Georgia Foundation
2004 Youth Overweight and Physical Activity Survey

Interview Schedule

Hello, this is [INTERVIEWER} calling from the University of Georgia in Athens. Georgia's government officials and scientists are concerned about childhood overweight in our state so we are conducting a study this evening about physical activity and weight among Georgia children and we'd like to ask a member of your household to participate in an interview. The interview should take between 10 and 15 minutes to complete. Can you help us out right now?

1. Yes [CONTINUE]
2. No [APPLY PERSUADERS AS APPROPRIATE]

[INTERVIEWER: IF RESPONDENTS INDICATE THEY HAVE NO CHILDREN READ, "We'd like to speak to adults even they don't have any children, so we would still like you to participate."]

Great, in order for the results of the study to be representative of all Georgians, I need to speak to the adult in your household over 18 years old who last celebrated a birthday. Would that be you?

1. Yes [CONTINUE]
2. No [MAY I SPEAK TO THAT PERSON PLEASE?]

Before we begin, I need to let you know that all information that you provide will be kept strictly confidential. Only summary data will be reported at the conclusion of the study, and all of the questions are completely voluntary. My Supervisor may also listen to a portion of the interview for quality control purposes.

Q1 - First, do you have children that are age 18 or less?

- | | |
|--------|---------------------|
| 1. Yes | 7 - Refused |
| 2. No | 8 - Don't Know |
| | 9 - Not Ascertained |

Q2 - Do you have children that are age 13 or less?

- | | |
|--------|---------------------|
| 1. Yes | 7 - Refused |
| 2. No | 8 - Don't Know |
| | 9 - Not Ascertained |

I'd like to start by asking you some general questions about physical activity and health among Georgia children.

Q3 - First, do you believe it is very important, somewhat important, not very important, or not at all important for Georgia schools to require physical education for students age 18 and under?

- | | |
|-------------------------|---------------------|
| 1. Very important | 7 - Refused |
| 2. Somewhat Important | 8 - Don't Know |
| 3. Not very important | 9 - Not Ascertained |
| 4. Not at all Important | |

Q4 – How important do you believe organized after-school sports are for overall childhood health? Would you say very important, somewhat important, not very important, or not at all important?

- | | |
|-------------------------|---------------------|
| 1. Very important | 7 - Refused |
| 2. Somewhat Important | 8 - Don't Know |
| 3. Not very important | 9 – Not Ascertained |
| 4. Not at all Important | |

For the next several statements, please tell me if you strongly agree, agree somewhat, disagree somewhat, or strongly disagree with each statement.

Q5 – Schools have a responsibility to prevent children age 18 and under from becoming physically inactive?

- | | |
|----------------------|---------------------|
| 1. Strongly Agree | 7 - Refused |
| 2. Agree Somewhat | 8 - Don't Know |
| 3. Disagree Somewhat | 9 – Not Ascertained |
| 4. Strongly Disagree | |

Q6 – Schools have a responsibility to protect children age 18 and under from becoming overweight?

- | | |
|----------------------|---------------------|
| 1. Strongly Agree | 7 - Refused |
| 2. Agree Somewhat | 8 - Don't Know |
| 3. Disagree Somewhat | 9 – Not Ascertained |
| 4. Strongly Disagree | |

Q7 – Regular physical activity prevents health problems among children and youth age 18 and under?

- | | |
|----------------------|---------------------|
| 1. Strongly Agree | 7 - Refused |
| 2. Agree Somewhat | 8 - Don't Know |
| 3. Disagree Somewhat | 9 – Not Ascertained |
| 4. Strongly Disagree | |

Q8 – Being physically *inactive* has a negative effect on school performance?

- | | |
|----------------------|---------------------|
| 1. Strongly Agree | 7 - Refused |
| 2. Agree Somewhat | 8 - Don't Know |
| 3. Disagree Somewhat | 9 – Not Ascertained |
| 4. Strongly Disagree | |

Q9 – Being overweight has a negative effect on school performance?

- | | |
|----------------------|---------------------|
| 1. Strongly Agree | 7 - Refused |
| 2. Agree Somewhat | 8 - Don't Know |
| 3. Disagree Somewhat | 9 – Not Ascertained |
| 4. Strongly Disagree | |

Q10 – What do you think is the most important things schools can or should do to protect children and youth from being overweight?

[INTERVIEWER: CHOOSE FIRST MENTION]

- | | |
|--|---------------------|
| 1. Required physical education classes in curriculum | 7 - Refused |
| 2. Improve school breakfasts and lunches | 8 – Don't Know |
| 3. Eliminate vending, snack machines | 9 – Not Ascertained |
| 4. Nothing schools can do | |
| 5. Other [specify _____] | |

Q11 – Do you strongly agree, agree somewhat, disagree somewhat, or strongly disagree that an overweight child has a greater likelihood of becoming an overweight adult?

- | | |
|----------------------|---------------------|
| 1. Strongly Agree | 7 - Refused |
| 2. Agree Somewhat | 8 - Don't Know |
| 3. Disagree Somewhat | 9 – Not Ascertained |
| 4. Strongly Disagree | |

Q12 – Compared to other health problems among children and youth in Georgia , how serious is a low fitness level? Would you say it is very serious, somewhat serious, not too serious, or not at all serious?

- | | |
|-----------------------|---------------------|
| 1. Very serious | 7 - Refused |
| 2. Somewhat serious | 8 – Don't Know |
| 3. Not too serious | 9 – Not Ascertained |
| 4. Not at all serious | |

Q13 – Compared to other health problems among children and youth in Georgia, how serious is the problem of overweight and obesity? Would you say it is very serious, somewhat serious, not too serious, or not at all serious?

- | | |
|-----------------------|---------------------|
| 1. Very serious | 7 - Refused |
| 2. Somewhat serious | 8 – Don't Know |
| 3. Not too serious | 9 – Not Ascertained |
| 4. Not at all serious | |

Q14 – What kinds of health problems, if any, could overweight and obesity among children contribute to?

[INTERVIEWER: DO NOT READ RESPONSES – CHOOSE ALL MENTIONED]

[PROGRAMMER NOTE: YES/NO TOGGLE]

1. Diabetes
2. Hypertension
3. Heart Disease
4. Asthma
5. Low self-esteem
6. Other Psychological Problems
7. None
8. Other [SPECIFY _____]
9. DK/R
10. EXIT

Now I would like to ask you questions about the effectiveness of several methods that might have an impact on overweight and obesity among Georgia children. Please tell me how effective you think each one would be in lowering rates of overweight and obesity among Georgia youth and children.

Q17 – How effective is PE (physical education) in the schools – would you say it is very effective, somewhat effective, not too effective, or not at all effective?

- | | |
|-------------------------|---------------------|
| 1. Very Effective | 7 - Refused |
| 2. Somewhat Effective | 8 – Don't Know |
| 3. Not Too Effective | 9 – Not Ascertained |
| 4. Not at all Effective | |

Q17.1 – Would you support or oppose required PE (physical education) in the schools?

- | | |
|------------|---------------------|
| 1. Support | 7 - Refused |
| 2. Oppose | 8 – Don't Know |
| | 9 – Not Ascertained |

Q18 – Do you strongly agree, agree somewhat, disagree somewhat, or strongly disagree that Georgia schools currently include nutrition education for school children?

- | | |
|------------------------------------|-----------------------------------|
| 1. Strongly Agree | 7 – Refused [SKIP TO Q20] |
| 2. Agree Somewhat | 8 – Don't Know [SKIP TO Q20] |
| 3. Disagree Somewhat [SKIP TO Q20] | 9 – Not Ascertained [SKIP TO Q20] |
| 4. Strongly Disagree [SKIP TO Q20] | |

Q19 – How effective is nutrition education in the schools – would you say it is very effective, somewhat effective, not too effective, or not at all effective?

- | | |
|-------------------------|---------------------|
| 1. Very Effective | 7 - Refused |
| 2. Somewhat Effective | 8 – Don't Know |
| 3. Not Too Effective | 9 – Not Ascertained |
| 4. Not at all Effective | |

Q19.1 – Would you support or oppose improving nutrition education in the schools?

- | | |
|------------|---------------------|
| 1. Support | 7 - Refused |
| 2. Oppose | 8 – Don't Know |
| | 9 – Not Ascertained |

Q20 – How effective would providing safe sidewalks and paths to school be in encouraging physical activity – would you say it would be very effective, somewhat effective, not too effective, or not at all effective?

- | | |
|-------------------------|---------------------|
| 1. Very Effective | 7 - Refused |
| 2. Somewhat Effective | 8 – Don't Know |
| 3. Not Too Effective | 9 – Not Ascertained |
| 4. Not at all Effective | |

Q20.1 – Would you support or oppose providing safe sidewalks and paths to school to encourage physical activity?

- | | |
|------------|---------------------|
| 1. Support | 7 - Refused |
| 2. Oppose | 8 – Don't Know |
| | 9 – Not Ascertained |

Q21 – How effective is a healthy school meal in preventing child and youth overweight and obesity – would you say it is very effective, somewhat effective, not too effective, or not at all effective?

- | | |
|-------------------------|---------------------|
| 1. Very Effective | 7 - Refused |
| 2. Somewhat Effective | 8 – Don't Know |
| 3. Not Too Effective | 9 – Not Ascertained |
| 4. Not at all Effective | |

Q22 – Would you support or oppose school breakfast programs for children to help reduce overweight and obesity?

- | | |
|------------|---------------------|
| 1. Support | 7 - Refused |
| 2. Oppose | 8 – Don't Know |
| | 9 – Not Ascertained |

Q22.1 - Would you be willing to pay for healthier school breakfast programs for children to reduce overweight and obesity by.....

[INTERVIEWER NOTE: READ EACH RESPONSE. PROBE AFTER EACH RESPONSE: “ WOULD YOU BE WILLING TO PAY FOR SCHOOL BREAKFAST PROGRAMS THIS WAY?” CHOOSE ONLY IF RESPONDENT AGREES]

[CATI PROGRAMMER: USE YES/NO TOGGLE]

Q22.1 – Increasing school property taxes (Would you be willing to pay this way?)

Q22.2 – Increasing state income taxes (Would you be willing to pay this way?)

Q22.3 – Using part of the special 1 cent sales tax for education bonds (Would you be willing to do this?)

Q22.4 – Earmarking an increase in tobacco and alcohol excise taxes (Would you be willing to do this?)

Q22.5 – Offering after school programs paid for by parents (Would you be willing to pay this way?)

Q22.6 – Reducing support for other school programs (Would you be willing to do this?)

Q22.7 – None of the above

Q22.8 - Exit

Q23 – Would you support or oppose healthier school lunch programs for children to help reduce overweight and obesity?

1. Support
2. Oppose

- 7 - Refused
- 8 – Don't Know
- 9 – Not Ascertained

Q23.1 - Would you be willing to pay for healthier school lunch programs for children to reduce overweight and obesity by.....

[INTERVIEWER NOTE: PLEASE READ EACH RESPONSE. PROBE AFTER EACH RESPONSE: “ WOULD YOU BE WILLING TO PAY FOR SCHOOL LUNCH PROGRAMS THIS WAY?” CHOOSE ONLY IF RESPONDENT AGREES]

[CATI PROGRAMMER: USE YES/NO TOGGLE]

Q23.1 – Increasing school property taxes (Would you be willing to pay this way?)

Q23.2 – Increasing state income taxes (Would you be willing to pay this way?)

Q23.3 – Using part of the special 1 cent sales tax for education bonds (Would you be willing to pay this way?)

Q23.4 – Earmarking an increase in tobacco and alcohol excise taxes (Would you be willing to pay this way?)

Q23.5 – Offering after school programs paid for by parents (Would you be willing to pay this way?)

Q23.6 – Reducing support for other school programs (Would you be willing to pay this way?)

Q23.7 – None of the above

Q23.8 - Exit

Q24 – Deleted

Q25 – Do you favor or oppose increasing funding for communities to provide safe places for children to play and exercise to help prevent overweight and obesity?

1. Favor
2. Oppose

- 7 - Refused
- 8 – Don't Know
- 9 – Not Ascertained

Q26 – Who would you say has primary responsibility for preventing and protecting children from being overweight, obese, or physically inactive?

[DO NOT READ RESPONSES: CHOOSE ALL THAT APPLY]

[ALLOW 3 CHOICES ONLY, THEN EXIT]

1. Parents
2. Parent Groups/PTAs
3. Me
4. YMCAs/Boys and Girls Clubs
5. Recreational Centers, including playgrounds
6. Churches
7. Gyms
8. Schools
9. Local/State/National Politicians
10. Health Care Clinics/Providers
11. Local Businesses
12. Local/Community Newspapers
13. Local Television stations
14. Children Themselves
15. Other [SPECIFY _____]
16. Ref/DK/NA
17. Exit

Q27– Statistics show that the number of children who are obese is growing rapidly. Which one of the following do you think is the single most important reason?

[INTERVIEWER: READ RESPONSES – CHOOSE FIRST MENTIONED]

- | | |
|---|---------------------|
| 1. Lack of adequate physical activity | |
| 2. Eating Habits | 8 – Ref/Don't Know |
| 3. Lack of school physical education programs | 9 – Not Ascertained |
| 4. Too much television viewing or video games | |
| 5. Computer time | |
| 6. Genetic predisposition | |
| 7. Other Response | |

Q28 – What one change in a child's diet do you think could make the most difference in reducing childhood overweight and obesity?

1. Enter response _____
9. Ref/DK/NA

Q29 – Deleted

Q30 – Would you support or oppose a regulation requiring restaurants to include dietary information on their menus showing amounts of calories, fat, and other ingredients?

- | | |
|------------|---------------------|
| 1. Support | 7 - Refused |
| 2. Oppose | 8 – Don't Know |
| | 9 – Not Ascertained |

Q31 – Would you support or oppose a regulation requiring schools to include dietary information on their menus showing amounts of calories, fat, and other ingredients?

1. Support
2. Oppose

- 7 - Refused
- 8 – Don't Know
- 9 – Not Ascertained

Q32 – Would you support or oppose the state establishing a regulation requiring PE (physical education) in schools?

1. Favor
2. Oppose [SKIP TO Q34]

- 7 – Refused [SKIP TO Q34]
- 8 – Don't Know [SKIP TO Q34]
- 9 – Not Ascertained [SKIP TO Q34]

Q33 – Would be willing to pay for physical education in schools by.....

[INTERVIEWER NOTE: PLEASE READ EACH RESPONSE. PROBE AFTER EACH RESPONSE: “ WOULD YOU BE WILLING TO PAY FOR PHYSICAL EDUCATION THIS WAY?” CHOOSE ONLY IF RESPONDENT AGREES]

[CATI PROGRAMMER: USE YES/NO TOGGLE]

Q33.1 – Increasing school property taxes (Would you be willing to pay this way?)

Q33.2 – Increasing state income taxes (Would you be willing to pay this way?)

Q33.3 – Using part of the special 1 cent sales tax for education bonds (Would you be willing to pay this way?)

Q33.4 – Earmarking an increase in tobacco and alcohol excise taxes (Would you be willing to pay this way?)

Q33.5 – Offering after school programs paid for by parents (Would you be willing to pay this way?)

Q33.6 – Reducing support for other school programs (Would you be willing to pay this way?)

Q33.7 – None of the above

Q33.8 - Exit

[CATI PROGRAMMER: ASK Q34 – Q43 ONLY IF Q1 or Q2 = '1']

Now I'd like to ask you a few questions specifically about your children. If you have more than one child, please refer to your oldest child in answering the question.

Q34 – Compared to other children of the same age and height, would you say your child is just about the right weight, more than the right weight, or less than the right weight?

1. About right weight
2. More than right weight
3. Less than right weight

- 7 – Refused
- 8 – Don't Know
- 9 – Not Ascertained

Q35 – Do you ever worry that your child is or might become overweight or obese?

1. Yes
2. No

- 7 - Refused
- 8 – Don't Know
- 9 – Not Ascertained

Q36 – Does your child’s school include physical education classes in the normal curriculum?

- | | |
|--------|---------------------|
| 1. Yes | 7 - Refused |
| 2. No | 8 – Don’t Know |
| | 9 – Not Ascertained |

Q37 – How many times does your family eat out at night during the week?

_____ days

9. Ref/DK/NA

[RANGE: 0 – 7, 9]

Q38 – And how many of these times does your family eat at a fast food restaurant?

_____ days

9. Ref/DK/NA

[RANGE: 0 – 7, 9]

Q39 – Would you characterize your child’s overall normal diet as extremely healthy, fairly healthy, or not too healthy?

1. Extremely healthy
2. Fairly healthy
3. Not too healthy

9. Ref/DK/NA

Q40 – What do you consider a healthy diet?

1. Enter response _____

9. Ref/DK/NA

Q41 – How many hours each week, on average, does your child engage in vigorous physical activity? By vigorous physical activity I mean strenuous physical activity such as soccer or basketball for at least 30 minutes at a time 3 or more days per week.

_____ hours per week

99 – Ref/DK/NA

[RANGE: 0 – 99]

Q42 – How many hours each week, on average, does your child engage in moderate physical activity? By moderate physical activity I mean non-strenuous physical activity such as walking for at least 30 minutes at a time 3 or more days per week.

_____ hours per week

99 – Ref/DK/NA

[RANGE: 0 – 99]

Q43 – How many hours each week, on average, does your child spend watching television, videos, or playing computer games?

_____ hours per week

99 – Ref/DK/NA

[RANGE: 0 – 99]

I am going to read a list of things communities can do to promote physical fitness opportunities for kids. Please tell me which ones you would strongly support as a method of promoting physical fitness opportunities for kids.

[INTERVIEWER NOTE: PLEASE READ EACH RESPONSE. PROBE AFTER EACH RESPONSE: “ WOULD YOU STRONGLY SUPPORT THIS?” CHOOSE ONLY IF RESPONDENT AGREES]

[CATI PROGRAMMER: USE YES/NO TOGGLE]

Q44.1 – After school programs (Would you strongly support this?)

Q44.2 – Funding for physical education programs in schools (Would you strongly support this?)

Q44.3 – Funding for youth sports programs (Would you strongly support this?)

Q44.4 – Recruiting more students in sports leagues (Would you strongly support this?)

Q44.5 – More funding for safe routes to school (Would you strongly support this?)

Q44.6 – Funding for school walking paths or tracks at schools (Would you strongly support this?)

Q44.7 – Installing bike racks at schools (Would you strongly support this?)

Q44.8 – None of the above

Q44.9 - Exit

Now I am going to read you a list of things communities can do to help promote healthy eating habits for children. Please tell me which ones you would strongly support as a method of promoting healthy habits for kids.

[INTERVIEWER NOTE: PLEASE READ EACH RESPONSE. PROBE AFTER EACH RESPONSE: “ WOULD YOU STRONGLY SUPPORT THIS?” CHOOSE ONLY IF RESPONDENT AGREES]

[CATI PROGRAMMER: USE YES/NO TOGGLE]

- Q45.1 – Improve the nutritional content of school lunches (Would you strongly support this?)
- Q45.2 – Eliminate a la carte menus in schools (Would you strongly support this?)
- Q45.2 – Offer healthy snack options in beverage and vending machines (Would you strongly support this?)
- Q45.3 – Offer school lunch programs to low-income families during summer and at other times when schools are not in session (Would you strongly support this?)
- Q45.4 – Eliminate fast food dining options in schools (Would you strongly support this?)
- Q45.5 – Reach out to parents with information about healthy food choices (Would you strongly support this?)
- Q45.7 – None of the above
- Q45.8 - Exit

We’re almost finished and I appreciate your patience. These last few items are demographic questions. Again, all information is confidential.

- Q46 - What is your age?
- _____ years old
- 95 - 95 or older
 - 97 - Refused
 - 98 - Don't Know
 - 99 - Not Ascertained

- Q47 – Are you of Hispanic or Latino origin?
- 1. Yes
 - 2. No
- 7 - Refused
 - 8 – Don’t Know
 - 9 – Not Ascertained

Q48 - What race do you consider yourself to be?

[INTERVIEWER: DO NOT READ RESPONSES; CODE RESPONSE]

- 1. White/Caucasian
 - 2. Black/African-American
 - 3. Asian/Pacific Islander
 - 4. Native American
 - 5. Multi-racial [SPECIFY] _____
- 7 - Refused
 - 8 - Don't Know
 - 9 - Not Ascertained

Q49 - GENDER [ask only if unsure]

- 1. Male
 - 2. Female
- 9 - Not Ascertained

Q50 - What is your marital status? Are you married, divorced, separated, widowed, or single?

- | | |
|--------------|---------------------|
| 1. Married | 7 - Refused |
| 2. Divorced | 8 - Don't Know |
| 3. Separated | 9 - Not Ascertained |
| 4. Widowed | |
| 5. Single | |

Q51 - What is the highest grade of school or year of college you have completed?

[INTERVIEWER: DO NOT READ RESPONSES; PROBE FOR EXACT YEARS AND CODE RESPONSE]

- | | |
|---|----------------------|
| 1. None | 10 - Refused |
| 2. 1 - 8 years | 11 - Don't Know |
| 3. 9 - 11 years | 12 - Not Ascertained |
| 4. High School Diploma/GED | |
| 5. Some college/technical school, no degree | |
| 6. 2 year degree | |
| 7. Bachelors Degree | |
| 8. Some graduate work | |
| 9. Advanced Degree, Professional Degree | |

Q52 - What was your total household income (before taxes) last year. I don't need an exact figure, just an approximate category, so could you tell me whether your total family income for last year was.....

- | | |
|---------------------|------------------------|
| Above or below..... | 1. \$4,999 or less |
| | 2. \$5,000 - \$9,999 |
| | 3. \$10,000 - \$14,999 |
| | 4. \$15,000 - \$19,999 |
| | 5. \$20,000 - \$24,999 |
| | 6. \$25,000 - \$29,999 |
| | 7. \$30,000 - \$34,999 |
| <START HERE> | 8. \$35,000 - \$49,999 |
| | 9. \$50,000 - \$74,999 |
| | 10. \$75,000 or more |
| | 11. Refused |
| | 12. Don't Know |
| | 13. Not Ascertained |

[CATI PROGRAMMER: IMPORT MSA/non-MSA, FIPS as study variables]

That's all the questions I have. You have been very helpful and we thank you for time and your participation.