

**WEIGHT HISTORY – WHQ**  
**Target Group: SPs 8-15 years**

**05BOX 1**

**CHECK ITEM 05WHQ.499:**

- IF INTERVIEW DONE ONLY WITH SURVEY PARTICIPANT (CODED '1') IN RIQ.005), CONTINUE WITH 05WHQ.030c.
- OTHERWISE, GO TO NEXT SECTION.

05WHQ.030c Do you consider yourself now to be . . .

- fat or overweight, ..... 1
- too thin, or..... 2
- about the right weight? ..... 3
- REFUSED ..... 7
- DON'T KNOW ..... 9

05WHQ.500 Which of the following are you trying to do about your weight:

- lose weight, ..... 1
- gain weight, ..... 2 (05WHQ.520)
- stay the same weight, or ..... 3 (05WHQ.520)
- not trying to do anything about your weight? . 4 (05WHQ.520)
- REFUSED ..... 7 (05WHQ.520)
- DON'T KNOW ..... 9 (05WHQ.520)

05WHQ.510 Why are you trying to lose weight? (Check all that apply)

HAND CARD WHQ1

I WANT TO LOOK BETTER .....	10
I WANT TO BE HEALTHIER .....	11
I WANT TO BE BETTER AT SPORTS AND OTHER PHYSICAL ACTIVITIES.....	12
I GET TEASED ABOUT MY WEIGHT.....	13
I THINK MY CLOTHES WILL FIT BETTER...	14
I THINK BOYS WILL LIKE ME BETTER .....	15
I THINK GIRLS WILL LIKE ME BETTER .....	16
MY FRIENDS ARE TRYING TO LOSE WEIGHT .....	17
SOMEONE IN MY FAMILY IS TRYING TO LOSE WEIGHT.....	18
MY MOTHER OR FATHER WANTS ME TO LOSE WEIGHT.....	19
MY TEACHER OR COACH WANTS ME TO LOSE WEIGHT .....	20
A DOCTOR, NURSE, OR OTHER HEALTH PROFESSIONAL WANTS ME TO LOSE WEIGHT .....	21
OTHER (SPECIFY) .....	30
REFUSED .....	77
DON'T KNOW .....	99

05WHQ.520 In the past year, how often have you tried to lose weight? Would you say . . .

never, .....	1	(05BOX 2)
sometimes, or .....	2	
a lot?.....	3	
REFUSED .....	7	
DON'T KNOW .....	9	

05WHQ.530 In the past year, how often have you been on a diet **to lose weight**? Would you say . . .

never, .....	1
sometimes, or .....	2
a lot?.....	3
REFUSED .....	7
DON'T KNOW .....	9

05WHQ.540 In the past year, how often have you starved (not eaten) for a day or more **to lose weight**? Would you say . . .

never, .....	1
sometimes, or .....	2
a lot?.....	3
REFUSED .....	7
DON'T KNOW .....	9

05WHQ.550 In the past year, how often have you cut back on what you ate **to lose weight**? Would you say . . .

- never, ..... 1
- sometimes, or ..... 2
- a lot?..... 3
- REFUSED ..... 7
- DON'T KNOW ..... 9

05WHQ.560 In the past year, how often have you skipped meals **to lose weight**? Would you say . . .

- never, ..... 1
- sometimes, or ..... 2
- a lot?..... 3
- REFUSED ..... 7
- DON'T KNOW ..... 9

05WHQ.570 In the past year, how often have you exercised **to lose weight**? Would you say . . .

- never, ..... 1
- sometimes, or ..... 2
- a lot?..... 3
- REFUSED ..... 7
- DON'T KNOW ..... 9

05WHQ.580 In the past year, how often have you eaten less sweets or fatty foods **to lose weight**? Would you say . . .

- never, ..... 1
- sometimes, or ..... 2
- a lot?..... 3
- REFUSED ..... 7
- DON'T KNOW ..... 9

**05BOX 2**

**CHECK ITEM 05WHQ.709:**

- IF SP AGE >= 12, CONTINUE.
- OTHERWISE, GO TO END OF SECTION.

05DBQ.091 Next, I'm going to ask you about meals. By meal, I mean breakfast, lunch and dinner. On average, how many meals per week do you get that were **not** prepared at a home? Please include meals from both dine-in and carry out restaurants, restaurants that deliver food to your home, cafeterias, fast-food places, food courts, food stands, meals prepared at a grocery store, and meals from vending machines. Please **do not** include meals provided as part of the school lunch or school breakfast.

G/Q

ENTER NUMBER PER WEEK

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- Never ..... 00
- Less than weekly ..... 66
- REFUSED ..... 77
- DON'T KNOW ..... 99