

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

**BOX 1**

**CHECK ITEM WHQ.499:**

- IF INTERVIEW DONE ONLY WITH SURVEY PARTICIPANT (CODED '1') IN RIQ.005 AND NO INTERPRETER USED (RIQ.090 CODED '2'), CONTINUE WITH WHQ.030c.
- IF INTERVIEW DONE WITH SURVEY PARTICIPANT (CODED '1') IN RIQ.005 AND INTERPRETER USED (RIQ.090 CODED '1'), AND PAID INTERPRETER (CODED '3') IN RIQ.100, CONTINUE WITH WHQ.030c.
- OTHERWISE, GO TO NEXT SECTION.

WHQ.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

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

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

WHQ.511 Why are you trying to lose weight? (Check all that apply)

HAND CARD WHQ1 [CATEGORIES 22, 23, AND 24 APPEAR ON INTERVIEWER'S SCREEN ONLY]

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
I DON'T WANT TO BE FAT.....	22
I WANT TO BE SKINNY .....	23
I WANT TO FEEL GOOD/BETTER ABOUT MYSELF .....	24
OTHER (SPECIFY) .....	30
REFUSED .....	77
DON'T KNOW .....	99

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

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

WHQ.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

WHQ.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

WHQ.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

WHQ.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

WHQ.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

WHQ.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

<b>BOX 2</b>
<b>CHECK ITEM WHQ.709:</b>
■ IF SP AGE >= 12, CONTINUE.
■ OTHERWISE, GO TO END OF SECTION.

DBQ.895  
G/Q

Next, I'm going to ask you about meals. By meal, I mean **breakfast, lunch and dinner**. During the **past 7 days**, how many meals did you get that were **prepared away from home** in places such as restaurants, fast food places, food stands, grocery stores, or from vending machines? Please **do not** include meals provided as part of the school lunch or school breakfast.

SOFT EDIT VALUES: 0-21

Error message: "Please verify that you ate **more** than 3 meals prepared away from home **every** day during the past 7 days."

|\_|\_|  
ENTER NUMBER

NONE ..... 2 (DBQ.905)  
REFUSED ..... 77 (DBQ.905)  
DON'T KNOW ..... 99 (DBQ.905)

DBQ.900  
G/Q

How many of those meals did you get from a fast-food or pizza place?

HARD EDIT: "DBQ.900 must be equal to or less than DBQ.895."

Error message: "The number of meals from a fast-food or pizza place cannot be greater than the total number of meals you had that were prepared away from home. Could I have another answer please?"

|\_|\_|  
ENTER NUMBER

NONE ..... 2  
REFUSED ..... 77  
DON'T KNOW ..... 99

DBQ.905  
G/Q/U

Some grocery stores sell “ready to eat” foods such as salads, soups, chicken, sandwiches and cooked vegetables in their salad bars and deli counters.

During the **past 30 days**, how often did you buy “ready to eat” foods at the grocery store?  
Please do not count frozen or canned foods.

|\_|\_|

ENTER NUMBER OF TIMES (PER DAY, WEEK, OR MONTH)

NEVER ..... 2  
REFUSED ..... 77  
DON'T KNOW ..... 99

ENTER UNIT

DAY ..... 1  
WEEK ..... 2  
MONTH ..... 3  
REFUSED ..... 7  
DON'T KNOW ..... 9

DBQ.910  
G/Q/U

During the **past 30 days**, how often did you eat frozen meals or frozen pizzas? Here are some examples of frozen meals and frozen pizzas.

HAND CARD WHQ2

|\_|\_|

ENTER OF TIMES (PER DAY, WEEK, OR MONTH)

NEVER ..... 2  
REFUSED ..... 77  
DON'T KNOW ..... 99

ENTER UNIT

DAY ..... 1  
WEEK ..... 2  
MONTH ..... 3  
REFUSED ..... 7  
DON'T KNOW ..... 9