

This is a non-validated English version from VISA-TEEN. Validated Spanish version with final format is attached in another file name *VISA-TEEN Spanish version*

**Socio-demographic questions:**

Month and year of birth:

Are you a: Boy / Girl

In what country were you born?

In what country was your father born?

In what country was your mother born?

What's your high?

What's your weight?

**Q1.-** Put in order from 1 to 6 the following food types. Number one means most frequency and number 6 means less frequency (not allowed to repeat numbers)

Fruits and vegetables

Red meats (pork, beef, ...)

Bread, pasta, cereals, rice, potatoes, ...

Butter, sweets, ...

Chicken, fish, eggs, ...

Milk, cheese, ...

**Q2.-** From the following alcoholic drinks, indicate your consumption. From Monday to Thursday (beer, wine and champagne). From Monday to Thursday (Gin, Ron, Whisky). From Friday to Sunday

**Q3.-** How much of moderate physical activity did you do last week daily? Consider moderate activity the one that allows you to talk but with difficulties when you are doing it. For example: walk with speed or go ~~by bicycle~~. **biking in the city going to school, but not quickly.**

**Q4.-** How much of intense physical activity did you do last week daily? Consider intense activity the one that it would be difficult to talk while you do the activity. For example: running, play soccer, basketball.

**Q5.-** How many hours per day do you spend to do the following activities?

On a day off / On a working day

- You are connected to internet to chat or relate to other people (social network)

- You are gaming with your computer, phone, )

**Q6.-** How many glasses of liquid do you drink daily? (from getting up until bed time)

Do not count soft drinks.

Less than 2

3 to 5

6 to 8

More than 8

**Q7.-** How many cans of soft drinks do you drink per week? (during school time?)

Less than 2

3 to 5

6 to 8

More than 8

**Q8.-** How many cigarettes do you smoke per day?

Monday to Thursday / Friday to Sunday

None

From 1 to 10

From 11 to 20

From 21 to 30

More than 30

**Q9.-** Consumption of other illicit drugs. Think of the last 12 months and answer how many times you have consumed it.

Joints / another drugs

More than once per month

Less than once per month

Never

**Q10.-** Think of the last month, how many hours have you slept per night if you had class next day. (hours that you spend sleeping and not only in bed).

More than 9 hours

8-9

7-8

6-7

5-6

Less than 5 hours

**Q11.-** Think of any normal day, answer the following questions:

How many times do you brush your teeth?

How many times do you wash your hands with soap?

Never

I do not wash them daily

Once per day / Daily

Twice per day

Three times per day

More than three times per day