

## **Ancillary materials**

1. 5<sup>th</sup> grade questionnaire
2. 7<sup>th</sup>-12<sup>th</sup> grade questionnaire



The next questions ask what you think about **sugary drinks** like soda, sports drinks, energy drinks, fruit-flavored drinks, sweet teas, sweetened coffee drinks and sweetened water.

2. How often do you think most students at your school drink sugary drinks?

- Never
- 1 to 3 times a week
- 4 to 6 times a week
- 1 time per day
- 2 times per day
- 3 or more times per day

	Has no effect on health	Is a little unhealthy	Is very unhealthy	Is extremely unhealthy
3. In your opinion, drinking sugary drinks...	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4. Most of your friends think drinking sugary drinks...	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

	Strongly Disagree	Sort of Disagree	Neither	Sort of Agree	Strongly Agree
5. Do you agree or disagree?					
a. <b>Foods</b> with sugar in them make you feel full for a <u>longer time</u> than <b>drinks</b> with sugar in them.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
b. Drinking sugary drinks can lead to diabetes when you are older.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
c. Drinking sugary drinks can cause cavities in teeth.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
d. A lot of sugary drink advertisements were designed for kids your age.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
e. Advertisements for sugary drinks cause people to drink more sugary drinks.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
f. You can trust food and beverage advertisements.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

6. Fill in the blanks. If you are not sure, make your best guess:

- a. About how many teaspoons of sugar are in a can of soda? \_\_\_\_\_ teaspoons
- b. For good health, foods and drinks that kids eat each day should have less than \_\_\_\_\_ teaspoons of sugar.

The first questions ask about what you drank during the past 7 days. Think about the meals and snacks you had from when you got up until when you went to bed. Include drinks you had at home, school, restaurants, or anywhere else.

1. During the past 7 days, how many times did you drink a can, bottle, or glass of...

a. **Diet soda**, such as Diet Coke, Diet Pepsi, or Sprite Zero?

- I did not drink diet soda during the past 7 days
- 1 to 3 times during the past 7 days
- 4 to 6 times during the past 7 days
- 1 time per day
- 2 times per day
- 3 times per day
- 4 or more times per day

b. **Soda**, such as Coke, Pepsi, or Sprite (Do **not** count diet soda)

- I did not drink soda during the past 7 days
- 1 to 3 times during the past 7 days
- 4 to 6 times during the past 7 days
- 1 time per day
- 2 times per day
- 3 times per day
- 4 or more times per day

c. **Sports drinks**, such as Gatorade or PowerAde? (Do **not** count low-calorie G2 or Propel)

- I did not drink sports drinks during the past 7 days
- 1 to 3 times during the past 7 days
- 4 to 6 times during the past 7 days
- 1 time per day
- 2 times per day
- 3 times per day
- 4 or more times per day

d. **Energy drinks**, such as Red Bull or Monster? (Do **not** count diet energy drinks)

- I did not drink energy drinks during the past 7 days
- 1 to 3 times during the past 7 days
- 4 to 6 times during the past 7 days
- 1 time per day
- 2 times per day
- 3 times per day
- 4 or more times per day

e. **Fruit-flavored drinks**, such as Kool-Aid, Sunny Delight, lemonade, or Snapple? (Do **not** count 100% juice)

- I did not drink fruit-flavored drinks during the past 7 days
- 1 to 3 times during the past 7 days
- 4 to 6 times during the past 7 days
- 1 time per day
- 2 times per day
- 3 times per day
- 4 or more times per day

f. **Any other sugary drink** like sweet tea, sweetened coffee, or Vitamin Water?

- I did not drink other sugary drinks during the past 7 days
- 1 to 3 times during the past 7 days
- 4 to 6 times during the past 7 days
- 1 time per day
- 2 times per day
- 3 times per day
- 4 or more times per day

g. **100% fruit juice**, such as orange juice, apple juice, or grape juice?

- I did not drink 100% fruit juice during the past 7 days
- 1 to 3 times during the past 7 days
- 4 to 6 times during the past 7 days
- 1 time per day
- 2 times per day
- 3 times per day
- 4 or more times per day

h. **Milk?** (Count a glass, cup, carton, or with cereal)

- I did not drink milk during the past 7 days
- 1 to 3 times during the past 7 days
- 4 to 6 times during the past 7 days
- 1 time per day
- 2 times per day
- 3 times per day
- 4 or more times per day

i. **Plain water?** (Count tap, bottled, and sparkling)

- I did not drink water during the past 7 days
- 1 to 3 times during the past 7 days
- 4 to 6 times during the past 7 days
- 1 time per day
- 2 times per day
- 3 times per day
- 4 or more times per day

The next questions ask what you think about **sugary drinks** like soda, sports drinks, energy drinks, fruit-flavored drinks, sweet teas, sweetened coffee drinks and sweetened water.

2. **How often do you think most students at your school drink sugary drinks?**

- Never
- 1 to 3 times a week
- 4 to 6 times a week
- 1 time per day
- 2 times per day
- 3 or more times per day

3. In your opinion, drinking sugary drinks...

	Has no effect on health	Is a little unhealthy	Is very unhealthy	Is extremely unhealthy
3. In your opinion, drinking sugary drinks...	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4. Most of your friends think drinking sugary drinks...	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

5. **Do you agree or disagree?**

a. **Foods** with sugar in them make you feel full for a longer time than **drinks** with sugar in them.

b. Drinking sugary drinks can lead to diabetes when you are older.

c. Drinking sugary drinks can cause cavities in teeth.

d. A lot of sugary drink advertisements were designed for kids and teens your age.

e. Advertisements for sugary drinks cause people to drink more sugary drinks.

f. You can trust food and beverage advertisements.

	Strongly Disagree	Sort of Disagree	Neither	Sort of Agree	Strongly Agree
a. <b>Foods</b> with sugar in them make you feel full for a longer time than <b>drinks</b> with sugar in them.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
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6. **Fill in the blanks.** If you are not sure, make your best guess:

a. About how many teaspoons of sugar are in a can of soda? \_\_\_\_\_ teaspoons

b. For good health, foods and drinks that teens eat each day should have less than \_\_\_\_\_ teaspoons of sugar.