Ancillary materials

- 1. 5th grade questionnaire
- 2. 7th-12th grade questionnaire

The first questions ask about what you drank <u>yesterday</u>. 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.

 Yesterday, how many times did you drink a can, bottle, or glass of 		Num	nber of tir	nes yeste	erday	
	l did not drink it	1	2	3	4	5 or more
a. <u>Diet</u> soda , such as <u>Diet</u> Coke, <u>Diet</u> Pepsi, or Sprite <u>Zero</u> ?	0	0	0	0	0	0
b. Soda , such as Coke, Pepsi, or Sprite (Do not count diet soda)	0	\bigcirc	0	0	0	0
c. Sports drinks , such as Gatorade or PowerAde? (Do not count low-calorie G2 or Propel)	0	0	0	0	0	0
d. Energy drinks , such as Red Bull or Monster? (Do not count diet energy drinks)	0	0	0	0	0	0
e. Fruit-flavored drinks , such as Kool-Aid, Sunny Delight, lemonade, or Snapple? (Do not count 100% juice)	0	0	0	0	0	0
f. Any other sugary drink like sweet tea, sweetened coffee, or Vitamin Water?	0	0	0	0	0	0
g. 100% fruit juice, such as orange juice, apple juice, or grape juice?	0	0	0	0	0	0
h. Milk ? (Count a glass, cup, carton, or with cereal)	0	0	0	0	0	0
i. Plain water? (Count tap, bottled, and sparkling)	0	0	0	0	0	0

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?

O 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	ls very unhealthy	ls extremely unhealthy
3. In your opinion, drinking sugary drinks	Ó	Ò	Ŏ	Ŏ
4. Most of your friends think drinking sugary drinks	0	0	0	0

5. Do you agree or disagree?	Strongly Disagree	Sort of Disagree	Neither	Sort of Agree	Strongly Agree
a. <i>Foods</i> with sugar in them make you feel full for a <u>longer time</u> than <i>drinks</i> with sugar in them.	\circ	Ó	0	0	0
b. Drinking sugary drinks can lead to diabetes when you are older.	0	0	0	0	0
c. Drinking sugary drinks can cause cavities in teeth.	0	0	0	0	0
d. A lot of sugary drink advertisements were designed for kids your age.	0	0	0	0	0
e. Advertisements for sugary drinks cause people to drink more sugary drinks.	0	0	0	0	0
f. You can trust food and beverage advertisements.	0	0	0	0	\bigcirc

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 <u>during the past 7 days</u>. 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...

1. During the past 7 days, now many times of	ulu you ullik a call, bottle, of glass of
a. <u>Diet</u> soda , such as <u>Diet</u> Coke, <u>Diet</u> Pepsi, or Sprite <u>Zero</u> ?	 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

i. Plain water ? (Count tap, bottled, Count tap, bottled, Count sparkling)	 1 time per day 2 times per da 3 times per da 4 or more time 1 did not drink 1 to 3 times da 4 to 6 times da 1 time per day 2 times per da 3 times per da 	wring the p wy es per day water dur uring the p uring the p y	ing the pa bast 7 days	st 7 days	·
) 4 or more time out sugary dri	és per day i nks like s			
2. How often do you think <u>most students</u> at your school drink sugary drinks?	 4 to 6 1 time 2 time 	times a we times a we	eek		
	Has no effec			very l ealthy	s extreme unhealth
3. In your opinion, drinking sugary drinks	on health	unhealt	ny unno		
 In your opinion, drinking sugary drinks Most of your friends think drinking sugary drinks 	on health	unhealt	ny unn		
 4. Most of your friends think drinking sugary drinks 5. Do you agree or disagree? 	on health O Strongly Disagree	0	Neither	Sort of Agree	o o f Stror
4. Most of your friends think drinking sugary drinks	Strongly	Sort of		Sort of	o o f Stron
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 4. Most of your friends think drinking sugary drinks 5. Do you agree or disagree? a. <i>Foods</i> with sugar in them make you feel full for a longer time than <i>drinks</i> with sugar in them. b. Drinking sugary drinks can lead to diabetes when you 	u U U U U U U U U U U U U U U U U U U U	Sort of Disagree	Neither	Sort of Agree	f Stror Agr
 4. Most of your friends think drinking sugary drinks 5. Do you agree or disagree? a. <i>Foods</i> with sugar in them make you feel full for a longer time than <i>drinks</i> with sugar in them. b. Drinking sugary drinks can lead to diabetes when you are older. 	u O	Sort of Disagree	Neither	Sort of Agree	f Stror Agr
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