

Physical Health Questions on the Healthy Youth Survey

Number of question as listed in the “Frequency Reports” for the 2018 HYS results:

<https://www.askhys.net/Reports>

*** “grades 8-12” means that those questions were only asked to students in those grades. If no grade is indicated, that means that the questions were asked to all students who took the survey.

Demographics:

- #14 Are your current living arrangements the result of losing your home because your family cannot afford housing? (grades 8-12)
- #15 Do you receive free or reduce price lunches at school? (grades 8-12)

Nutrition:

- #83 Obese or overweight? (Computed from numeric responses to “How tall are you without your shoes on?” and “How much do you weight without your shoes on?”) (grades 8-12)
- #84 How often do you eat dinner with your family?
- #85 How often in the past 12 months did you or your family have to cut meal size or skip meals because there wasn’t enough money for food? (grades 8-12)
- #86 Did you eat breakfast today?
- #87 Number of servings of fruits and vegetables eaten per day (Computed from FV1-FV6) (grades 8-12)
- #88 During the past 7 days, how many times did you drink regular soda, sports drinks (such as Gatorade) and other flavored sweetened drinks (such as Snapple or SoBe)? Do not include diet drinks. (grades 8-12)
- #89 During the past 7 days, how many times did you drink regular soda, sports drinks (such as Gatorade) and other flavored sweetened drinks (such as Snapple or SoBe) at school (including any after-school and weekend activities)? Do not include diet drinks. (grades 8-12)
- #90 During the past 7 days, where did you usually get the soda or other sweetened drinks that you drank at school? (Choose only one answer). (grades 8-12)
- #91 How many sodas, sports drinks (such as Gatorade) and other sweetened drinks (such as Snapple or SoBe) did you drink yesterday? (only asked to 6th grade)
- #92 Did you buy sodas, sports drinks, or other flavored sweetened drinks at school yesterday? (only asked to 6th grade)
- #93 During the past 7 days, how many times did you eat any potato chips or similar snack foods such as corn chips or cheese puffs at school (including any after-school and weekend activities)? Do not include reduced fat or fat-free items. (grades 8-12)
- #94 During the past 7 days, where did you usually get chips and similar snack items you ate at school? (Choose only one answer) (grades 8-12)

Physical Activity:

- #95 In the past 7 days, on how many days were you physically active for a total of at least 60 minutes per day? (Add up all the time you spent in any kind of physical activity that increases your heart rate and makes you breathe hard some of the time)
- #96 On how many of the past 7 days did you do exercises to strengthen or tone your muscles, such as push-ups, sit-ups, or weight lifting? (grades 8-12)
- #97 On average how many days a week do you walk to or from school?
- #98 On average how many days a week do you ride a bicycle to or from school?
- #101 In an average week when you are in school, on how many days do you go to physical education (PE) classes? (grades 8-12)
- #102 During an average PE class, how many minutes do you spend actually exercising or playing sports? (grades 8-12)

Sedentary Behavior:

- #99 On an average school day, how many hours do you watch TV shows or movies or stream videos (such as YouTube, Netflix, Hulu) on any electronic device (Computer, TV set, tablets or smartphone)?
- #100 On an average school day, how many hours do you play video or computer games, or use a computer for something that is not school work? (Count time spent on things such as Xbox, PlayStation, tablet or smartphone, social media).

Health Care and Asthma:

- #104 When was the last time you saw a doctor or health care provider for a check-up or physical exam when you were not sick or injured? (grades 8-12)
- #105 Has a doctor or nurse ever told you that you have asthma? (grades 8-12)
- #106 Do you still have asthma? (grades 8-12)

Oral Health:

- #107 When was the last time you saw a dentist for a check-up, exam, teeth cleaning, or other dental work? (grades 8-12)
- #108 During the past 12 months, how many days did you miss some school because of toothache? (Do not include toothache due to braces or injury.) (grades 8-12)
- #109 During the past year, did you miss any time from school because of toothache? (Do not include toothache due to braces or an injury.) (only asked to 6th grade)

Sleep:

- #110 On an average school night how many hours do you sleep? (grades 8-12)

Disabilities:

- #111 Do you have any physical disabilities or long-term health problems lasting or expected to last 6 months or more? (grades 8-12)
- #112 Do you have any long-term emotional problems or learning disabilities lasting or expected to last 6 months or more? (grades 8-12)
- #113 Would other people consider you to have a disability or long-term health problem including physical health, emotional, or learning problems? (grades 8-12)
- #114 Are you limited in any activities because of a disability or long-term health problem including physical health, emotional, or learning problems expected to last 6 months or more? (grades 8-12)

Sexual Behavior (optional questions, not administered to all students):

- #115 Have you ever had sex? (grades 8-12)
- #116 How old were you when you had sex for the first time? (grades 8-12)
- #117 With how many people have you ever had sex? (grades 8-12)
- #118 During your life, with whom have you had sexual contact? (grades 8-12)
- #119 The last time you had sex, what method(s) did you or your partner use to prevent pregnancy and/or sexually transmitted infections? Select all that you used. (grades 8-12)

Unintentional Injury:

- #120 When you ride a bicycle, how often do you wear a helmet? (only asked to 6th grade)
- #121 How good a swimmer do you think you are?
- #122 Have you ever taken formal swimming lessons?
- #128 During the past 30 days, did you ride in a car or other vehicle driven by someone who was texting or emailing? (only asked to 6th grade)
- During the past 30 days, how many days did you text or email while driving a car or other vehicle? (grades 8-12)

Extracurricular Activities:

Which of the following activities for people your age are available in your community?

- #184 Sports teams and recreation (grades 8-12)
- #185 Scouts, Camp Fire, 4-H Clubs, or other service clubs (grades 8-12)
- #186 Boys and Girls Club, YMCA, or other activity clubs (grades 8-12)

Facts Sheets found here; <https://www.askhys.net/FactSheets>

**** Fact Sheets are not created for all topic areas*

Weight and Obesity:

- Obese, overweight, healthy weight and underweight

Dietary Behaviors:

- Eating dinner as a family
- Sugary drink consumption
- Chips and snack consumption
- Fruit and vegetable intake
- Eating breakfast

Oral Health:

- Dental visits
- Missed school due to toothache

Physical Activity:

- Physical activity
- Screen time
- Participation in PE class

Sexual Behavior, Orientation, and Identity:

- Sexual Behavior
- STD and Pregnancy Prevention