NPR/Robert Wood Johnson Foundation/Harvard School of Public Health

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A Poll About Children and Weight:

Crunch Time During the American Work and School Week - 3pm to Bed

The interviews were conducted via telephone by SSRS, an independent research company. Interviews were conducted from October 11 to November 21, 2012 among a total of 1,018 caregivers of children between the ages of 2 through 17. The margin of error for the total sample is +/-4.07 at the 95% confidence level. In addition, interviews for Questions 13ba-h were conducted during a follow-up poll among a total of 264 care providers December 12 to 22, 2012, and the margin of error for the total sample in that poll is +/-8.25 percentage points.

Table of Contents

This topline includes all questions directly analyzed in the results presented in corresponding materials. Please note that question order has been re-arranged for clarity in some cases.
*is less than .5%
-- is none

I. INTRODUCTION

S11.   First, would you say [TCHILD] is…?

	UNDERWEIGHT			About the right weight	OVERWEIGHT			Don't know	Refused
	NET	Very	A little		NET	A little	Very		
11/21/12	12	2	11	73	15	14	1	*	--

(Asked of total who say child is underweight or overweight; n = 297)
S12.   How concerned are you about [TCHILD]'s weight? Would you say…?

	CONCERNED			NOT CONCERNED			Don't know	Refused
	NET	Very	Somewhat	NET	Not very	Not at all		
11/21/12	45	16	29	55	19	36	--	--

(Total who say child is overweight; n = 149)

	CONCERNED			NOT CONCERNED			Don't know	Refused
	NET	Very	Somewhat	NET	Not very	Not at all		
11/21/12	60	22	38	40	20	20	--	--

S11/S12.   Combo Table

	11/21/12
Child is underweight	12
Very concerned	1
Somewhat concerned	2
Not very concerned	2
Not at all concerned	7
Child is overweight	15
Very concerned	3
Somewhat concerned	6
Not very concerned	3
Not at all concerned	3
Child is about the right weight	73
Don't know	*
Refused	--

S12A. How concerned are you that [TCHILD] will be overweight when he/she is an adult? Would you say…?

	CONCERNED			NOT CONCERNED			Don't know	Refused
	NET	Very	Somewhat	NET	Not very	Not at all		
11/21/12	20	7	13	80	23	57	--	--

1a. In general, how <u>important</u> is it to you that [TCHILD] eats in a way that helps (her/him/them) maintain or achieve a healthy weight? Would you say…?

	IMPORTANT			NOT IMPORTANT			Don't know	Refused
	NET	Very	Somewhat	NET	Not very	Not at all		
11/21/12	95	82	13	5	2	3	--	*

1b. In general, how <u>difficult</u> is it for you to make sure [TCHILD] eats in a way that helps (her/him/them) maintain or achieve a healthy weight? Would you say…?

	DIFFICULT			NOT DIFFICULT			Don't know	Refused
	NET	Very	Somewhat	NET	Not very	Not at all		
11/21/12	44	16	28	56	23	33	*	--

2a. In general, how <u>important</u> is it to you that [TCHILD] exercises in a way that helps (her/him/them) achieve or maintain a healthy weight? Would you say…?

	IMPORTANT			NOT IMPORTANT			Don't know	Refused
	NET	Very	Somewhat	NET	Not very	Not at all		
11/21/12	95	76	19	5	2	3	--	*

2b. In general, how <u>difficult</u> is it for you to make sure [TCHILD] exercises in a way that helps (her/him/them) achieve or maintain a healthy weight? Would you say…?

	DIFFICULT			NOT DIFFICULT			Don't know	Refused
	NET	Very	Somewhat	NET	Not very	Not at all		
11/21/12	36	16	20	64	19	46	*	*

3a. In general, how <u>important</u> is it to you that your family eats dinner together? Would you say…?

	IMPORTANT			NOT IMPORTANT			Don't know	Refused
	NET	Very	Somewhat	NET	Not very	Not at all		
11/21/12	94	74	19	6	3	3	--	*

3b. In general, how <u>difficult</u> is it for you to have your family eat dinner together? Would you say…?

	DIFFICULT			NOT DIFFICULT			Don't know	Refused
	NET	Very	Somewhat	NET	Not very	Not at all		
11/21/12	46	14	31	54	20	35	*	--

4a. In general, how <u>important</u> is it to you that [TCHILD] gets enough sleep so (she is/he is/they are) well-rested? Would you say…?

	IMPORTANT			NOT IMPORTANT			Don't	
	NET	Very	Somewhat	NET	Not very	Not at all	know	Refused
11/21/12	96	90	6	4	2	2	--	--

4b. In general, how <u>difficult</u> is it for you to ensure [TCHILD] gets enough sleep so (she is/he is/ they are) well-rested? Would you say…?

	DIFFICULT			NOT DIFFICULT			Don't	
	NET	Very	Somewhat	NET	Not very	Not at all	know	Refused
11/21/12	43	20	23	57	24	33	*	--

II. 3PM-DINNER

READ: Now I'd like to ask you a series of questions about what your child did yesterday.

READ: For these first questions, please think about the time **after 3pm and before dinner [yesterday]** specifically.

5.   Did [TCHILD] eat or drink anything **after 3pm and before dinner yesterday**, or didn't (she/he/they)?

	Yes, did	**No, did not**	**Don't know**	**Refused**
11/21/12	84	13	3	--

(Asked of total whose child ate/drank after 3pm & before dinner yesterday; n = 839)
6.   Do you happen to know what (she/he/they) ate or drank during this time, or don't you?

	Yes, know	**No, do not know**	**Don't know**	**Refused**
11/21/12	84	15	1	--

5/6. Combo Table

	Child ate & know what child ate	**Child ate and don't know what child ate**	**Child did not eat**	**Don't know**	**Refused**
11/21/12	71	13	13	3	--

(Asked of total whose child ate/drank after 3pm & before dinner yesterday and respondent knows what they ate/drank; n = 693)
7.   Do you feel (she/he/they) ate too much, too little or about the right amount?

	Too much	**Too little**	**About the right amount**	**Don't know**	**Refused**
11/21/12	3	4	92	1	--

5/6/7. Combo Table

	11/21/12
Child ate/drank after 3pm & before dinner yesterday	84
Know what child ate/drank	71
Ate too much	2
Ate too little	3
Ate about the right amount	65
Do not know what child ate/drank	12
Child did not eat/drink after 3pm & before dinner yesterday	13
Don't know	3
Refused	--

(Asked of total whose child ate/drank after 3pm & before dinner yesterday and respondent knows what they ate/drank; n = 693)

8. I want to ask about foods that can lead to unhealthy weight gain. By that I mean foods with a high fat or sugar content, like chips, fried foods, fast foods or sweets. How much of that kind of food did (TCHILDNAME) eat yesterday after 3pm and before dinner? Would you say…?

| | LARGE/MODERATE | | | SMALL/NONE | | | | |
	NET	A large amount	A moderate amount	NET	A small amount	None	Don't know	Refused
11/21/12	11	1	9	89	35	54	*	--

5/6/8. Combo Table

	11/21/12
Child ate/drank after 3pm & before dinner yesterday	84
Know what child ate/drank	71
Ate a large amount of food that can lead to unhealthy weight gain	1
Ate a moderate amount of food that can lead to unhealthy weight gain	7
Ate a small amount of food that can lead to unhealthy weight gain	25
Didn't eat any food that can lead to unhealthy weight gain	38
Do not know what child ate/drank	12
Child did not eat/drink after 3pm & before dinner yesterday	13
Don't know	3
Refused	--

(Asked of total whose child ate/drank after 3pm & before dinner yesterday and respondent knows what they ate/drank; n = 693)

9. Now I'd like to ask about drinks that can lead to unhealthy weight gain. By that I mean **sweetened drinks like non-diet soda or sports drinks**. How much of those kinds of drinks did (TCHILDNAME) have yesterday after 3pm and before dinner? Would you say…?

| | LARGE/MODERATE | | | SMALL/NONE | | | | |
	NET	A large amount	A moderate amount	NET	A small amount	None	Don't know	Refused
11/21/12	12	1	11	87	17	70	*	--

5/6/9. **Combo Table**

	11/21/12
Child ate/drank after 3pm & before dinner yesterday	84
Know what child ate/drank	71
Had a large amount of drinks that can lead to unhealthy weight gain	1
Had a moderate amount of drinks that can lead to unhealthy weight gain	8
Had a small amount of drinks that can lead to unhealthy weight gain	12
Didn't have any drinks that can lead to unhealthy weight gain	49
Do not know what child ate/drank	12
Child did not eat/drink after 3pm & before dinner yesterday	13
Don't know	3
Refused	--

III. DINNER

READ: Now I have a few questions about dinner in your household.

[TREND: CBS New York Times November 1990]
10.   In the last seven days, how many evenings did most of your family eat dinner together?

	None	1	2	3	4	5	6	7	Don't know	Refused
11/21/12	4	3	7	10	14	13	8	40	1	--

11.   Now please think about **yesterday** specifically. **Yesterday**, did most of your family eat dinner together, or didn't they?

	Yes, together	No, not together	Don't know	Refused
11/21/12	76	24	--	--

(Asked of total who say most of the family ate dinner together yesterday; n = 770)
12.   Did your family eat together at home or somewhere else?

	At home	Somewhere else	Don't know	Refused
11/21/12	92	8	*	--

11/12. Combo Table

	Most of the family ate dinner together yesterday			Most of the family did not eat dinner together yesterday	Don't know	Refused
	NET	Ate at home	Ate somewhere else			
11/21/12	76	70	6	24	--	--

11/12. Combo Table #2

	Family ate dinner together at home	Family ate dinner together away from home	Family ate dinner together, dk/ref where	Family did not eat dinner together	Don't know	Refused
11/21/12	70	6	*	24	--	--

13.   Which family members, specifically, ate dinner together?
11/13. Combo Table

	Most of the family ate dinner together yesterday			Most of the family did not eat dinner together yesterday	Don't know	Refused
	NET	Specific family members ate dinner together	All family members ate dinner together	No family members ate dinner together			
11/21/12	76	15	61	--	24	--	--

13b.   For each of the following, please tell me whether or not it was a reason that not everyone ate dinner together: How about (INSERT)? Was that a reason or wasn't it?

(Asked of total respondents in households where not EVERYONE ate dinner together; n =99)
a.   [TCHILDNAME] had extracurricular activities outside the house

	Yes, reason	**No, not a reason**	**Don't know**	**Refused**
12/22/12	27	73	--	--

(Asked of total respondents in households where not EVERYONE ate dinner together; n =99)
b.   One of your other children had extracurricular activities outside the house

	Yes, reason	**No, not a reason**	**Don't know**	**Refused**
12/22/12	31	69	--	--

(Asked of total respondents in households where not EVERYONE ate dinner together; n =99)
c.   [TCHILDNAME] was with friends

	Yes, reason	**No, not a reason**	**Don't know**	**Refused**
12/22/12	13	87	--	--

(Asked of total respondents in households where not EVERYONE ate dinner together; n =99)
d.   One of your other children was with friends

	Yes, reason	**No, not a reason**	**Don't know**	**Refused**
12/22/12	13	87	--	--

(Asked of total respondents in households where not EVERYONE ate dinner together; n =99)
e.   One of your children was at work

	Yes, reason	**No, not a reason**	**Don't know**	**Refused**
12/22/12	3	97	--	--

(Asked of total respondents in households where not EVERYONE ate dinner together; n =99)
f.   An adult was at work

	Yes, reason	**No, not a reason**	**Don't know**	**Refused**
12/22/12	50	50	--	--

(Asked of total respondents in households where not EVERYONE ate dinner together; n =99)
g.   An adult was at religious or other community activities

	Yes, reason	**No, not a reason**	**Don't know**	**Refused**
12/22/12	17	83	--	--

(Asked of total respondents in households where not EVERYONE ate dinner together; n =99)
h.   A family member ate dinner in another room

	Yes, reason	**No, not a reason**	**Don't know**	**Refused**
12/22/12	17	83	--	--

(Asked of total who say most of the family ate dinner together yesterday and they ate at home; n = 704)

14.   Last night, did everyone who ate together eat at the same table or didn't they?

	Yes, same table	No, not same table	Don't know	Refused
11/21/12	86	13	*	--

12/14. Combo Table
Base = total who say most of the family ate dinner together yesterday; n = 770

		ATE AT HOME		Ate somewhere else	Don't know	Refused
	NET	Everyone ate at the same table	Everyone did not eat at the same table			
11/21/12	92	79	12	8	*	--

(Asked of total who say most of the family ate dinner together yesterday and they ate at home; n = 704)

15.   Was the television on in the room where the family was eating, during dinner, or wasn't it?

	Yes, was	No, was not	Don't know	Refused
11/21/12	26	74	*	--

12/15. Combo Table
Base = total who say most of the family ate dinner together yesterday; n = 770

		ATE AT HOME		Ate somewhere else	Don't know	Refused
	NET	TV was on in the room where the family was eating	TV was not on in the room where the family was eating			
11/21/12	92	24	68	8	*	--

(Asked of total who say most of the family ate dinner together yesterday and they ate at home; n = 704)

16.   Did anyone use a mobile device during dinner (such as a cell phone, a laptop, or an ipod) for some time, or didn't they?

	Yes, did	No, did not	Don't know	Refused
11/21/12	14	85	1	--

12/16. Combo Table
Base = total who say most of the family ate dinner together yesterday; n = 770

		ATE AT HOME		Ate somewhere else	Don't know	Refused
	NET	Someone used a mobile device during dinner	No one used a mobile device during dinner			
11/21/12	92	12	78	8	*	--

(Asked of total who say family ate dinner at home yesterday & target child was specified as one who ate with the family; n = 674)
17. Do you happen to know what [TCHILD] ate for dinner, or don't you?

	Yes, do	No, do not	Don't know	Refused
11/21/12	95	4	1	*

(Asked of total who say family ate dinner at home yesterday & target child was specified as one who ate with the family; n = 674)
18. Do you feel (he/she/they) ate too much, too little or about the right amount?

	Too much	Too little	About the right amount	Don't know	Refused
11/21/12	3	9	88	*	--

17/18. Combo Table
Base = total who say family ate dinner at home yesterday & target child was specified as one who ate with the family; n = 674

		Know what child ate for dinner			Do not know what child ate for dinner	Don't know	Refused
	NET	Child ate too much	Child ate too little	Child ate about the right amount			
11/21/12	95	3	8	84	4	1	*

(Asked of total who say family ate dinner at home yesterday & target child was specified as one who ate with the family and respondent knows what child ate for dinner; n = 642)
19. I want to ask again about foods that can lead to unhealthy weight gain. By that I mean foods with a high fat or sugar content, like chips, fried foods, fast foods or sweets. How much of that kind of food did (TCHILDNAME) eat yesterday during dinner? Would you say…?

		LARGE/MODERATE			SMALL/NONE		Don't know	Refused
	NET	A large amount	A moderate amount	NET	A small amount	None		
11/21/12	9	1	8	91	21	70	--	--

17/19. Combo Table
Base = total who say family ate dinner at home yesterday & target child was specified as one who ate with the family; n = 674

	11/21/12
Know what child ate for dinner	95
Ate a large amount of food that can lead to unhealthy weight gain	1
Ate a moderate amount of food that can lead to unhealthy weight gain	7
Ate a small amount of food that can lead to unhealthy weight gain	20
Didn't eat any food that can lead to unhealthy weight gain	66
Do not know what child ate for dinner	4
Don't know	1
Refused	*

(Asked of total who say family ate dinner at home yesterday & target child was specified as one who ate with the family and respondent knows what child ate for dinner; n = 642)

20. Now I'd like to ask about drinks that can lead to unhealthy weight gain. By that I mean **sweetened drinks like non-diet soda or sports drinks**. How much of those kinds of drinks did (TCHILDNAME) have yesterday during dinner? Would you say…?

	LARGE/MODERATE			SMALL/NONE				
	NET	A large amount	A moderate amount	NET	A small amount	None	Don't know	Refused
11/21/12	10	*	10	90	11	79	*	--

17/20. Combo Table
Base = total who say family ate dinner at home yesterday & target child was specified as one who ate with the family; n = 674

	11/21/12
Know what child ate for dinner	95
Had a large amount of drinks that can lead to unhealthy weight gain	*
Had a moderate amount of drinks that can lead to unhealthy weight gain	9
Had a small amount of drinks that can lead to unhealthy weight gain	11
Didn't have any drinks that can lead to unhealthy weight gain	75
Do not know what child ate for dinner	4
Don't know	1
Refused	*

(Asked of total who say family ate dinner at home yesterday & target child was specified as one who ate with the family; n = 674)

21. Did (TCHILD) eat the same basic meal as others in the family or did (he/she/they) eat something different?

	Same	**Something different**	**Don't know**	**Refused**
11/21/12	93	6	*	--

(Asked of total who say family ate dinner at home yesterday & target child was specified as one who ate with the family; n = 674)

22. Did you or another adult (INSERT)?

a. require that your (TCHILD) eat everything on his or her plate, or not

	Yes, did	**No, did not**	**Don't know**	**Refused**
11/21/12	25	75	--	--

b. set a limit on the types of foods or drinks (TCHILD) had for dinner, or not

	Yes, did	**No, did not**	**Don't know**	**Refused**
11/21/12	45	54	1	--

c. set a limit on the amount of food or drink (TCHILD) had for dinner, or not?

	Yes, did	**No, did not**	**Don't know**	**Refused**
11/21/12	29	71	*	--

(Asked of total who say family ate dinner at home yesterday & target child was specified as one who ate with the family; n = 674)

23. Who was primarily responsible for getting (TCHILD)'s dinner ready?

	Selected child or another child	**Mother/Father**	**Another adult**	**Equally shared**	**Don't know**	**Refused**
11/21/12	2	78	15	5	*	--

(Asked of total who say family ate dinner at home yesterday & target child was specified as one who ate with the family; n = 674)

24. Which of the following best describes (TCHILD)'s dinner?

	It was made all or almost all "from scratch" by cleaning, cutting, and cooking the ingredients	**It was made all or almost all from packaged, frozen, or prepared foods purchased at the grocery store**	**It was all or almost all take out**	**Don't know**	**Refused**
11/21/12	66	27	6	*	*

(Asked of total who say family ate dinner at home yesterday & target child was specified as one who ate with the family; n = 674)

25. Yesterday, was (TCHILD) involved in the decision about what foods were included in (his/her/their) dinner, or (wasn't he/wasn't she/weren't they)?

	Yes	No	Don't know	Refused
11/21/12	38	61	1	*

(Asked of total who say family ate dinner at home yesterday & target child was specified as one who ate with the family and that child was not responsible for getting their dinner ready; n = 666)

26. Yesterday, was (TCHILD) involved in getting (his/her/their) dinner ready, or (wasn't he/wasn't she/weren't they)?

	Yes	No	Don't know	Refused
11/21/12	24	75	1	--

12/23/25/26. Combo Table
Base = total who say most of the family ate dinner together yesterday; n = 770

		ATE AT HOME				
	NET	Child was involved in decision about what foods were included in their dinner	Child was involved in getting their dinner ready	Ate somewhere else	Don't know	Refused
11/21/12	92	34	22	8	*	--

IV. AFTER DINNER AND BEFORE CHILD WENT TO BED

(READ TO EVERYONE): For these next questions, please think about the time **after dinner and before (he/she/they) went to bed [yesterday]**.
INSERT "they" IF Q.S7 = R
27. Did [TCHILD] eat anything after dinner and before (he/she/they) went to bed yesterday, or didn't (he/she/they)?

	Yes, did	**No, did not**	**Don't know**	**Refused**
11/21/12	43	55	2	--

(Asked of total who say child ate anything after dinner and before bed yesterday; n = 482)
28. Do you happen to know what [TCHILD] ate during this time, or don't you?

	Yes, know	**No, do not know**	**Don't know**	**Refused**
11/21/12	89	11	*	--

(Asked of total who say child ate anything after dinner and before bed yesterday and respondent knows what they ate; n = 427)
29. Do you feel (he/she/they) ate too much, too little or about the right amount?

	Too much	**Too little**	**About the right amount**	**Don't know**	**Refused**
11/21/12	6	3	91	--	--

27/28/29. Combo Table

	11/21/12
Child ate after dinner & before bed yesterday	43
Know what child ate	38
Ate too much	2
Ate too little	1
Ate about the right amount	35
Do not know what child ate	5
Child did not eat after dinner & before bed yesterday	55
Don't know	2
Refused	--

(Asked of total who say child ate anything after dinner and before bed yesterday and respondent knows what they ate; n = 427)

30. I want to ask about foods that can lead to unhealthy weight gain. By that I mean foods with a high fat or sugar content, like chips, fried foods, fast foods or sweets. How much of that kind of food did (TCHILDNAME) eat yesterday after dinner and before going to bed? Would you say…?

	LARGE/MODERATE			SMALL/NONE				
	NET	A large amount	A moderate amount	NET	A small amount	None	Don't know	Refused
11/21/12	15	2	13	85	43	41	*	--

27/28/30. Combo Table

	11/21/12
Child ate after dinner & before bed yesterday	43
Know what child ate	38
Ate a large amount of food that can lead to unhealthy weight gain	1
Ate a moderate amount of food that can lead to unhealthy weight gain	5
Ate a small amount of food that can lead to unhealthy weight gain	16
Didn't eat any food that can lead to unhealthy weight gain	16
Do not know what child ate	5
Child did not eat after dinner & before bed yesterday	55
Don't know	2
Refused	--

(Asked of total who say child ate anything after dinner and before bed yesterday and respondent knows what they ate; n = 427)

31. Now I'd like to ask about drinks that can lead to unhealthy weight gain. By that I mean **sweetened drinks like non-diet soda or sports drinks**. How much of those kinds of drinks did (TCHILDNAME) have yesterday after dinner and before going to bed? Would you say…?

	LARGE/MODERATE			SMALL/NONE				
	NET	A large amount	A moderate amount	NET	A small amount	None	Don't know	Refused
11/21/12	8	1	7	92	12	80	*	--

27/28/31.   Combo Table

	11/21/12
Child ate after dinner & before bed yesterday	43
Know what child ate	38
Had a large amount of drinks that can lead to unhealthy weight gain	*
Had a moderate amount of drinks that can lead to unhealthy weight gain	3
Had a small amount of drinks that can lead to unhealthy weight gain	5
Didn't have any drinks that can lead to unhealthy weight gain	30
Do not know what child ate	5
Child did not eat after dinner & before bed yesterday	55
Don't know	2
Refused	--

V. ASSESSING THE DAY

READ: Now I want to ask you about all the things your child ate or drank **between 3pm and the time (he/she/they) went to bed.**

32. Overall, would you say (TCHILDNAME) ate and drank in a way that helps (him/her/them) maintain or achieve a healthy weight, or didn't (he/she/they)?

	Yes, did	**No, did not**	**Don't know**	**Refused**
11/21/12	87	11	2	*

33. And, specifically, during that time period, how much did (he/she/they) eat or drink the following. How about (INSERT)? Would you say…?

b. Potato, tortilla or corn chips

	LARGE/MODERATE			**SMALL/NONE**				
	NET	**A large amount**	**A moderate amount**	**NET**	**A small amount**	**None**	**Don't know**	**Refused**
11/21/12	10	1	10	89	17	71	1	--

c. Sweets like candy, cupcakes, cookies, or ice cream

	LARGE/MODERATE			**SMALL/NONE**				
	NET	**A large amount**	**A moderate amount**	**NET**	**A small amount**	**None**	**Don't know**	**Refused**
11/21/12	9	1	8	91	39	52	*	--

d. Fast food like a burger, French fries or pizza

	LARGE/MODERATE			**SMALL/NONE**				
	NET	**A large amount**	**A moderate amount**	**NET**	**A small amount**	**None**	**Don't know**	**Refused**
11/21/12	8	2	7	91	9	82	*	--

(Asked of total who say child had at least some food/drink that can lead to unhealthy weight gain between 3pm and the time they went to bed yesterday; n = 625)

34. You mentioned earlier that (TCHILDNAME) ate at least some food, or had something to drink, that can lead to unhealthy weight gain **between 3 PM and the time (he/she/they) went to bed yesterday.** For each of the following, please tell me whether or not it was a reason that affected that. What about (INSERT) – was this a reason, or wasn't it?

a.   I was too tired yesterday to get or make something different

	Yes, reason	No, not a reason	Don't know	Refused
a. I was too tired yesterday to get or make something different	6	93	*	*
b. We were going to different places, and it was easier to get something on the run	14	86	*	--
c. We haven't had time to shop, so this was the food we had in the house	15	84	1	--
d. It's too expensive to get foods that don't generally lead to unhealthy weight gain	11	87	1	*
e. I did not have enough time yesterday to get or prepare something different	16	83	1	*
f. (TCHILDNAME) likes the taste of this food	73	27	*	*
g. There were no adults who were watching what (TCHILDNAME) ate	7	92	1	*
h. As long as my child generally eats healthy foods, I don't mind if (he/she/they) has these foods sometimes	79	20	*	--

35. Thinking again about the time **between 3pm and the time (he/she/they) went to bed**, did (TCHILDNAME) get physical activity to the degree that helps (him/her/them) maintain or achieve a healthy weight, or didn't (he/she/they)?

	Yes, did	No, did not	Don't know	Refused
11/21/12	71	28	1	--

(Asked of total who say child did not get physical activity that helps maintain/achieve health weight between 3pm & bed time yesterday; n = 292)

36. For each of the following, please tell me whether or not it was a reason that contributed to the fact that (TCHILDNAME) did not get physical activity to the degree that helps (him/her/them) maintain or achieve a healthy weight yesterday. What about (INSERT) – was this a reason or wasn't it?

   a. I was too tired yesterday to take (him/her/them) somewhere to exercise

	Yes, reason	No, not a reason	Don't know	Refused
a. I was too tired yesterday to take (him/her/them) somewhere to exercise	12	88	1	--
b. It was difficult to fit in exercise or sports into our schedule yesterday	44	56	*	--
c. It was too hard to get to a place where (he/she/they) could exercise safely away from traffic	10	90	*	--
d. It was too hard to get to a place where (he/she/they) could exercise and I didn't have to worry about crime	9	91	--	--
e. It's too expensive to sign up for classes, gym memberships or team sports so (he is/she is/they are) not in them	23	77	--	--
f. (TCHILDNAME) preferred activities other than sports or exercising	42	56	1	*
g. (TCHILDNAME) exercised earlier in the day	46	50	4	--

35/36. Combo Table

	11/21/12
Child did not get physical activity that helps maintain/achieve healthy weight between 3pm & bedtime yesterday	28
Because respondent was too tired to take them somewhere to exercise	3
Because it was difficult to fit in exercise or sports into yesterday's schedule	12
Because it was too hard to get to a place where child could exercise safely away from traffic	3
Because it was too hard to get to a place where child could exercise and didn't have to worry about crime	3
Because it's too expensive to sign up for classes, gym memberships or team sports so child is not in them	6
Because child preferred activities other than sports/exercising	12
Because child exercised earlier in the day	13
Child did get physical activity that helps maintain/achieve healthy weight gain between 3pm & bed time yesterday	71
Don't know	1
Refused	--

VI. SLEEP

READ TO EVERYONE: Now, I'd like to ask you about how (TCHILDNAME) slept last night and how (he/she/they) appeared this morning.

37. In general, is there a certain time that you set for (TCHILDNAME) to go to bed on school nights?

	Yes	No	Don't know	Refused
11/21/12	90	10	*	*

(Asked of total whose child has a set bed time on school nights; n = 908)
38. Did (TCHILDNAME) go to bed by that time last night, or didn't (he/she/they)?

	Yes, did	No, did not	Don't know	Refused
11/21/12	74	25	1	--

37/38. Combo Table

	Child has a set bed time on school nights			Child does not have a set bed time on school nights	Don't know	Refused
	NET	Child went to bed by that time last night	Child did not go to bed by that time last night			
11/21/12	90	67	22	10	*	*

37/38. Combo Table #2

	Child has a bed time & went to bed on time	Child has a bed time & did not go to bed on time, dk/ref	Child does not have a bed time	Don't know	Refused
11/21/12	67	23	10	*	*

39. Do you feel that (TCHILDNAME) got enough sleep last night?

	Yes, did	No, did not	Don't know	Refused
11/21/12	87	13	*	--

VII. FAMILY EVENTS

READ: Now I'd like to ask you about (TCHILDNAME)'s eating in general.

40. In the past year, how often did [TCHILD] attend family events, like a birthday, graduation or anniversary, where there were foods that can lead to unhealthy weight gain? By that I mean foods with high fat or sugar content, like chips, fried foods, fast foods or sweets. Would you say…?

| | --EVER-- | | | | | Never | Don't know | Refused |
	NET	More than once a week	About once a week	Not every week, but at least once a month	Less often than every month			
11/21/12	95	2	5	39	48	4	1	*

41. I am going to read you two statements about these foods. Please tell me which one comes closest to your view. (INSERT FIRST SET OF STATEMENTS) - which one comes closest to your view?
Here are another set of two statements (INSERT NEXT SET OF STATEMENTS) – which one comes closest to your view?

(Total who say child has ever attended family events where there are foods that can lead to unhealthy weight gain [random selection]; n = 715)
a. In our family, it doesn't feel like a celebration unless we have these types of foods
OR
In our family, the foods don't have much to do with whether or not it feels like a celebration

	1st statement	2nd statement	Don't know	Refused
11/21/12	32	66	2	*

(Total who say child has ever attended family events where there are foods that can lead to unhealthy weight gain [random selection]; n = 731)
b. Having these types of foods is an important way we show affection in our family
OR
Foods are not a way our family generally shows affection

	1st statement	2nd statement	Don't know	Refused
11/21/12	27	72	1	*

(Total who say child has ever attended family events where there are foods that can lead to unhealthy weight gain [random selection]; n = 747)
c. These types of foods are an important part of our family traditions
OR
These types of foods are not an important part of our family traditions

	1st statement	2nd statement	Don't know	Refused
11/21/12	39	60	1	*

(Total who say child has ever attended family events where there are foods that can lead to unhealthy weight gain [random selection]; n = 723)

d.   When our family celebrates, it's a time to take a break from being concerned about eating in a way that can lead to unhealthy weight gain

OR

Even in celebrations, our family tends to be concerned about eating in a way that can help achieve or maintain a healthy weight

	1st statement	2nd statement	Don't know	Refused
11/21/12	48	50	2	*

VIII. GENERAL PROBLEMS

43. For each of the following, please tell me whether or not it is a major problem, minor problem or not a problem at all in helping (TCHILD) maintain or achieve a healthy weight. How about (INSERT). Would you say this is a …?

(Total asked; n = 342)
a.   The stores nearby do not sell enough reasonably priced fruits and vegetables

	PROBLEM			Not a problem	I am not trying to help my child maintain/achieve a healthy weight	Don't know	Refused
	NET	Major	Minor				
11/12/12	26	14	11	74	*	--	--

(Total asked; n = 374)
b.   (TCHILDNAME) sees a lot of advertising for foods that generally lead to unhealthy weight gain

	PROBLEM			Not a problem	I am not trying to help my child maintain/achieve a healthy weight	Don't know	Refused
	NET	Major	Minor				
11/12/12	43	11	32	57	*	*	1

(Total asked; n = 355)
c.   There aren't enough places nearby for (TCHILDNAME) to get exercise outside that are safe from traffic

	PROBLEM			Not a problem	I am not trying to help my child maintain/achieve a healthy weight	Don't know	Refused
	NET	Major	Minor				
11/12/12	20	8	12	79	1	--	--

(Total asked; n = 409)
d.   There aren't enough places nearby for (TCHILDNAME) to get exercise outside where I don't need to worry about crime

	PROBLEM			Not a problem	I am not trying to help my child maintain/achieve a healthy weight	Don't know	Refused
	NET	Major	Minor				
11/12/12	23	9	14	76	*	*	1

(Total asked; n = 353)
e.   There aren't good sidewalks near where we live so we often drive instead of walk

	PROBLEM			Not a problem	I am not trying to help my child maintain/achieve a healthy weight	Don't know	Refused
	NET	Major	Minor				
11/12/12	31	17	15	68	*	1	--

(Total asked; n = 384)

f.   There are no stores or other places (TCHILDNAME) might want to go within walking distance so we drive to places farther away

	PROBLEM			Not a problem	I am not trying to help my child maintain/achieve a healthy weight	Don't know	Refused
	NET	Major	Minor				
11/12/12	29	13	15	69	1	--	1

(Total asked; n = 346)

g.   The cost of exercise equipment, gym memberships or team fees for (TCHILDNAME) is too high

	PROBLEM			Not a problem	I am not trying to help my child maintain/achieve a healthy weight	Don't know	Refused
	NET	Major	Minor				
11/12/12	33	13	20	64	1	1	1

(Total asked; n = 333)

h.   At lunchtime, (TCHILDNAME's) school offers a lot of foods that can lead to unhealthy weight gain

	PROBLEM			Not a problem	I am not trying to help my child maintain/achieve a healthy weight	Child does not go to school	Don't know	Refused
	NET	Major	Minor					
11/12/12	33	9	24	61	1	4	1	--

(Total asked; n = 385)

i.   The foods that are low in sugar or fat that (TCHILDNAME's) school offers for lunch are expensive

	PROBLEM			Not a problem	I am not trying to help my child maintain/achieve a healthy weight	Child does not go to school	Don't know	Refused
	NET	Major	Minor					
11/12/12	25	9	16	67	*	4	5	--

(Total asked; n = 368)

j.   The vending machines in (TCHILDNAME's) school have foods that can lead to unhealthy weight gain

	PROBLEM			Not a problem	I am not trying to help my child maintain/achieve a healthy weight	Child does not go to school	Don't know	Refused
	NET	Major	Minor					
11/12/12	22	9	13	71	1	4	2	--

(Total asked; n = 340)

k.   There are places to buy foods that can lead to unhealthy weight gain very close to (TCHILDNAME's) school

	PROBLEM			Not a problem	I am not trying to help my child maintain/achieve a healthy weight	Child does not go to school	Don't know	Refused
	NET	Major	Minor					
11/12/12	23	10	13	72	1	3	1	1

(Total asked; n = 541)

l.   There are few places where (TCHILDNAME) can spend time with friends that are not restaurants or malls serving foods that can lead to unhealthy weight gain

	PROBLEM			Not a problem	I am not trying to help my child maintain/achieve a healthy weight	Don't know	Refused
	NET	Major	Minor				
11/12/12	31	8	24	67	1	*	*

IX. DEMOGRAPHICS

S7.   And is [TCHILDNAME] a boy or a girl?

	Boy	Girl	Refused
11/21/12	51	49	*

D6.   What is the last grade or class that you COMPLETED in school?

	11/21/12
HS grad or less (NET)	39
None, or grade 1-8	4
High school incomplete (grades 9-11)	8
High school graduate (grade 12 or GED certificate)	25
Business, technical, or vocational school AFTER high school	3
Some college , no 4 year degree	21
College grad + (NET)	39
College graduate (B.S., B.A., or other 4 year degree)	25
Post graduate training or professional schooling after college	14
Don't know	*
Refused	*

D7.   Could you please tell me your age?

D7a.   So could you tell me if you are between the ages of…?

	18-24	25-34	35-49	30-49	50+	Refused
11/21/12	8	23	51	*	18	--

D8.   Could you please tell me your marital status? Are you:

	Married	Single, that is never married	Widowed	Living together (with a domestic partner)	Divorced	Separated	Don't know	Refused
11/21/12	65	11	3	8	9	5	--	--

D9.   What is your relationship to (TCHILDNAME)?

	11/21/12
Mother	56
Stepmother	1
Father	26
Stepfather	1
Grandfather/great grandfather	2
Grandmother/great grandmother	6
Aunt	1
Uncle	1
Brother	2
Sister	2

Other relative – male	*
Other relative - female	*
Other male	*
Other female	*
Don't know	*
Refused	*

D12.   Are you of Hispanic or Latino background?

	Yes	No	Don't know	Refused
11/21/12	19	81	--	*

D13.   What is your race? Are you white, black or African American, Asian, or some other race?

	11/21/12
White	65
Asian	3
Native American	1
Alaska native	--
Black	15
Pacific Islander	--
Native Hawaiian	--
Hispanic (no other race specified)	13
Mixed race	2
Other	1
Don't know	--
Refused	1

D12/D13.   Respondent Race Summary

	11/21/12
White non-Hispanic	60
Black non-Hispanic	14
Asian non-Hispanic	3
Other non-Hispanic	3
Hispanic (NET)	19
White Hispanic	5
Black Hispanic	*
Other Hispanic	13
Don't know	--
Refused	1

D14.   Is (TCHILDNAME) of Hispanic or Latino background?

	Yes	No	Don't know	Refused
11/21/12	24	75	*	1

D15. What is (TCHILDNAME)'s race?

	11/21/12
White	60
Asian	2
Native American	2
Alaska native	*
Black	13
Pacific Islander	*
Native Hawaiian	*
Hispanic (no other race specified)	15
Mixed race	6
Other	1
Don't know	1
Refused	1

D14/D15. Child Race Summary

	11/21/12
White non-Hispanic	53
Black non-Hispanic	13
Asian non-Hispanic	2
Other non-Hispanic	7
Hispanic (NET)	24
White Hispanic	7
Black Hispanic	*
Other Hispanic	17
Don't know	--
Refused	1

D20. Which of the following categories best describes your total annual household income before taxes, from all sources? Just stop me when I get to the right category.
D20a. Is that 100 to under 150 thousand, 150 to under 200 thousand, 200 to under 250 thousand, or 250 thousand or more?

	11/21/12
Under $50K (NET)	46
Under $20K	16
$20k to under $35K	18
$35K to under $50K	12
Less than $50K (unspecified)	*
$50K to under $100K (NET)	26
$50K to under $75K	13
$75K to under $100K	14
$50K but less than $100K (unspecified)	--

$100K or more (NET)	21
$100K to under $150K	12
$150K to under $200K	4
$200K to under $250K	2
$250K or more	3
$100K+ (unspecified)	*
Don't know	4
Refused	4

D21.   Record gender from observation (ASK IF UNSURE)

	Male	Female
11/21/12	33	67

46.   Are any of (TCHILD)'s parents or siblings overweight?

	Yes	No	Don't know	Refused
11/21/12	35	65	*	--