

**PLAY ACROSS BOSTON
STUDENT SURVEY
2002-2003**



**HARVARD SCHOOL OF PUBLIC HEALTH
NORTHEASTERN UNIVERSITY**


Thanks again for being a part of this survey!
If you have any questions, please call Cindy Hannon at (617) 432-4679.

Thank you for completing the Play Across Boston survey! This survey is about kids and being physically active. We ask questions about yourself, your family and your neighborhood. We would like to know about what you do at school, after school and at home. **Even if you don't do a lot of exercise or physical activity, we still would like to hear what you have to say!**

Please tell us about yourself honestly. There is no Right or Wrong answer. If you feel uncomfortable answering some questions, please skip them and move on. If you need help filling out the survey, you can ask your parent(s) or another adult for help. As you fill out the survey, ignore the small numbers in parenthesis.

Ok, well ... on your mark... get set... begin!!

Tell us about yourself...

1. Are you:
 - Male (1)
 - Female (2)
2. On your last birthday, how old were you?
 - 12 years old or younger (1)
 - 13 years old (2)
 - 14 years old (3)
 - 15 years old (4)
 - 16 years old (5)
 - 17 years old (6)
 - 18 years old or older (7)
3. How do you describe yourself? (Choose one or more options.)
 - American Indian or Alaska Native (3.1)
 - Asian (3.2)
 - Black or African American (3.3)
 - Hispanic or Latino (3.4)
 - Native Hawaiian or Other Pacific Islander (3.5)
 - White (3.6)
 - Other, please specify: _____ (3.7)
4. Do you have any health or physical problem(s) that **stops you from exercising or participating in games and sports**?
 - No (2)
 - Yes (1)  a. If yes, is this condition asthma?
 - No (2)
 - Yes (1)
5. Which neighborhood do you live in most of the time? (Choose ONE answer only.)

<input type="radio"/> Allston-Brighton (1)	<input type="radio"/> North End (10)
<input type="radio"/> Beacon Hill/ Back Bay (2)	<input type="radio"/> Roslindale (11)
<input type="radio"/> Charlestown (3)	<input type="radio"/> Roxbury (12)
<input type="radio"/> Chinatown (4)	<input type="radio"/> South Boston (13)
<input type="radio"/> East Boston (5)	<input type="radio"/> South Dorchester (14)
<input type="radio"/> Hyde Park (6)	<input type="radio"/> South End (15)
<input type="radio"/> Jamaica Plain (7)	<input type="radio"/> West Roxbury (16)
<input type="radio"/> Mattapan (8)	
<input type="radio"/> North Dorchester (9)	

Think about the physical activities you did last week...

In this section we ask about how active you've been in the PAST 7 DAYS. We want to know about the games you played, sports you took part in and other exercise you did. Please tell us about yourself honestly. There is **No Right or Wrong** answer. Include all activities, both in and out of school. (Choose **ONE** answer for each question.)

6. On how many of the past 7 days did you exercise or participate in physical activity for **at least 20 minutes that made you sweat and breathe hard**, such as basketball, soccer, running, swimming laps, fast bicycling, fast dancing or similar aerobic activities?

- 0 days (1)
- 1 day (2)
- 2 days (3)
- 3 days (4)
- 4 days (5)
- 5 days (6)
- 6 days (7)
- 7 days (8)

7. On how many of the past 7 days did you participate in physical activity for **at least 30 minutes** that did **not** make you sweat or breathe hard, such as fast walking, slow bicycling, skating, pushing a lawn mower or mopping floors?

- 0 days (1)
- 1 day (2)
- 2 days (3)
- 3 days (4)
- 4 days (5)
- 5 days (6)
- 6 days (7)
- 7 days (8)

8. 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?

- 0 days (1)
- 1 day (2)
- 2 days (3)
- 3 days (4)
- 4 days (5)
- 5 days (6)
- 6 days (7)
- 7 days (8)



Now think about the physical activities you've done in the past year...

9. During the past 12 months, on how many sports teams did you play? (Include any teams run by your school or community groups.)

- 0 teams (1)
- 1 team (2)
- 2 teams (3)
- 3 or more teams (4)



10. During the past 12 months, which **sports teams** were you on? (Choose one or more options.)

- Baseball/ Softball (10.1)
- Basketball (10.2)
- Cheerleading (10.3)
- Football (10.4)
- Gymnastics (10.5)
- Ice Hockey (10.6)
- Lacrosse (10.7)
- Soccer (10.8)
- Swimming (10.9)
- Tennis (10.10)
- Track and field (10.11)
- Volleyball (10.12)
- I was NOT on any sports teams in the past 12 months (10.13)
- Other (10.14) Please specify _____ (10.15)

11. During the past 12 months, which of these types of **activities, lessons or camps** did you do? (Choose one or more options.)

- Ballet (11.1)
- Other dance (11.2)
- Baseball/ Softball (11.3)
- Basketball (11.4)
- Double Dutch (11.5)
- Football (11.6)
- Gymnastics (11.7)
- Ice Skating (11.8)
- Ice Hockey (11.9)
- Judo/ Karate (11.10)
- Sailing (11.11)
- Soccer (11.12)
- Swimming (11.13)
- Tennis (11.14)
- Track and field (11.15)
- Volleyball (11.16)
- I did NOT do any of these as activities, lessons or camps in the past 12 months (11.17)
- Other (11.18) Please Specify _____ (11.19)

How often do the following **stop you from being physically active**? Remember that physical activity can be any game, sport or exercise that gets you moving and breathing harder. (Choose ONE answer for each item.)

	<u>Never stops me from being physically active</u>	<u>Sometimes stops me from being physically active</u>	<u>Always stops me from being physically active</u>
12. I don't have fun when I exercise or play sports	<input type="radio"/> (1)	<input type="radio"/> (2)	<input type="radio"/> (3)
13. I don't feel I have the skill or coordination to exercise or play sports	<input type="radio"/> (1)	<input type="radio"/> (2)	<input type="radio"/> (3)
14. I don't have equipment I need to exercise or play sports	<input type="radio"/> (1)	<input type="radio"/> (2)	<input type="radio"/> (3)
15. I don't have a convenient place to exercise or play sports	<input type="radio"/> (1)	<input type="radio"/> (2)	<input type="radio"/> (3)
16. It is difficult to walk, run, or play near where I live because of things like crime, gangs and people that will bother me	<input type="radio"/> (1)	<input type="radio"/> (2)	<input type="radio"/> (3)
17. It is difficult to walk, run, or play near where I live because of things like traffic, construction and dogs	<input type="radio"/> (1)	<input type="radio"/> (2)	<input type="radio"/> (3)
18. I feel unsafe taking the subway or bus to places where I can do sports or do physical activity	<input type="radio"/> (1)	<input type="radio"/> (2)	<input type="radio"/> (3)
19. Near where I live , there are no programs for the types of sports or activities that I like to do	<input type="radio"/> (1)	<input type="radio"/> (2)	<input type="radio"/> (3)
20. At my school , there are no programs for the types of sports or activities that I like to do	<input type="radio"/> (1)	<input type="radio"/> (2)	<input type="radio"/> (3)
21. My parent(s) won't let me participate in the sports or physical activities that I like because they think I might get hurt	<input type="radio"/> (1)	<input type="radio"/> (2)	<input type="radio"/> (3)

Now think about places you might go to exercise or be physically active...

Did you go to a **playground or park** for pick-up games, a practice, a team game or to run around:

22. In the past **7 days**? Yes (1) No (2)
23. In the past **30 days**? Yes (1) No (2)
24. In the past **12 months**? Yes (1) No (2)

Did you participate in **sports teams at your school (before and after school)**:

25. In the past **7 days**? Yes (1) No (2)
26. In the past **30 days**? Yes (1) No (2)
27. In the past **12 months**? Yes (1) No (2)

Did you go to a **community center** for pick-up games, practice, a team game, running around or supervised activities:

28. In the past **7 days**? Yes (1) No (2)
29. In the past **30 days**? Yes (1) No (2)
30. In the past **12 months**? Yes (1) No (2)

Did you go to a **YMCA** for pick-up games, a practice, a team game, running around or supervised activities:

31. In the past **7 days**? Yes (1) No (2)
32. In the past **30 days**? Yes (1) No (2)
33. In the past **12 months**? Yes (1) No (2)

Did you go to a **Boys and Girls' Club** for pick-up games, a practice, a team game, running around or supervised activities:

34. In the past **7 days**? Yes (1) No (2)
35. In the past **30 days**? Yes (1) No (2)
36. In the past **12 months**? Yes (1) No (2)

Did you go to a **swimming pool** for lessons, practice or free swim:

37. In the past **7 days**? Yes (1) No (2)
38. In the past **30 days**? Yes (1) No (2)
39. In the past **12 months**? Yes (1) No (2)

Did you go to a **tennis court** for lessons, practice, pick-up games or team competition:

40. In the past **7 days**? Yes (1) No (2)
41. In the past **30 days**? Yes (1) No (2)
42. In the past **12 months**? Yes (1) No (2)

Did you go to an **ice skating rink** to play ice hockey, skate or do figure skating:

43. In the past **7 days**? Yes (1) No (2)
44. In the past **30 days**? Yes (1) No (2)
45. In the past **12 months**? Yes (1) No (2)

Did you go to a **dance, gymnastics or martial arts program** for lessons or classes:

46. In the past **7 days**? Yes (1) No (2)
47. In the past **30 days**? Yes (1) No (2)
48. In the past **12 months**? Yes (1) No (2)

Now think about your school and neighborhood...

In this section we ask about the opportunities you have to play, exercise, do sports and other physical activities at your school and in your neighborhood. Please tell us about yourself honestly. There is No Right or Wrong answer. (Choose ONE answer for each question.)

On how many of the past **5 school days** did you get to school by...

49. **Walking?**

- 0 days (1)
- 1 day (2)
- 2 days (3)
- 3 days (4)
- 4 days (5)
- 5 days (6)

50. **Riding your bike?**

- 0 days (1)
- 1 day (2)
- 2 days (3)
- 3 days (4)
- 4 days (5)
- 5 days (6)

51. **Getting a ride from a parent/ adult?**

- 0 days (1)
- 1 day (2)
- 2 days (3)
- 3 days (4)
- 4 days (5)
- 5 days (6)

52. **Riding a school bus?**

- 0 days (1)
- 1 day (2)
- 2 days (3)
- 3 days (4)
- 4 days (5)
- 5 days (6)

53. **Riding an MBTA subway or bus?**

- 0 days (1)
- 1 day (2)
- 2 days (3)
- 3 days (4)
- 4 days (5)
- 5 days (6)

54. On how many of the past 5 school days did you **get home** from school by walking?

- 0 days (1)
- 1 day (2)
- 2 days (3)
- 3 days (4)
- 4 days (5)
- 5 days (6)

55. In an average week when you are in school, on how many days do you go to physical education (PE) classes?

- 0 days (1)
- 1 day (2)
- 2 days (3)
- 3 days (4)
- 4 days (5)
- 5 days (6)

56. How far is it from where you live to the nearest **park or playground**?

- Close enough to walk to (1)
- Too far to walk to (2)
- Don't know (9)

57. How far is it from where you live to the nearest **basketball court**?

- Close enough to walk to (1)
- Too far to walk to (2)
- Don't know (9)

58. How far is it from where you live to the nearest **YMCA**?

- Close enough to walk to (1)
- Too far to walk to (2)
- Don't know (9)

59. How far is it from where you live to the nearest **community center**?

- Close enough to walk to (1)
- Too far to walk to (2)
- Don't know (9)

60. How far is it from where you live to the nearest **Boys and Girls Club**?

- Close enough to walk to (1)
- Too far to walk to (2)
- Don't know (9)

61. How far is it from where you live to the nearest **dance, gymnastics or martial arts studio**?

- Close enough to walk to (1)
- Too far to walk to (2)
- Don't know (9)

62. How far is it from where you live to the nearest **swimming pool**?

- Close enough to walk to (1)
- Too far to walk to (2)
- Don't know (9)

63. How far is it from where you live to the nearest **tennis court**?

- Close enough to walk to (1)
- Too far to walk to (2)
- Don't know (9)

64. How far is it from where you live to the nearest **ice skating rink**?

- Close enough to walk to (1)
- Too far to walk to (2)
- Don't know (9)

65. How far is it from where you live to the nearest **fast food restaurant (like McDonalds™, Kentucky Fried Chicken™)**?

- Close enough to walk to (1)
- Too far to walk to (2)
- Don't know (9)

66. How far is it from where you live to the nearest **soda machine**?

- Close enough to walk to (1)
- Too far to walk to (2)
- Don't know (9)

67. How far is it from where you live to the nearest **store that sells fruits and vegetables**?

- Close enough to walk to (1)
- Too far to walk to (2)
- Don't know (9)

68. What types of sports, exercise, or other physical activities **would you like to do, but don't think that programs or places to do them are available near where you live?** (Choose as many options as you would like.)

- | | | | |
|---|--|---|--|
| <input type="radio"/> Aerobics (68.1) | <input type="radio"/> Fencing (68.13) | <input type="radio"/> Rollerblading (68.25) | <input type="radio"/> T-Ball (68.36) |
| <input type="radio"/> Badminton (68.2) | <input type="radio"/> Field Hockey (68.14) | <input type="radio"/> Running/
Cross-Country (68.26) | <input type="radio"/> Tennis (68.37) |
| <input type="radio"/> Baseball (68.3) | <input type="radio"/> Flag Football (68.15) | <input type="radio"/> Sailing (68.27) | <input type="radio"/> Track & field (68.38) |
| <input type="radio"/> Basketball (68.4) | <input type="radio"/> Floor Hockey (68.16) | <input type="radio"/> Scuba Diving (68.28) | <input type="radio"/> Ultimate Frisbee (68.39) |
| <input type="radio"/> Bicycling (68.5) | <input type="radio"/> Football (68.17) | <input type="radio"/> Skiing (68.29) | <input type="radio"/> Volleyball (68.40) |
| <input type="radio"/> Bocce (68.6) | <input type="radio"/> Golf (68.18) | <input type="radio"/> Skateboarding (68.30) | <input type="radio"/> Walking (68.41) |
| <input type="radio"/> Boxing (68.7) | <input type="radio"/> Gymnastics (68.19) | <input type="radio"/> Snowboarding (68.31) | <input type="radio"/> Weight/
Strength Training (68.42) |
| <input type="radio"/> Cheerleading (68.8) | <input type="radio"/> Hiking/ Orienteering (68.20) | <input type="radio"/> Soccer (68.32) | <input type="radio"/> Wiffle Ball (68.43) |
| <input type="radio"/> Crew or rowing (68.9) | <input type="radio"/> Ice Hockey (68.21) | <input type="radio"/> Softball (68.33) | <input type="radio"/> Wrestling (68.44) |
| <input type="radio"/> Cricket (68.10) | <input type="radio"/> Ice Skating (68.22) | <input type="radio"/> Squash (68.34) | |
| <input type="radio"/> Dance (68.11) | <input type="radio"/> Lacrosse (68.23) | <input type="radio"/> Swimming (68.35) | |
| <input type="radio"/> Double Dutch (68.12) | <input type="radio"/> Martial Arts (68.24) | | |
- Other (68.45) Please Specify: _____ (68.46)
- None of these. All the activities that I want to do are available near where I live. (68.47)

69. How would you rate your ability at sports compared to others of your own sex and age?

- Excellent (1)
- Above average (2)
- Average (3)
- Fair (4)
- Poor (5)

Now think about other activities you do...

In this section we are going to ask you about the amount of time you spend watching television. Please tell us about yourself honestly. There is No Right or Wrong answer.

70. On an average **school day**, how many hours do you watch TV? (Choose one answer.)

- I do not watch TV on an average weekday (1)
- Less than 1 hour per day (2)
- 1 hour per day to less than 2 hours per day (3)
- 2 hours per day to less than 3 hours per day (4)
- 3 hours per day to less than 4 hours per day (5)
- 4 hours per day to less than 5 hours per day (6)
- 5 or more hours per day (7)

71. On an average **weekend day** (i.e. Saturday and Sunday), how many hours do you watch TV? (Choose one answer.)

- I do not watch TV on an average weekend day (1)
- Less than 1 hour per day (2)
- 1 hour per day to less than 2 hours per day (3)
- 2 hours per day to less than 3 hours per day (4)
- 3 hours per day to less than 4 hours per day (5)
- 4 hours per day to less than 5 hours per day (6)
- 5 or more hours per day (7)

72. Please choose the sentence that best describes how much TV you can watch: (Choose one answer.)

- I can watch as much TV as I want (1)
- My parents or other adults I live with sometimes limit how much TV I can watch (2)
- My parents or other adults I live with always limit how much TV I can watch (3)

73. Do you have a television in the room where you sleep?

- No (2)
- Yes (1)

Now think about your family...

In this section we ask about your family. REMEMBER- YOU CAN ASK YOUR PARENT OR ANOTHER ADULT IF YOU ARE NOT SURE ABOUT THE ANSWERS TO THESE QUESTIONS.

74. Which adult(s) do you live with most of the time? (Choose one or more options.)

- Mother (74.1)
- Father (74.2)
- Stepmother (74.3)
- Stepfather (74.4)
- Grandmother (74.5)
- Grandfather (74.6)
- Other relatives (74.7)
- Other adults (74.8)

75. Think about the past 30 days. In that time, have your parents helped you participate in any physical activities other than PE class in any of the ways listed below? Include sports, fitness, exercise or dancing classes, team practice and events, or any other similar physical activities. (Choose one or more options.)

- My parent(s) gave me a ride to and/or from an activity (75.1)
- My parent(s) participated in an activity with me (75.2)
- My parent(s) stayed to watch me at a class, practice, or event (75.3)
- None of the above (75.4)

76. How often does your **mother** exercise (like walking, jogging, aerobics, or working out)?

- None (1)
- Less than ½ hour per week (2)
- ½ - 2 hours per week (3)
- 2½ - 4 hours per week (4)
- 4½ - 6 hours per week (5)
- 6+ hours per week (6)
- Don't know (9)

77. How often does your **father** exercise (like walking, jogging, aerobics, or working out)?

- None (1)
- Less than ½ hour per week (2)
- ½ - 2 hours per week (3)
- 2½ - 4 hours per week (4)
- 4½ - 6 hours per week (5)
- 6+ hours per week (6)
- Don't know (9)

78. What is the highest level of education that your **mother** completed? (Choose ONE answer.)

- High school graduate or less (1)
- Some college (2)
- 2 year College graduate (3)
- 4 year College graduate (4)
- Graduate or professional school (5)
- Don't know (9)

79. What is the highest level of education that your **father** completed? (Choose ONE answer.)

- High school graduate or less (1)
- Some college (2)
- 2 year College graduate (3)
- 4 year College graduate (4)
- Graduate or professional school (5)
- Don't know (9)

Now think about the last time you saw a doctor or nurse...

80. When was the last time you went to a doctor or nurse for a physical exam? (Choose ONE answer.)

- 0 to 6 months ago (1)
- 7 to 12 months ago (2)
- 13 to 24 months ago (3)
- More than 2 years ago (4)
- I don't go to a doctor or nurse for a regular physical exam (5) **SKIP TO QUESTION 88**
- I don't remember when I had my last physical exam. (6)



If you had a physical exam in the past 12 months, did the doctor or nurse talk with you about any of the following? (Choose yes or no for each item.) IF YOU DID NOT HAVE A PHYSICAL EXAM in the last 12 months, skip to question 88.

- | | | |
|---|------------------------------|-------------------------------|
| 81. How to choose healthy food | <input type="radio"/> No (2) | <input type="radio"/> Yes (1) |
| 82. Your weight | <input type="radio"/> No (2) | <input type="radio"/> Yes (1) |
| 83. Amounts of fruits and vegetables you eat | <input type="radio"/> No (2) | <input type="radio"/> Yes (1) |
| 84. Eating at fast food restaurants | <input type="radio"/> No (2) | <input type="radio"/> Yes (1) |
| 85. Amount of time you spend exercising, playing sports, or being active | <input type="radio"/> No (2) | <input type="radio"/> Yes (1) |
| 86. Amount of time you spend watching television or playing video games | <input type="radio"/> No (2) | <input type="radio"/> Yes (1) |
| 87. Amount of soda you drink | <input type="radio"/> No (2) | <input type="radio"/> Yes (1) |
| 88. Amount of Hawaiian Punch, lemonade, Kool-Aid, or other sweetened fruit drinks you drink | <input type="radio"/> No (2) | <input type="radio"/> Yes (1) |

Everyone answer the following questions.

89. If you have received advice on healthy eating or exercising from a doctor or nurse how helpful was it?

- Not helpful at all (1)
- A little helpful (2)
- Helpful (3)
- Very helpful (4)
- I have not received advice on healthy eating or exercising from a doctor or nurse (5)

90. I would try to eat more healthy foods, exercise more, or watch less television if my doctor or nurse asked me to.

- No (2)
- Yes(1)



a. If yes, which of the above would you try to change? (Choose one or more options.)

- Eating healthy (90a.1)
- Exercising (90a.2)
- Watching less television (90a.3)

91. Which of the following best describes your height (in feet and inches) **without shoes**? (Choose ONE answer.)

- I am 4'11" or less (1)
- 5'0" or 5'1" (2)
- 5'2" (3)
- 5'3" (4)
- 5'4" (5)
- 5'5" or 5'6" (6)
- 5'7" or taller (7)

92. Which of the following best describes your current weight (in pounds) **without clothes or shoes**? (Choose ONE answer.)

- I am 95 pounds or less (1)
- 96 to 106 pounds (2)
- 107 to 115 pounds (3)
- 116 to 126 pounds (4)
- 127 to 139 pounds (5)
- 140 to 158 pounds (6)
- 159 pounds or more (7)

**Thank You For
Completing This Survey!**

