

## Illinois Youth Survey Questions by Topic - Nutrition/Exercise

<b>NUTRITION/EXERCISE</b>					
<b>Question Wording</b>	<b>2014</b>			<b>2016</b>	
	<b>6th</b>	<b>8th</b>	<b>HS</b>	<b>8th</b>	<b>HS</b>
How tall are you without your shoes on? Height - Feet	N1	N1	N1	N1	N1
How tall are you without your shoes on? Height - Inches	N1	N1	N1	N1	N1
How much do you weigh without your shoes on? Weight - Pounds	N2	N2	N2	N2	N2
<b>How do you describe your weight?</b>	<b>N3</b>	<b>N3</b>	<b>N3</b>		
In a typical week how often do you and your parent(s) or guardian eat dinner together?	N4	N4	N4	N4	N4
During the past 7 days, how many times did you eat fruit?	N5	N5	N5	N5	N5
During the past 7 days, how many times did you eat vegetables?	N6	N6	N6	N6	N6
On an average school day, how many hours do you watch TV?	N7	N7	N7	N7	N7
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, an iPod, an iPad or other tablet, a smartphone, YouTube, Facebook or other social networking tools, and the Internet.)	N8	N8	N8	N8	N8
During the past 7 days, on how many days were you physically active for a total of at least 60 minutes per day?	N9	N9	N9	N9	N9