Supplementary B

SECTION A
The following questions are about nutrition

1. How many days per week do you usually have something to eat for breakfast?
   
   Tick 1 box only.
   
   1  Rarely or never
   2  1–2 days
   3  3–4 days
   4  5 or more days
   9  I don’t know

2. What type of milk do you usually have?
   
   Tick 1 box only.
   
   1  Whole milk (including flavoured milk and full-cream soy milk)
   2  Reduced fat milk (for example, Lite White, Farmer’s Best, Hi-Lite, So Good Lite, Oak and reduced fat flavoured milk)
   3  Skim milk (including Shape)
   4  Evaporated or sweetened condensed milk
   5  None of the above
   9  I don’t know

3. In the past week, how many times have you eaten meals that were bought from fast food outlets like McDonalds, Hungry Jacks, Pizza Hut, Kentucky Fried Chicken (KFC), Red Rooster, Burger King, hamburger shops and fish and chip shops?
   
   Tick 1 box only.
   
   1  None
   2  Once
   3  2–3 times
   4  4–5 times
   5  6 times or more
   9  I don’t know

4. Do you think of yourself as being too thin, about the right weight, or too fat?
   
   1  Too thin (underweight)
   2  About the right weight
   3  Too fat (overweight)

5. Which of the following are you trying to do about your weight?
   
   Tick 1 box only.
   
   1  Lose weight
   2  Gain weight
   3  Stay the same weight
   4  I am not trying to do anything about my weight

SECTION B
The following questions are about physical activity. The next question is about the types of activities that you do.

6. Please think about a normal week during this school term (including Saturdays and Sundays). In the table below, please tick the sports, games or other physical activities you usually do, and for each of the ticked items write in the total amount of time you spend doing them each week. The time spent doing a sport or game includes the time you spend training.

   If you do not spend time on sports, games or other physical activities then please tick the last item on the list over the page.

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For example: The total amount of time you spend doing this activity in a normal week.

<table>
<thead>
<tr>
<th>Activity</th>
<th>Hours</th>
<th>Minutes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Basketball</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Walking for transport</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

The total amount of time you spend doing this activity in a normal week.

<table>
<thead>
<tr>
<th>Activity</th>
<th>Hours</th>
<th>Minutes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Aerobics</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Athletics</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Australian Rules Football</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Baseball</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Basketball</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Boxing</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Bushwalking</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cricket</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cycling</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Dancing</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Golf</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Gymnastics</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Gym–weights workout</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Handball</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Hockey</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Horseriding</td>
<td></td>
<td></td>
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<tr>
<td>Iceskating</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Jogging</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Martial Arts (Judo etc.)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Mountain biking</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Netball</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Rollerblading</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Rowing</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Rugby League</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Rugby Union</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sailing (board–dinghy)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Skateboarding</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Snow skiing</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Snowboarding</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Soccer</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Softball</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Squash</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Surfing</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Swimming</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Tennis</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Touch football</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Triathlon</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Volleyball</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Walking for transport</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Walking for pleasure</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

If you do other sports, games or physical activities please write them in the spaces below.

<table>
<thead>
<tr>
<th>Activity</th>
<th>Hours</th>
<th>Minutes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Any other sport</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Any other sport</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Any other sport</td>
<td></td>
<td></td>
</tr>
<tr>
<td>I do not spend any time on sports, games or physical activities.</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
7. During the school term, how many hours a day on average do you usually watch TV, videos or DVDs?
   a) On Monday to Friday
      *Tick 1 box only.*
      1 ☐ Not at all
      2 ☐ 1 hour or less a day
      3 ☐ 2 hours a day
      4 ☐ 3 hours a day
      5 ☐ 4 hours a day
      6 ☐ 5 hours or more a day
   b) On Saturday and Sunday
      *Tick 1 box only.*
      1 ☐ Not at all
      2 ☐ 1 hour or less a day
      3 ☐ 2 hours a day
      4 ☐ 3 hours a day
      5 ☐ 4 hours a day
      6 ☐ 5 hours or more a day

8. During the school term, how many hours a day on average do you usually use computers for entertainment or to play video games (for example. surfing the net, Playstations, Nintendos)?
   a) On Monday to Friday
      *Tick 1 box only.*
      1 ☐ Not at all
      2 ☐ 1 hour or less a day
      3 ☐ 2 hours a day
      4 ☐ 3 hours a day
      5 ☐ 4 hours a day
      6 ☐ 5 hours or more a day
   b) On Saturday and Sunday
      *Tick 1 box only.*
      1 ☐ Not at all
      2 ☐ 1 hour or less a day
      3 ☐ 2 hours a day
      4 ☐ 3 hours a day
      5 ☐ 4 hours a day
      6 ☐ 5 hours or more a day

9. During the school term, how many hours a day on average do you usually use computers for study or school work?
   a) On Monday to Friday
      *Tick 1 box only.*
      1 ☐ Not at all
      2 ☐ 1 hour or less a day
      3 ☐ 2 hours a day
      4 ☐ 3 hours a day
      5 ☐ 4 hours a day
      6 ☐ 5 hours or more a day
   b) On Saturday and Sunday
      *Tick 1 box only.*
      1 ☐ Not at all
      2 ☐ 1 hour or less a day
      3 ☐ 2 hours a day
      4 ☐ 3 hours a day
SECTION C

The following questions are about injury

10. In the past 6 months have you hurt yourself or had an injury for which you had to see a doctor, physiotherapist or another health professional?
   1. No
      Go to Question 13
   2. Yes
      Go to Question 11

11. Where were you when the most recent injury requiring medical attention happened?
   1. At school
   2. At home
   3. At a sports facility
   4. On a street or road
   5. At a place for shopping or leisure
   6. At a place of employment
   8. Any other type of place (please specify) ____________________________

12. What were you doing when the most recent injury requiring you to seek attention from a health professional occurred?

   You may tick more than 1 box.
   1. School activity (including school sport)
   2. Sport (playing or training; excludes school sport)
   3. Leisure or play
   4. Working for money
   5. Doing any other activity

13. In the last 12 months have you been injured participating in any of the following sports, games or physical activities, either organised or non-organised?

   Put a tick against all the sports you were injured in.

   01. No injuries
   02. Aerobics
   03. Athletics
   04. Australian Rules Football
   05. Baseball
   06. Basketball
   07. Boxing
   08. Bushwalking
   09. Cricket
   10. Cycling
   11. Dancing
   12. Golf
   13. Gymnastics
   14. Gym–weights workout
   15. Handball
   16. Hockey
   17. Horseriding
   18. Ice skating
   19. Jogging
   20. Martial arts
   21. Mountain biking
   22. Netball

   continued overleaf
23 □ Rollerblading
24 □ Rowing
25 □ Rugby League
26 □ Rugby Union
27 □ Sailing
28 □ Skateboarding
29 □ Snow Skiing
30 □ Snowboarding
31 □ Soccer
32 □ Softball
33 □ Squash
34 □ Surfing
35 □ Swimming
36 □ Tennis
37 □ Touch football
38 □ Triathlon
39 □ Volleyball
40 □ Walking for transport
41 □ Walking for pleasure
98 □ Any other activity (Please specify)

14. What types of injuries did you have when you were injured in these sports in the past 12 months?
   *Tick all those you experienced.*
   1 □ Joint injury
   2 □ Muscle strain or bruise
   3 □ Cut
   4 □ Knocked out or head injury
   5 □ Broken bone or tooth
   8 □ Other (please specify)

15. What is the risk to you in the following activities?
   *For each activity, tick the box which shows the level of risk involved. Please tick 1 box in each line.*

<table>
<thead>
<tr>
<th>Activity</th>
<th>No risk</th>
<th>A little risk</th>
<th>A high level of risk</th>
<th>Don’t know</th>
</tr>
</thead>
<tbody>
<tr>
<td>a. Riding a bicycle without a helmet</td>
<td>1 □</td>
<td>2 □</td>
<td>3 □</td>
<td>9 □</td>
</tr>
<tr>
<td>b. Playing a game of sport without warming up or stretching</td>
<td>1 □</td>
<td>2 □</td>
<td>3 □</td>
<td>9 □</td>
</tr>
<tr>
<td>c. Swimming at an unpatrolled beach</td>
<td>1 □</td>
<td>2 □</td>
<td>3 □</td>
<td>9 □</td>
</tr>
<tr>
<td>d. Being a passenger in a vehicle where the driver had been drinking alcohol</td>
<td>1 □</td>
<td>2 □</td>
<td>3 □</td>
<td>9 □</td>
</tr>
<tr>
<td>e. Playing a contact sport without protective equipment (for example, mouthguards, shin pads)</td>
<td>1 □</td>
<td>2 □</td>
<td>3 □</td>
<td>9 □</td>
</tr>
<tr>
<td>f. Riding a skateboard on a roadway</td>
<td>1 □</td>
<td>2 □</td>
<td>3 □</td>
<td>9 □</td>
</tr>
<tr>
<td>g. Being a passenger in a vehicle where the driver had been taking drugs</td>
<td>1 □</td>
<td>2 □</td>
<td>3 □</td>
<td>9 □</td>
</tr>
</tbody>
</table>

Thank you very much for your help. You have completed the survey.