

Global School-based Student Health Survey (GSHS)

2006 Colombia GSHS Questionnaire

For more information:

www.cdc.gov/gshs or
www.who.int/chp/gshs/en/



2006 COLOMBIA GLOBAL SCHOOL-BASED STUDENT HEALTH SURVEY

This survey is about your health and the things you do that may affect your health. Students like you all over your country are doing this survey. Students in many other countries around the world also are doing this survey. The information you give will be used to develop better health programs for young people like yourself.

DO NOT write your name on this survey or the answer sheet. The answers you give will be kept private. No one will know how you answer. Answer the questions based on what you really know or do. There are no right or wrong answers.

Completing the survey is voluntary. Your grade or mark in this class will not be affected whether or not you answer the questions. If you do not want to answer a question, just leave it blank.

Make sure to read every question. Fill in the circles on your answer sheet that match your answer. Use only the pencil you are given. When you are done, do what the person who is giving you the survey says to do.

Here is an example of how to fill in the circles:

Fill in the circles like this  Not like this  or 

Survey

1. Do fish live in water?
 - A. Yes
 - B. No

Answer sheet

1.        

Thank you very much for your help.

1. How old are you?
 - A. 11 years old or younger
 - B. 12 years old
 - C. 13 years old
 - D. 14 years old
 - E. 15 years old
 - F. 16 years old or older

2. What is your sex?

- A. Male
- B. Female

3. In what grade or course are you?

- A. Seventh (7th)
- B. Eighth (8th)
- C. Ninth (9th)
- D. Tenth (10th)

The next 3 questions ask about your height, weight, and going hungry.

4. How tall are you without your shoes on? ON THE ANSWER SHEET, WRITE YOUR HEIGHT IN THE SHADED BOXES AT THE TOP OF THE GRID. THEN FILL IN THE OVAL BELOW EACH NUMBER.

Example

Height (cm)		
1	5	3
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	<input type="radio"/>	<input checked="" type="radio"/>
	<input type="radio"/>	<input type="radio"/>
	<input checked="" type="radio"/>	<input type="radio"/>
	<input type="radio"/>	<input type="radio"/>
	<input type="radio"/>	<input type="radio"/>
	<input type="radio"/>	<input type="radio"/>
<input type="radio"/>	I do not know	

5. How much do you weigh without your shoes on?
ON THE ANSWER SHEET, WRITE YOUR WEIGHT
IN THE SHADED BOXES AT THE TOP OF THE
GRID. THEN FILL IN THE OVAL BELOW EACH
NUMBER.

Example

Weight (kg)		
0	5	2
<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>
	<input type="radio"/>	<input type="radio"/>
	<input type="radio"/>	<input type="radio"/>
	<input checked="" type="radio"/>	<input type="radio"/>
	<input type="radio"/>	<input type="radio"/>
	<input type="radio"/>	<input type="radio"/>
	<input type="radio"/>	<input type="radio"/>
	<input type="radio"/>	<input type="radio"/>
<input type="radio"/>	I do not know	

6. During the past 30 days, how often did you go hungry because there was not enough food in your home?

- A. Never
- B. Rarely
- C. Sometimes
- D. Most of the time
- E. Always

The next question asks about fruits you might eat.

7. During the past 30 days, how many times per day did you **usually** eat fruit, such as oranges, papaya, melon, pineapple, banana, tangerine, pear, or peach?

- A. I did not eat fruit during the past 30 days
- B. Less than one time per day
- C. 1 time per day
- D. 2 times per day
- E. 3 times per day
- F. 4 times per day
- G. 5 or more times per day

The next question asks about vegetables you might eat such as kidney beans, carrot, lettuce, tomato, raddish, ahuyama, spinach, or pickles. Please, note that cereals and roots such as potatoes and yucca are NOT vegetables.

8. During the past 30 days, how many times per day did you **usually** eat vegetables?

- A. I did not eat vegetables during the past 30 days
- B. Less than one time per day
- C. 1 time per day
- D. 2 times per day
- E. 3 times per day
- F. 4 times per day
- G. 5 or more times per day

The next 6 questions ask about drinking and eating habits.

9. During the past 30 days, how many times per day did you usually drink carbonated soft drinks, such as Coca-cola (Coke), Pepsi, Columbiana, Postobon, or Crush?
- A. I did not drink carbonated soft drinks during the past 30 days
 - B. Less than one time per day
 - C. 1 time per day
 - D. 2 times per day
 - E. 3 times per day
 - F. 4 times per day
 - G. 5 or more times per day
10. During the past 7 days, on how many days did you eat at a fast food restaurant such as McDonalds, Presto, Corral, or at a pizzeria or hamburgueseria?
- A. 0 days
 - B. 1 day
 - C. 2 days
 - D. 3 days
 - E. 4 days
 - F. 5 days
 - G. 6 days
 - H. 7 days
11. During the past 7 days, on how many days did you eat sugary or salty snacks between meals, such as cookies, chips, or Cheetos?
- A. 0 days
 - B. 1 day
 - C. 2 days
 - D. 3 days
 - E. 4 days
 - F. 5 days
 - G. 6 days
 - H. 7 days
12. During the past 30 days, how many times per day did you **usually** drink milk or eat milk products, such as cheese, yogurt, or cuajada?
- A. I did not drink milk or eat milk products during the past 30 days
 - B. Less than one time per day
 - C. 1 time per day
 - D. 2 times per day
 - E. 3 times per day
 - F. 4 times per day
 - G. 5 or more times per day
13. During the past 30 days, how many times per day did you **usually** eat salty foods, such as chips, Cheetos, Doritos, choclitos, or similar foods?
- A. I did not eat salty foods
 - B. Less than 1 time per day
 - C. 1 time per day
 - D. 2 times per day
 - E. 3 times per day
 - F. 4 times per day
 - G. 5 or more times per day
14. During the past 30 days, how many times per day did you **usually** eat foods high in fat, such as fried meats or potatoes?
- A. I did not eat foods high in fat
 - B. Less than 1 time per day
 - C. 1 time per day
 - D. 2 times per day
 - E. 3 times per day
 - F. 4 times per day
 - G. 5 or more times per day

The next 2 questions ask about what you have learned in school.

15. During this school year, were you taught in any of your classes the benefits of healthy eating?
- A. Yes
 - B. No
 - C. I do not know
16. During this school year, were you taught in any of your classes the benefits of eating more fruits and vegetables?
- A. Yes
 - B. No
 - C. I do not know

The next question asks about physical attacks. A physical attack occurs when one or more people hit or strike someone, or when one or more people hurt another person with a weapon (such as a stick, knife, or gun). It is not a physical attack when two students of about the same strength or power choose to fight each other.

17. During the past 12 months, how many times were you physically attacked?
- A. 0 times
 - B. 1 time
 - C. 2 or 3 times
 - D. 4 or 5 times
 - E. 6 or 7 times
 - F. 8 or 9 times
 - G. 10 or 11 times
 - H. 12 or more times

The next question asks about physical fights. A physical fight occurs when two or more students of about the same strength or power choose to fight each other.

18. During the past 12 months, how many times were you in a physical fight?
- A. 0 times
 - B. 1 time
 - C. 2 or 3 times
 - D. 4 or 5 times
 - E. 6 or 7 times
 - F. 8 or 9 times
 - G. 10 or 11 times
 - H. 12 or more times

The next 5 questions ask about the most serious injury that happened to you during the past 12 months. An injury is serious when it makes you miss at least one full day of usual activities (such as school, sports, or a job) or requires treatment by a doctor or nurse.

19. During the past 12 months, how many times were you seriously injured?
- A. 0 times
 - B. 1 time
 - C. 2 or 3 times
 - D. 4 or 5 times
 - E. 6 or 7 times
 - F. 8 or 9 times
 - G. 10 or 11 times
 - H. 12 or more times

20. During the past 12 months, **what were you doing** when the most serious injury happened to you?

- A. I was not seriously injured during the past 12 months
- B. Playing or training for a sport
- C. Walking or running, but not as part of playing or training for a sport
- D. Riding a bicycle, scooter, skateboard, skates, 'carro esferado', or zorra (horse tracking vehicle)
- E. Riding or driving in a car or other motor vehicle
- F. Doing any paid or unpaid work, including housework, yard work, or cooking
- G. Nothing
- H. Something else

21. During the past 12 months, **what was the major cause** of the most serious injury that happened to you?

- A. I was not seriously injured during the past 12 months
- B. I was in a motor vehicle accident or hit by a motor vehicle
- C. I fell
- D. Something fell on me or hit me
- E. I was fighting with someone
- F. I was attacked, assaulted, or abused by someone
- G. I was in a fire or too near a flame or something hot
- H. Something else caused my injury

22. During the past 12 months, **how** did the most serious injury happen to you?

- A. I was not seriously injured during the past 12 months
- B. I hurt myself by accident
- C. Someone else hurt me by accident
- D. I hurt myself on purpose
- E. Someone else hurt me on purpose

23. During the past 12 months, **what was** the most serious injury that happened to you?

- A. I was not seriously injured during the past 12 months
- B. I had a broken bone or a dislocated joint
- C. I had a cut, puncture, or stab wound
- D. I had a concussion or other head or neck injury, was knocked out, or could not breathe
- E. I had a gunshot wound
- F. I had a bad burn
- G. I lost all or part of a foot, leg, hand, or arm
- H. Something else happened to me

The next 2 questions ask about bullying. Bullying occurs when a student or group of students say or do bad and unpleasant things to another student. It is also bullying when a student is teased a lot in an unpleasant way or when a student is left out of things on purpose. It is not bullying when two students of about the same strength or power argue or fight or when teasing is done in a friendly and fun way.

24. During the past 30 days, on how many days were you bullied?

- A. 0 days
- B. 1 or 2 days
- C. 3 to 5 days
- D. 6 to 9 days
- E. 10 to 19 days
- F. 20 to 29 days
- G. All 30 days

25. During the past 30 days, how were you bullied most often?

- A. I was not bullied during the past 30 days
- B. I was hit, kicked, pushed, shoved around, or locked indoors
- C. I was made fun of because of my race or color
- D. I was made fun of because of my religion
- E. I was made fun of with sexual jokes, comments, or gestures
- F. I was left out of activities on purpose or completely ignored
- G. I was made fun of because of how my body or face looks
- H. I was bullied in some other way

The next question asks about the use of seat belt and helmet.

26. During the past 30 days, how often did you use a seat belt when riding in a car or other motor vehicle driven by someone else?

- A. I did not ride in a motor vehicle driven by someone else
- B. Never
- C. Rarely
- D. Sometimes
- E. Most of the times
- F. Always

The next question asks about violent activities. Violence occurs when a person or a group of people attack other people or a group of people with insults, bullying, hits, assault, robbery, or rape.

27. Do you belong to any violent group?

- A. Yes
- B. No

The next 12 questions ask about cigarette and other tobacco use.

28. How old were you when you first tried a cigarette?

- A. I have never smoked cigarettes
- B. 7 years old or younger
- C. 8 or 9 years old
- D. 10 or 11 years old
- E. 12 or 13 years old
- F. 14 or 15 years old
- G. 16 years old or older

29. During the past 30 days, on how many days did you smoke cigarettes?

- A. 0 days
- B. 1 or 2 days
- C. 3 to 5 days
- D. 6 to 9 days
- E. 10 to 19 days
- F. 20 to 29 days
- G. All 30 days

30. During the past 30 days, on how many days did you use any other form of tobacco, such as tobacco o pipa?
- A. 0 days
 - B. 1 or 2 days
 - C. 3 to 5 days
 - D. 6 to 9 days
 - E. 10 to 19 days
 - F. 20 to 29 days
 - G. All 30 days
31. During the past 12 months, have you ever tried to stop smoking cigarettes?
- A. I have never smoked cigarettes
 - B. I did not smoke cigarettes during the past 12 months
 - C. Yes
 - D. No
32. During the past 7 days, on how many days have people smoked in your presence?
- A. 0 days
 - B. 1 or 2 days
 - C. 3 or 4 days
 - D. 5 or 6 days
 - E. All 7 days
33. Which of your parents or guardians use any form of tobacco?
- A. Neither
 - B. My father or male guardian
 - C. My mother or female guardian
 - D. Both
 - E. I do not know

34. At any time during the next 12 months, do you think you will smoke a cigarette?
- A. Definitely not
 - B. Probably not
 - C. Probably yes
 - D. Definitely yes
35. If one of your best friends offered you a cigarette, would you smoke it?
- A. Definitely not
 - B. Probably not
 - C. Probably yes
 - D. Definitely yes
36. Do you think the smoke from other people's cigarettes is harmful to you?
- A. Definitely not
 - B. Probably not
 - C. Probably yes
 - D. Definitely yes
37. During the past 7 days, on how many days have people smoked in your presence in public places (such as restaurants, cafeteria, bar, disco, etc.)?
- A. 0 days
 - B. 1 or 2 days
 - C. 3 or 4 days
 - D. 5 or 6 days
 - E. All 7 days
38. Would you ask any of your best friends to put out a cigarette or go to smoke somewhere else when smoking near you?
- A. Definitely not
 - B. Probably not
 - C. Probably yes
 - D. Definitely yes

39. Are you in favor of banning smoking in public places, such as in restaurants; in buses, streetcars, and trains; in schools; on playgrounds; in gyms and sport arenas; and in discos?
- A. Yes
 - B. No

The next 13 questions ask about drinking alcohol. This includes drinking wine, beer, firewater, whiskey, or rum. Drinking alcohol does not include drinking a few sips of wine for religious purposes.

40. How old were you when you had your first drink of alcohol other than a few sips?
- A. I have never had a drink of alcohol other than a few sips
 - B. 7 years old or younger
 - C. 8 or 9 years old
 - D. 10 or 11 years old
 - E. 12 or 13 years old
 - F. 14 or 15 years old
 - G. 16 years old or older
41. During the past 30 days, on how many days did you have at least one drink containing alcohol?
- A. 0 days
 - B. 1 or 2 days
 - C. 3 to 5 days
 - D. 6 to 9 days
 - E. 10 to 19 days
 - F. 20 to 29 days
 - G. All 30 days

42. During the past 30 days, on the days you drank alcohol, how many drinks did you **usually** drink per day?

- A. I did not drink alcohol during the past 30 days
- B. Less than one drink
- C. 1 drink
- D. 2 drinks
- E. 3 drinks
- F. 4 drinks
- G. 5 or more drinks

43. During the past 30 days, how did you **usually** get the alcohol you drank? **SELECT ONLY ONE RESPONSE.**

- A. I did not drink alcohol during the past 30 days
- B. I bought it in a store, shop, or from a street vendor
- C. I gave someone else money to buy it for me
- D. I got it from my friends
- E. I got it from home
- F. I stole it
- G. I got it some other way

44. During your life, how many times did you drink so much alcohol that you were really drunk?

- A. 0 times
- B. 1 or 2 times
- C. 3 to 9 times
- D. 10 or more times

45. During your life, how many times have you ever had a hang-over, felt sick, got into trouble with your family or friends, missed school, or got into fights, as a result of drinking alcohol?

- A. 0 times
- B. 1 or 2 times
- C. 3 to 9 times
- D. 10 or more times

46. If one of your best friends offered you a drink of alcohol, would you drink it?

- A. Definitely not
- B. Probably not
- C. Probably yes
- D. Definitely yes

47. Where were you the last time you had a drink of alcohol?

- A. I have never had a drink of alcohol
- B. At home
- C. At someone else's home
- D. At school
- E. Out on the street, in a park, or in some other open area
- F. At a bar, pub, or disco
- G. In a restaurant
- H. Some other place

48. During the past 30 days, did anyone refuse to sell you alcohol because of your age?

- A. I did not try to buy alcohol during the past 30 days
- B. Yes, someone refused to sell me alcohol because of my age
- C. No, my age did not keep me from buying alcohol

49. What type of alcohol do you usually drink?
SELECT ONLY ONE RESPONSE.

- A. I do not drink alcohol
- B. Beer, lager, or stout
- C. Wine
- D. Spirits, such as Firewater, Rum
- E. Crema de whiskey, Baileys, whiskey
- F. Some other type

50. Which of your parents or guardians drink alcohol?

- A. Neither
- B. My father or male guardian
- C. My mother or female guardian
- D. Both
- E. I do not know

51. With whom do you **usually** drink alcohol?

- A. I do not drink alcohol
- B. With my friends
- C. With my family
- D. With persons I have just met
- E. I usually drink alone

52. Do your parents or guardians know that you drink alcohol?

- A. I do not drink alcohol
- B. Yes
- C. No
- D. I do not know

The next 5 questions ask about knowledge, attitudes, skills, and sources of information on alcohol.

53. During this school year, were you taught in any of your classes the dangers of alcohol use?

- A. Yes
- B. No
- C. I do not know

54. How much do you think people risk harming themselves (physically or in other ways), if they drink alcohol several times a week?

- A. No risk
- B. Slight risk
- C. Moderate risk
- D. Great risk

55. How much do you think people risk harming themselves (physically or in other ways), if they get drunk once a week?

- A. No risk
- B. Slight risk
- C. Moderate risk
- D. Great risk

56. How difficult do you think it would be for you to get alcohol, such as wine, beer, firewater, whiskey, or rum, if you wanted to?

- A. Impossible
- B. Very difficult
- C. Fairly difficult
- D. Fairly easy
- E. Very easy
- F. I do not know

57. How many of your friends drink alcohol?

- A. None
- B. A few
- C. Some
- D. Most
- E. All

The next question asks about how often you see alcohol advertisements on videos, magazines, or the internet or at movie theaters, sports events, or music concerts.

58. During the past 30 days, how often did you see any alcohol advertisements?

- A. Never
- B. Rarely
- C. Sometimes
- D. Almost daily
- E. Daily

The next question asks about drugs.

59. During your life, how many times have you used drugs, such as cocaine, marijuana, pills, ecstasy, freebase forms of cocaine, heroine, fungi, inhalants, or solvents?

- A. 0 times
- B. 1 or 2 times
- C. 3 to 9 times
- D. 10 or more times

The next 10 questions ask about sexual intercourse. This includes vaginal intercourse (when a man puts his penis into a woman's vagina) and anal intercourse (when a man puts his penis into his partner's anus).

60. Have you ever had sexual intercourse?

- A. Yes
- B. No

61. How old were you when you had sexual intercourse for the first time?
- A. I have never had sexual intercourse
 - B. 11 years old or younger
 - C. 12 years old
 - D. 13 years old
 - E. 14 years old
 - F. 15 years old
 - G. 16 years old or older
62. During your life, with how many people have you had sexual intercourse?
- A. I have never had sexual intercourse
 - B. 1 person
 - C. 2 people
 - D. 3 people
 - E. 4 people
 - F. 5 people
 - G. 6 or more people
63. During the past 12 months, have you had sexual intercourse?
- A. Yes
 - B. No
64. During the past 12 months, how many times did you have sexual intercourse?
- A. 0 times
 - B. 1 time
 - C. 2 or 3 times
 - D. 4 to 9 times
 - E. 10 to 29 times
 - F. 30 or more times
65. With whom have you had sexual intercourse?
- A. I have never had sexual intercourse
 - B. Females only
 - C. Males only
 - D. Both females and males

66. The **last time** you had sexual intercourse, did you or your partner use a condom or preservative?
- A. I have never had sexual intercourse
 - B. Yes
 - C. No
67. Did you drink alcohol or use other drugs before you had sexual intercourse the **last time**?
- A. I have never had sexual intercourse
 - B. Yes
 - C. No
68. How many of your friends have had sexual intercourse?
- A. None of them
 - B. Some of them
 - C. Most of them
 - D. All of them
69. What is the **main** reason you have not had sexual intercourse?
- A. I have had sexual intercourse
 - B. I want to wait until I am older
 - C. I want to wait until I am married
 - D. I do not want to risk getting pregnant
 - E. I do not want to risk getting a sexually transmitted infection, such as HIV or AIDS
 - F. I have not had a chance to have sex or met anyone that I wanted to have sex with
 - G. It is against my religious values
 - H. Some other reason

The next 2 questions ask about places to access condoms and how to tell someone no sexual intercourse unless a condom is used.

70. If you wanted to get a condom or preservativo, how would you most likely get it?

- A. I would get it from a vending machine
- B. I would get it in a store or shop or from a street vendor
- C. I would get it from a pharmacy, clinic, or hospital
- D. I would give someone else money to buy it for me
- E. I would get it some other way
- F. I don't know

71. Do you know how to tell someone you do not want to have sexual intercourse with them **unless** a condom or preservativo is used?

- A. Yes
- B. No
- C. I do not know

The next 3 questions ask what you have learned in school and if you know how to tell someone no to having sexual intercourse.

72. During this school year, were you taught in any of your classes how to use a condom or preservativo?

- A. Yes
- B. No
- C. I do not know

73. During this school year, were you taught in any of your classes how to avoid HIV infection or AIDS?

- A. Yes
- B. No
- C. I do not know

74. Do you know how to tell someone you do not want to have sexual intercourse with them?

- A. Yes
- B. No
- C. I do not know

The next question asks about the use of contraceptive and protective methods such as *coitus interruptus* (withdrawal), rhythm (safe time around the menstruation), contraceptive pills, condom, or any other method to avoid pregnancy.

75. During the past 12 months, how often did you or your partner use any method of birth control?

- A. I have never had sexual intercourse
- B. I have had sexual intercourse, but not during the past 12 months
- C. Never
- D. Rarely
- E. Sometimes
- F. Most of the time
- G. Always

The next 2 questions ask about physical activity. Physical activity is any activity that increases your heart rate and makes you get out of breath some of the time. Physical activity can be done in sports, playing with friends, or walking to school. Some examples of physical activity are running, fast walking, biking, dancing, football, baseball, swimming, aerobics, jogging, and spinning. ADD UP ALL THE TIME YOU SPEND IN PHYSICAL ACTIVITY EACH DAY. DO NOT INCLUDE YOUR PHYSICAL EDUCATION OR GYM CLASS.

76. During the past **7 days**, on how many days were you physically active for a total of at least 60 minutes per day?
- A. 0 days
 - B. 1 day
 - C. 2 days
 - D. 3 days
 - E. 4 days
 - F. 5 days
 - G. 6 days
 - H. 7 days

77. During a **typical or usual** week, on how many days are you physically active for a total of at least 60 minutes per day?
- A. 0 days
 - B. 1 day
 - C. 2 days
 - D. 3 days
 - E. 4 days
 - F. 5 days
 - G. 6 days
 - H. 7 days

The next question asks about the time you spend mostly sitting when you are not in school or doing homework.

78. How much time do you spend during a **typical or usual** day sitting and watching television, playing computer games, talking with friends, or doing other sitting activities, such as playing Xbox, surfing the internet, nap taking, or talking by the phone?
- A. Less than 1 hour per day
 - B. 1 to 2 hours per day
 - C. 3 to 4 hours per day
 - D. 5 to 6 hours per day
 - E. 7 to 8 hours per day
 - F. More than 8 hours per day

The next 2 questions ask about going to and coming home from school.

79. During the past 7 days, on how many days did you walk or ride a bicycle to and from school?
- A. 0 days
 - B. 1 day
 - C. 2 days
 - D. 3 days
 - E. 4 days
 - F. 5 days
 - G. 6 days
 - H. 7 days

80. During the past 7 days, how long did it **usually** take for you to get to and from school each day? ADD UP THE TIME YOU SPEND GOING TO AND COMING HOME FROM SCHOOL.
- A. Less than 10 minutes per day
 - B. 10 to 19 minutes per day
 - C. 20 to 29 minutes per day
 - D. 30 to 39 minutes per day
 - E. 40 to 49 minutes per day
 - F. 50 to 59 minutes per day
 - G. 60 or more minutes per day

**The next question asks about the time you spend
in a week in physical education or gym class at
school**

81. During this school year, on how many days did
you go to physical education class each week?

- A. 0 days
- B. 1 day
- C. 2 days
- D. 3 days
- E. 4 days
- F. 5 or more days