2008 Healthy Youth Survey-Form C

We are asking you to take part in this survey about issues facing students in communities in Washington. The questions in this survey ask for your opinions about yourself, your friends, your school, and your neighborhood. School, community, county, and state officials will use the information from this survey in planning future programs to help youth.

Your answers to these questions are *anonymous.* This means that no one will know how you answered or which answer sheet is yours. **Do not write your name anywhere on the answer sheet.** If you do not want to take this survey now, tell your teacher and you will be given an alternative activity.

Some of the questions are personal, such as asking about your relationships and whether you get in fights or use drugs. Some students may find some of the questions uncomfortable or upsetting. You will be given a list of numbers to call if you want to talk to someone about the survey or feelings it brings up. The survey is completely voluntary. You don't have to do this survey. You may skip any question you do not wish to answer or stop at any time. It will not affect your grades. Other students have said this survey is interesting and they enjoyed filling it out. We hope you will too. If you have any questions about this survey you may ask your teacher before beginning. Please take a minute to read the instructions below before starting the survey.

Instructions

1. This is not a test, so there are no right or wrong answers.

2. The questions should be answered by marking one of the answer spaces on the answer sheet. If you don't find an answer that fits exactly, use one that comes closest. If any question does not apply to you, or you are not sure of what it means, just leave it blank.

3. Your answers will be read by a computer. Please follow these instructions carefully.

   - Use a pencil only.
   - Make heavy marks inside the bubbles.
   - Erase cleanly any answer you wish to change.
   - Make no other markings or comments on the answer pages.

   This kind of mark will work:
   Correct Mark

   Ⓐ Ⓑ ● Ⓓ

   These kinds of marks will NOT work:
   Incorrect Marks

   ✓ ✗ ◒ ⊙

4. Some of the questions have the following format:

   Please mark in the bubble which of the <u>four</u> words best describes how you feel about that sentence.

   EXAMPLE: Pepperoni pizza is one of my favorite foods.

   Ⓐ a. NO!
   Ⓑ b. no
   ● c. yes
   Ⓓ d. YES!

   Mark (the Big) YES! if you think the statement is <u>definitely true</u> for you.
   Mark (the little) yes if you think the statement is <u>mostly true</u> for you.
   Mark (the little) no if you think the statement is <u>mostly not true</u> for you.
   Mark (the Big) NO! if you think the statement is <u>definitely not true</u> for you.
   In the example above, the student marked yes because he or she thinks the statement is <u>mostly true</u>. (Please mark one answer.)

1. How old are you?
   a. 10 or younger
   b. 11
   c. 12
   d. 13
   e. 14
   f. 15 or older

2. Are you?
   a. Female
   b. Male

3. What grade are you in?
   a. 5th
   b. 6th
   c. 7th
   d. Ungraded or other

4. How do you describe yourself?
   (Select one or more responses.)
   a. American Indian or Alaskan Native
   b. Asian or Asian American
   c. Black or African-American
   d. Hispanic or Latino/Latina
   e. Native Hawaiian or other Pacific Islander
   f. White or Caucasian
   g. Other

5. What language is usually spoken at home?
   a. English
   b. Spanish
   c. Other

The next questions ask about personal safety.

6. When you ride a bicycle, how often do you wear a helmet?
   a. I do not ride a bicycle
   b. Never wear a helmet
   c. Rarely wear a helmet
   d. Sometimes wear a helmet
   e. Most of the time wear a helmet
   f. Always wear a helmet

7. How often do you wear a seat belt when riding in a car?
   a. Never
   b. Rarely
   c. Sometimes
   d. Most of the time
   e. Always

8. When you rollerblade or skateboard, how often do you wear a helmet?
   a. I do not rollerblade or ride a skateboard
   b. Never wear a helmet
   c. Rarely wear a helmet
   d. Sometimes wear a helmet
   e. Most of the time wear a helmet
   f. Always wear a helmet

The next questions ask about walking or riding a bicycle.

9. On average how many days a week do you walk to or from school?
   a. Never
   b. 1 – 2
   c. 3 – 4
   d. I walk every day

10. On average how many days a week do you bike to or from school?
    a. Never
    b. 1 – 2
    c. 3 – 4
    d. I bike every day

The next questions ask about how active you are.

11. In the past 7 days, on how many days were you physically active for a total of at least 60 minutes per day? (Add up all the time you spent in any kind of physical activity that increases your heart rate or makes you breathe hard some of the time.)
    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. **On an average school day**, how many hours do you watch TV, play video games, or use a computer or the Internet for fun?
    a. I do not do these activities on an average school day
    b. Less than 1 hour per day
    c. 1 hour per day
    d. 2 hours per day
    e. 3 hours per day
    f. 4 hours per day
    g. 5 or more hours per day

The next questions ask about your health and health care.

13. Has a doctor or nurse ever told you that you have asthma?
    a. Yes
    b. No
    c. Not sure

14. Do you still have asthma?
    a. I have never had asthma
    b. Yes
    c. No
    d. Not sure

The next questions ask about your experiences with school.

15. Think back over the past year in school. How often did you:

    A. Enjoy being in school?
    a. Never
    b. Seldom
    c. Sometimes
    d. Often
    e. Almost always

    B. Hate being in school?
    a. Never
    b. Seldom
    c. Sometimes
    d. Often
    e. Almost always

    C. Try to do your best work in school?
    a. Never
    b. Seldom
    c. Sometimes
    d. Often
    e. Almost always

16. During the LAST 4 WEEKS, how many whole days of school have you missed because you skipped or "cut"?
    a. None
    b. 1
    c. 2
    d. 3
    e. 4 – 5
    f. 6 – 10
    g. 11 or more

17. Putting them all together, what were your grades like last year?
    a. Mostly As
    b. Mostly Bs
    c. Mostly Cs
    d. Mostly Ds
    e. Mostly Fs

18. Are your school grades better than the grades of most students in your class?
    a. NO!
    b. no
    c. yes
    d. YES!

19. During the past year in school, how many times did you get information in classes about the dangers of tobacco use?
    a. None
    b. Once
    c. 2 or 3 times
    d. 4 or more times

20. During the past year, did you practice ways to say NO to tobacco in any of your classes (for example, by role playing)?
    a. Yes
    b. No
    c. Not sure

21. My teacher(s) notices when I am doing a good job and lets me know about it.
    a. NO!
    b. no
    c. yes
    d. YES!

22. The school lets my parents know when I have done something well.
    a. NO!
    b. no
    c. yes
    d. YES!

23. I feel safe at my school.
    a. NO!
    b. no
    c. yes
    d. YES!

24. My teachers praise me when I work hard in school.
    a. NO!
    b. no
    c. yes
    d. YES!

25. How often do you feel the schoolwork you are assigned is meaningful and important?
    a. Almost always
    b. Often
    c. Sometimes
    d. Seldom
    e. Never

26. How interesting are most of your courses to you?
    a. Very interesting and stimulating
    b. Quite interesting
    c. Fairly interesting
    d. Slightly dull
    e. Very dull

27. How important do you think the things you are learning in school are going to be for you later in life?
    a. Very important
    b. Quite important
    c. Fairly important
    d. Slightly important
    e. Not at all important

28. Do you have goals and plans for the future?
    a. No
    b. Yes

The next questions ask about the neighborhood and community where you live.

29. My neighbors notice when I am doing a good job and let me know.
    a. NO!
    b. no
    c. yes
    d. YES!

30. There are people in my neighborhood who encourage me to do my best.
    a. NO!
    b. no
    c. yes
    d. YES!

31. There are people in my neighborhood who are proud of me when I do something well.
    a. NO!
    b. no
    c. yes
    d. YES!

32. How many times in the past year (12 months) have you . . .

    A. Participated in clubs, organizations or activities at school?
    a. Never
    b. 1 or 2 times
    c. 3 to 5 times
    d. 6 to 9 times
    e. 10 to 19 times
    f. 20 to 29 times
    g. 30 to 39 times
    h. 40+ times

    B. Done extra work on your own for school?
    a. Never
    b. 1 or 2 times
    c. 3 to 5 times
    d. 6 to 9 times
    e. 10 to 19 times
    f. 20 to 29 times
    g. 30 to 39 times
    h. 40+ times

    C. Volunteered to do community service?
    a. Never
    b. 1 or 2 times
    c. 3 to 5 times
    d. 6 to 9 times
    e. 10 to 19 times
    f. 20 to 29 times
    g. 30 to 39 times
    h. 40+ times

33. Think about your <u>four best friends</u> (the friends you feel closest to). In the past year (12 months), how many of your best friends have…

    A. Participated in clubs, organizations or activities at school?
    a. None of my friends
    b. 1 of my friends
    c. 2 of my friends
    d. 3 of my friends
    e. 4 of my friends

    B. Made a commitment to stay drug-free?
    a. None of my friends
    b. 1 of my friends
    c. 2 of my friends
    d. 3 of my friends
    e. 4 of my friends

C. Liked school?
   a. None of my friends
   b. 1 of my friends
   c. 2 of my friends
   d. 3 of my friends
   e. 4 of my friends

D. Regularly attended religious services?
   a. None of my friends
   b. 1 of my friends
   c. 2 of my friends
   d. 3 of my friends
   e. 4 of my friends

E. Tried to do well in school?
   a. None of my friends
   b. 1 of my friends
   c. 2 of my friends
   d. 3 of my friends
   e. 4 of my friends

34. How wrong would most adults in your neighborhood think it was for kids your age:

A. To use marijuana?
   a. Very wrong
   b. Wrong
   c. A little bit wrong
   d. Not wrong at all

B. To drink alcohol?
   a. Very wrong
   b. Wrong
   c. A little bit wrong
   d. Not wrong at all

C. To smoke cigarettes?
   a. Very wrong
   b. Wrong
   c. A little bit wrong
   d. Not wrong at all

35. If a kid drank some beer, wine, or hard liquor (for example, vodka, whiskey, or gin) in your neighborhood, would he or she be caught by the police?
   a. NO!
   b. no
   c. yes
   d. YES!

36. If a kid smoked marijuana in your neighborhood, would he or she be caught by the police?
   a. NO!
   b. no
   c. yes
   d. YES!

37. If a kid carried a handgun in your neighborhood, would he or she be caught by the police?
   a. NO!
   b. no
   c. yes
   d. YES!

38. If you wanted to get some beer, wine, or hard liquor (for example, vodka, whiskey, or gin), how easy would it be for you to get some?
   a. Very hard
   b. Sort of hard
   c. Sort of easy
   d. Very easy

39. If you wanted to get some cigarettes, how easy would it be for you to get some?
   a. Very hard
   b. Sort of hard
   c. Sort of easy
   d. Very easy

40. If you wanted to get some marijuana, how easy would it be for you to get some?
   a. Very hard
   b. Sort of hard
   c. Sort of easy
   d. Very easy

41. If you wanted to get a drug like cocaine, LSD, or amphetamines, how easy would it be for you to get some?
   a. Very hard
   b. Sort of hard
   c. Sort of easy
   d. Very easy

The next questions ask about your experience with tobacco, alcohol, and other drugs. Remember, no one but you will know how you answered.

42. **During the past 30 days**, on how many days did you:

A. Smoke cigarettes?
a. None
b. 1 – 2 days
c. 3 – 5 days
d. 6 – 9 days
e. 10 – 29 days
f. All 30 days

B. Use chewing tobacco, snuff, or dip?
a. None
b. 1 – 2 days
c. 3 – 5 days
d. 6 – 9 days
e. 10 – 29 days
f. All 30 days

C. Drink a glass, can, or bottle of alcohol (beer, wine, wine coolers, hard liquor)?
a. None
b. 1 – 2 days
c. 3 – 5 days
d. 6 – 9 days
e. 10 or more days

D. Use marijuana or hashish (grass, hash, pot)?
a. None
b. 1 – 2 days
c. 3 – 5 days
d. 6 – 9 days
e. 10 or more days

E. Use derbisol (wagon wheels, hope)?
a. None
b. 1 – 2 days
c. 3 – 5 days
d. 6 – 9 days
e. 10 or more days

43. Have you ever, even once in your lifetime:

A. Had more than a sip or two of beer, wine, or hard liquor (for example, vodka, whiskey, or gin)?
a. Yes
b. No

B. Smoked marijuana?
a. Yes
b. No

C. Used inhalants (things you sniff to get high)?
a. Yes
b. No

D. Used other illegal drugs?
a. Yes
b. No

44. How old were you the first time you smoked a whole cigarette?
a. Never have
b. 10 or younger
c. 11
d. 12
e. 13 or older

45. Think back over the last 2 weeks. How many times have you had five or more drinks in a row? (A drink is a glass of wine, a bottle of beer, a shot glass of liquor, or a mixed drink.)
a. None
b. Once
c. Twice
d. 3 – 5 times
e. 6 – 9 times
f. 10 or more times

The next questions ask about fighting and other issues related to safety.

46. During the past 30 days, did you carry a weapon such as a gun, knife, or club **on school property**?
a. Yes
b. No

47. A student is being bullied when another student, or group of students, say or do nasty or unpleasant things to him or her. It is also bullying when a student is teased repeatedly in a way he or she doesn't like. It is NOT bullying when two students of about the same strength argue or fight.

In the last 30 days, how often have you been bullied?
a. I have not been bullied
b. Once
c. 2 – 3 times
d. About once a week
e. Several times a week

48. During the past 12 months, how many times were you in a physical fight?
    a. 0 times
    b. 1 time
    c. 2 – 3 times
    d. 4 – 5 times
    e. 6 or more times

49. Do you try to work out your problems by talking about them?
    a. No, never
    b. Yes, some of the time
    c. Yes, most of the time
    d. Yes, all of the time

The next questions ask about suicide. Sometimes people feel so depressed about the future that they may consider attempting suicide or killing themselves.

50. Have you ever **seriously** thought about killing yourself?
    a. Yes
    b. No

51. Have you ever **tried** to kill yourself?
    a. Yes
    b. No

52. When you feel sad or hopeless, are there adults you can turn to for help?
    a. I never feel sad or hopeless
    b. Yes
    c. No
    d. Not sure

This section asks more questions about tobacco, alcohol, and other drugs.

53. If one of your best friends offered you a cigarette, would you smoke it?
    a. Definitely no
    b. Probably no
    c. Probably yes
    d. Definitely yes

54. Do you think that you will smoke a cigarette anytime in the next year?
    a. Definitely no
    b. Probably no
    c. Probably yes
    d. Definitely yes

55. How much do you think people risk harming themselves if they:

    A. Smoke one or more packs of cigarettes per day?
       a. No risk
       b. Slight risk
       c. Moderate risk
       d. Great risk
       e. Not sure

    B. Try marijuana once or twice?
       a. No risk
       b. Slight risk
       c. Moderate risk
       d. Great risk
       e. Not sure

    C. Smoke marijuana regularly?
       a. No risk
       b. Slight risk
       c. Moderate risk
       d. Great risk
       e. Not sure

    D. Take one or two drinks of an alcoholic beverage (wine, beer, a shot, liquor) nearly every day?
       a. No risk
       b. Slight risk
       c. Moderate risk
       d. Great risk
       e. Not sure

56. How wrong do you think it is for someone your age to:

    A. Drink beer, wine, or hard liquor (for example, vodka, whiskey, or gin) regularly?
       a. Very wrong
       b. Wrong
       c. A little bit wrong
       d. Not wrong at all

    B. Smoke cigarettes?
       a. Very wrong
       b. Wrong
       c. A little bit wrong
       d. Not wrong at all

C. Smoke marijuana?
   a. Very wrong
   b. Wrong
   c. A little bit wrong
   d. Not wrong at all

D. Use LSD, cocaine, amphetamines, or another illegal drug?
   a. Very wrong
   b. Wrong
   c. A little bit wrong
   d. Not wrong at all

57. Do you think young people risk harming themselves if they smoke 1 – 5 cigarettes a day?
   a. Definitely no
   b. Probably no
   c. Probably yes
   d. Definitely yes

58. Have you ever ridden in a car driven by someone who had been drinking alcohol?
   a. Yes
   b. No
   c. Not sure

59. Has either of your parents (or guardians) discussed the dangers of tobacco use with you?
   a. Mother (or female guardian) only
   b. Father (or male guardian) only
   c. Both
   d. Neither

60. Some tobacco companies make t-shirts, lighters or other items that people can buy or receive for free. Would you ever use or wear something that has a tobacco company name or picture on it such as a lighter, t-shirt, hat, or sunglasses?

   a. Definitely no
   b. Probably no
   c. Probably yes
   d. Definitely yes

61. During the past 7 days, on how many days were you in the same room with someone who was smoking cigarettes?
   a. 0 days
   b. 1 – 2 days
   c. 3 – 4 days
   d. 5 – 6 days
   e. 7 days

62. Do you think the smoke from other people's cigarettes (secondhand smoke) is harmful to you?
   a. Definitely no
   b. Probably no
   c. Probably yes
   d. Definitely yes

The next questions ask about body weight and what you eat.

63. Which of the following are you trying to do about your weight?
   a. **I am not trying to do anything** about my weight
   b. **Lose** weight
   c. **Gain** weight
   d. **Stay** the same weight

64. Did you eat breakfast today?
   a. Yes
   b. No

65. How many sodas or pops did you drink yesterday? (Do **not** count diet soda.)
   a. None
   b. 1
   c. 2
   d. 3
   e. 4 or more

66. Did you buy any of these at school?
   a. I did not drink sodas or pop yesterday
   b. Yes
   c. No

67. How honest were you in filling out this survey?
   a. I was very honest
   b. I was honest pretty much of the time
   c. I was honest some of the time.
   d. I was honest once in a while.
   e. I was not honest at all.

The next questions ask about your family. When answering these questions, think about the people you consider to be your family - parents, stepparents, grandparents, aunts, uncles, etc.

68. My parents give me lots of chances to do fun things with them.
    a. NO!
    b. no
    c. yes
    d. YES!

69. My parents ask me what I think before most family decisions affecting me are made.
    a. NO!
    b. no
    c. yes
    d. YES!

70. If I had a personal problem, I could ask my mom or dad for help.
    a. NO!
    b. no
    c. yes
    d. YES!

71. My parents notice when I am doing a good job and let me know about it.
    a. Never or almost never
    b. Sometimes
    c. Often
    d. All the time

72. Do you enjoy spending time with your dad?
    a. NO!
    b. no
    c. yes
    d. YES!

73. Do you enjoy spending time with your mom?
    a. NO!
    b. no
    c. yes
    d. YES!

74. How often do your parents tell you they're proud of you for something you've done?
    a. Never or almost never
    b. Sometimes
    c. Often
    d. All the time

75. How often do you eat dinner with your family?
    a. Never
    b. Rarely
    c. Sometimes
    d. Most of the time
    e. Always

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2008 Healthy Youth Survey-Form C Answer Sheet

1. Ⓐ Ⓑ Ⓒ Ⓓ Ⓔ Ⓕ
2. Ⓐ Ⓑ
3. Ⓐ Ⓑ Ⓒ Ⓓ
4. Ⓐ Ⓑ Ⓒ Ⓓ Ⓔ Ⓕ Ⓖ
5. Ⓐ Ⓑ Ⓒ

Safety

6. Ⓐ Ⓑ Ⓒ Ⓓ Ⓔ Ⓕ
7. Ⓐ Ⓑ Ⓒ Ⓓ Ⓔ
8. Ⓐ Ⓑ Ⓒ Ⓓ Ⓔ Ⓕ

Walking & Bicycling

9. Ⓐ Ⓑ Ⓒ Ⓓ
10. Ⓐ Ⓑ Ⓒ Ⓓ

Activity

11. Ⓐ Ⓑ Ⓒ Ⓓ Ⓔ Ⓕ Ⓖ Ⓗ
12. Ⓐ Ⓑ Ⓒ Ⓓ Ⓔ Ⓕ Ⓖ

Health & Health Care

13. Ⓐ Ⓑ Ⓒ
14. Ⓐ Ⓑ Ⓒ Ⓓ

School

15. A. Ⓐ Ⓑ Ⓒ Ⓓ Ⓔ
    B. Ⓐ Ⓑ Ⓒ Ⓓ Ⓔ
    C. Ⓐ Ⓑ Ⓒ Ⓓ Ⓔ
16. Ⓐ Ⓑ Ⓒ Ⓓ Ⓔ Ⓕ Ⓖ
17. Ⓐ Ⓑ Ⓒ Ⓓ Ⓔ
18. Ⓐ Ⓑ Ⓒ Ⓓ
19. Ⓐ Ⓑ Ⓒ Ⓓ
20. Ⓐ Ⓑ Ⓒ
21. Ⓐ Ⓑ Ⓒ Ⓓ
22. Ⓐ Ⓑ Ⓒ Ⓓ
23. Ⓐ Ⓑ Ⓒ Ⓓ
24. Ⓐ Ⓑ Ⓒ Ⓓ
25. Ⓐ Ⓑ Ⓒ Ⓓ Ⓔ
26. Ⓐ Ⓑ Ⓒ Ⓓ Ⓔ
27. Ⓐ Ⓑ Ⓒ Ⓓ Ⓔ
28. Ⓐ Ⓑ

Neighborhood & Community

29. Ⓐ Ⓑ Ⓒ Ⓓ
30. Ⓐ Ⓑ Ⓒ Ⓓ
31. Ⓐ Ⓑ Ⓒ Ⓓ
32. A. Ⓐ Ⓑ Ⓒ Ⓓ Ⓔ Ⓕ Ⓖ Ⓗ
    B. Ⓐ Ⓑ Ⓒ Ⓓ Ⓔ Ⓕ Ⓖ Ⓗ
    C. Ⓐ Ⓑ Ⓒ Ⓓ Ⓔ Ⓕ Ⓖ Ⓗ
33. A. Ⓐ Ⓑ Ⓒ Ⓓ Ⓔ
    B. Ⓐ Ⓑ Ⓒ Ⓓ Ⓔ
    C. Ⓐ Ⓑ Ⓒ Ⓓ Ⓔ
    D. Ⓐ Ⓑ Ⓒ Ⓓ Ⓔ
    E. Ⓐ Ⓑ Ⓒ Ⓓ Ⓔ
34. A. Ⓐ Ⓑ Ⓒ Ⓓ
    B. Ⓐ Ⓑ Ⓒ Ⓓ
    C. Ⓐ Ⓑ Ⓒ Ⓓ
35. Ⓐ Ⓑ Ⓒ Ⓓ
36. Ⓐ Ⓑ Ⓒ Ⓓ
37. Ⓐ Ⓑ Ⓒ Ⓓ
38. Ⓐ Ⓑ Ⓒ Ⓓ
39. Ⓐ Ⓑ Ⓒ Ⓓ
40. Ⓐ Ⓑ Ⓒ Ⓓ
41. Ⓐ Ⓑ Ⓒ Ⓓ

Tobacco, Alcohol, & Other Drugs

42. A. Ⓐ Ⓑ Ⓒ Ⓓ Ⓔ Ⓕ
    B. Ⓐ Ⓑ Ⓒ Ⓓ Ⓔ Ⓕ
    C. Ⓐ Ⓑ Ⓒ Ⓓ Ⓔ
    D. Ⓐ Ⓑ Ⓒ Ⓓ Ⓔ
    E. Ⓐ Ⓑ Ⓒ Ⓓ Ⓔ
43. A. Ⓐ Ⓑ
    B. Ⓐ Ⓑ
    C. Ⓐ Ⓑ
    D. Ⓐ Ⓑ
44. Ⓐ Ⓑ Ⓒ Ⓓ Ⓔ
45. Ⓐ Ⓑ Ⓒ Ⓓ Ⓔ Ⓕ

Fighting & Violence

46. Ⓐ Ⓑ
47. Ⓐ Ⓑ Ⓒ Ⓓ Ⓔ
48. Ⓐ Ⓑ Ⓒ Ⓓ Ⓔ
49. Ⓐ Ⓑ Ⓒ Ⓓ

Suicide

50. Ⓐ Ⓑ
51. Ⓐ Ⓑ
52. Ⓐ Ⓑ Ⓒ Ⓓ

Tobacco, Alcohol, & Other Drugs

53. Ⓐ Ⓑ Ⓒ Ⓓ
54. Ⓐ Ⓑ Ⓒ Ⓓ
55. A. Ⓐ Ⓑ Ⓒ Ⓓ Ⓔ
    B. Ⓐ Ⓑ Ⓒ Ⓓ Ⓔ
    C. Ⓐ Ⓑ Ⓒ Ⓓ Ⓔ
    D. Ⓐ Ⓑ Ⓒ Ⓓ Ⓔ
56. A. Ⓐ Ⓑ Ⓒ Ⓓ
    B. Ⓐ Ⓑ Ⓒ Ⓓ
    C. Ⓐ Ⓑ Ⓒ Ⓓ
    D. Ⓐ Ⓑ Ⓒ Ⓓ
57. Ⓐ Ⓑ Ⓒ Ⓓ
58. Ⓐ Ⓑ Ⓒ
59. Ⓐ Ⓑ Ⓒ Ⓓ
60. Ⓐ Ⓑ Ⓒ Ⓓ
61. Ⓐ Ⓑ Ⓒ Ⓓ Ⓔ
62. Ⓐ Ⓑ Ⓒ Ⓓ

Body Weight & What You Eat

63. Ⓐ Ⓑ Ⓒ Ⓓ
64. Ⓐ Ⓑ
65. Ⓐ Ⓑ Ⓒ Ⓓ Ⓔ
66. Ⓐ Ⓑ Ⓒ
67. Ⓐ Ⓑ Ⓒ Ⓓ Ⓔ

Family

68. Ⓐ Ⓑ Ⓒ Ⓓ
69. Ⓐ Ⓑ Ⓒ Ⓓ
70. Ⓐ Ⓑ Ⓒ Ⓓ
71. Ⓐ Ⓑ Ⓒ Ⓓ
72. Ⓐ Ⓑ Ⓒ Ⓓ
73. Ⓐ Ⓑ Ⓒ Ⓓ
74. Ⓐ Ⓑ Ⓒ Ⓓ
75. Ⓐ Ⓑ Ⓒ Ⓓ Ⓔ

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