

Partners



COOK ISLANDS
Ministry of Education
Maraurau o te Pae Api'i



Funders



Pacific Science for Health Literacy Partnership Programme

Student Questionnaire – Cook Islands

| <i>To be completed by the researcher</i> | | | |
|--|--|-------------------------------------|--|
| Researcher Code | | Date of completion of questionnaire | |
| Parental consent has been obtained | | Student Assent has been obtained | |

Thank you for taking part in this questionnaire.

The researcher will take your group through the questionnaire to make sure you understand what each question is about.

You can ask the researcher a question if you are not sure what to do.

Section One: About You

Please confirm by a tick or a cross whether this information is correct.

You can make any changes in the box on the right hand side of the table.

| <i>This information is from your consent form</i> | <i>✓ or ✗</i> | <i>Incorrect – please change to.....</i> |
|---|---------------|--|
| 1. Name | | |
| 2. Date of Birth | | |
| 3. School | | |
| 4. Village Name | | |
| 5. Vaka / Island | | |
| 6. I am in | | |
| 7. Sex | | |
| 8. How old are you | | |

| | | | |
|--|-----|-----------|---|
| 9A. Are you a Cook Island Māori? | Yes | | If Yes – please tell me which Island you are from |
| | No | | If No - Go to Question 9C |
| 9B. Which is the ethnicity that you most strongly identify with? –Please tick one only | | | |
| Pukapuka | | Aitutaki | |
| Manihiki | | Atiu | |
| Rakahanga | | Mangaia | |
| Nassau | | Mauke | |
| Suwarrow | | Mitiaro | |
| Penheryn | | Rarotonga | |

| | | | |
|--|--|-------------------------------|--|
| 9C. What is your ethnicity (Tick as many as you need to) | | | |
| | | Cook Island Māori | |
| Fijian | | New Zealand Māori | |
| Indo-Fijian | | New Zealand Pakeha / European | |
| Niuean | | Indian | |
| Samoaan | | Asian – please specify | |
| Tongan | | Other – please specify | |

| | |
|-------------------------------|--|
| 10. Who do you live with? | |
| Birth Parents/Feeding parents | |
| Aunt/Uncle | |
| Grandparent/s | |
| Other relative/s | |
| Other – please explain | |

| | | | | | |
|--|---|---|---|---|-----------|
| | 1 | 2 | 3 | 4 | 5 or more |
| 11. How many children (including yourself) usually live in your house? | | | | | |
| 12. How many adults usually live in your house? | | | | | |

Section Two: About Health

| | Very Good | Good | OK | Bad | Very Bad |
|---------------------------|-----------|------|----|-----|----------|
| 13. My own health is..... | | | | | |

| | Very healthy | Healthy | OK | Unhealthy | Very Unhealthy |
|----------------------------------|--------------|---------|----|-----------|----------------|
| 14. My lifestyle is usually.... | | | | | |
| 15. The food I eat is usually... | | | | | |

| | A lot | Some | Not very much | Not at all |
|---|-------|------|---------------|------------|
| 16. How much does it matter what you eat? | | | | |
| 17. How much does it matter whether you are active or exercise every day? | | | | |
| 18. How much does it matter whether you are healthy? | | | | |

| For each of these statements, tick one box to tell me what you think..... | Strongly Agree | Agree | Disagree | Strongly Disagree | I don't know |
|---|----------------|-------|----------|-------------------|--------------|
| 19. The food a woman eats when she is pregnant affects the health of her baby | | | | | |
| 20. The food a father eats affects the health of his children when they are babies | | | | | |
| 21. The food I eat now affects my health in the future | | | | | |
| 22. The food I eat now may affect the health of any children I have in the future | | | | | |
| 23. The food a woman eats when she is pregnant affects the health of her baby when it is grown up | | | | | |
| 24. The food a father eats affects the health of his children when they grow up | | | | | |
| 25. It is important for me to eat healthy food no | | | | | |

Section Three: About Nutrition and eating habits

| How many days in an average week do you.... | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
|---|---|---|---|---|---|---|---|---|
| 26. Have something to eat for breakfast? | | | | | | | | |
| 27. Sit and share an evening meal/dinner with other family members? | | | | | | | | |
| 28. Sit down in front of the TV to have your evening meal/dinner? | | | | | | | | |
| 29. Help your Mum or Dad or family prepare dinner? | | | | | | | | |

| | Every week | Most weeks | Occasionally | Never |
|--|------------|------------|--------------|-------|
| 30A. How often do you help your Mum or Dad or the person who does the shopping in your house with the food shopping? | | | | |
| 30B. If you do help, how do you help? | | | | |

| | Where do you usually get the food that you eat for: | Home | School | Shops or Takeaways | Other | I don't usually eat this meal |
|-----|---|------|--------|--------------------|-------|-------------------------------|
| 31. | Breakfast | | | | | |
| 32. | Lunch | | | | | |
| 33. | Afterschool snack | | | | | |
| 34. | Dinner | | | | | |
| 35. | General Snacks | | | | | |

| | | Yes | No |
|-----|---|-----|----|
| 36. | Do you or your family grow fruit or vegetables at home or on family owned land? | | |
| 37. | If you answered yes, do you eat the fruit and vegetables you or your family grow? | | |
| 38. | Do you grow fruit or vegetables at school? | | |
| 39. | If you answered yes, do you eat the fruit and vegetables you grow at school? | | |

| | | Maintain your health and wellbeing | Improve your health and wellbeing | Not concerned about your health and wellbeing |
|-----|------------------------------|------------------------------------|-----------------------------------|---|
| 40. | Are you currently trying to: | | | |

| | | | | |
|-----|---|--|--|--|
| 41. | If you are currently trying to maintain or improve your health and wellbeing, what are you doing to achieve this? | | | |
| | | | | |

| | | Maintain their health and wellbeing | Improve their health and wellbeing | Not concerned about their health and wellbeing | I Don't know |
|-----|--|-------------------------------------|------------------------------------|--|--------------|
| 42. | Is anyone in your house currently trying to: | | | | |

| | | | | |
|-----|--|--|--|--|
| 43. | If someone in your house is currently trying to maintain or improve their health and wellbeing, what are they doing to achieve this? | | | |
| | | | | |

| | Do you know anyone (family member, relative, friend of family etc.) that has or has previously had: | Yes | No |
|-----|---|-----|----|
| 44. | High blood pressure | | |
| 45. | High cholesterol | | |
| 46. | Heart disease | | |
| 47. | Stroke | | |
| 48. | Diabetes | | |
| 49. | Cancer | | |

| | In an average week , on how many days do you eat each food type below: | Never (I don't usually eat this food) | 1 day a week | 2-3 days a week | 4-5days a week | More than 5 days a week |
|-----|---|--|--------------|-----------------|----------------|-------------------------|
| 50. | <i>Fresh fruit</i> (e.g. Pawpaw, mango, banana) One serving = e.g. one small banana or ¼ of a pawpaw | | | | | |
| 51. | <i>Raw or salad vegetables</i> (e.g. tomato, lettuce) One serving = ½ cup | | | | | |
| 52. | <i>Cooked green vegetables</i> (e.g. spinach, rukau, beans) One serving = ½ cup | | | | | |
| 53. | <i>Cooked starchy vegetables</i> (e.g. taro, kumara, potato, maniota, etc) One serving = ½ cup | | | | | |
| 54. | <i>Red meat</i> (e.g. beef, mutton, lamb (including mince)) One serving = 100g (the size of a small cell phone) | | | | | |
| 55. | Poultry (e.g. chicken breast, tenderloins, drumsticks, or whole chickens) One serving = 100g (the size of a small cell phone) | | | | | |
| 56. | Processed meats (e.g. sausages, luncheon sausage, canned corned beef, bacon, ham) <i>100 gms equals</i> sausages 1 large or 2 small canned corned beef-2 heaped dessert spoons bacon2-3 rashers ham / luncheon-4-5 medium slices | | | | | |
| 57. | <i>Fresh fish, frozen fish(not coated in batter or breadcrumbs or fried) or canned fish</i> (e.g. tuna, salmon, sardines) One serving = onesmall tin= 95 grms One medium tin =185 gms Sardines one medium tin = 125 gms | | | | | |
| 58. | <i>Frozen battered or breadcrumbed fish</i> (e.g. breadcrumbed or battered tuna) One serving = 100g (the size of a small cell phone) | | | | | |
| 59. | <i>Grains, Pasta and Cereal foods</i> (e.g. pasta, rice, muesli, porridge or breakfast cereal – weetbix, cornflakes etc.) One serving = ½ cup | | | | | |
| 60. | <i>Milk</i> plain/un-flavoured (includes milk for drinking only not milk on breakfast cereal) One serving = one cup | | | | | |

| | In an average DAY , how many SERVINGS do you eat each food type below: | Never (I don't usually eat this food) | 1 PER DAY | 2-3 A DAY | 4-5 A DAY | More than 5 a day |
|-----|--|--|-----------|-----------|-----------|-------------------|
| 61. | <i>Fresh fruit</i> (e.g. Pawpaw, mango, banana) One serving = e.g. one small banana or ¼ of a pawpaw | | | | | |
| 62. | <i>Raw or salad vegetables</i> (e.g. tomato, lettuce) One serving = ½ cup | | | | | |
| 63. | <i>Cooked green vegetables</i> (e.g. spinach, rukau, beans) One serving = ½ cup | | | | | |
| 64. | <i>Cooked starchy vegetables</i> (e.g. taro, kumara, potato, maniotā, etc) One serving = ½ cup | | | | | |
| 65. | <i>Red meat</i> (e.g. beef, mutton, lamb (including mince)) One serving = 100g (the size of a small cell phone) | | | | | |
| 66. | <i>Poultry</i> (e.g. chicken breast, tenderloins, drumsticks, or whole chickens) One serving = 100g (the size of a small cell phone) | | | | | |
| 67. | <i>Processed meats</i> (e.g. sausages, luncheon sausage, canned corned beef, bacon, ham) <i>100 gms equals</i> sausages 1 large or 2 small canned corned beef-2 heaped dessert spoons bacon-2-3 rashers ham / luncheon-4-5 medium slices | | | | | |
| 68. | <i>Fresh fish, frozen fish(not coated in batter or breadcrumbs or fried) or canned fish</i> (e.g. tuna, salmon, sardines) One serving = one small tin= 95 grms One medium tin =185 gms Sardines one medium tin = 125 gms | | | | | |
| 69. | <i>Frozen battered or breadcrumbed fish</i> (e.g. breadcrumbed or battered tuna) One serving = 100g (the size of a small cell phone) | | | | | |
| 70. | <i>Grains, Pasta and Cereal foods</i> (e.g. pasta, rice, muesli, porridge or breakfast cereal – weetbix, cornflakes etc.) One serving = ½ cup | | | | | |
| 71. | <i>Milk</i> plain/un-flavoured (includes milk for drinking only not milk on breakfast cereal) One serving = one cup | | | | | |

| | In an average week , on how many days do you eat each food type below: | Never (I don't eat this food) | 1 day a week | 2-3 days a week | 4-5 days a week | More than 5 days a week |
|-----|---|----------------------------------|--------------|-----------------|-----------------|-------------------------|
| 72. | <i>Chocolate milk or other flavoured milk</i> (e.g. Milo, Nesquik, Wave) One serving = one cup | | | | | |
| 73. | <i>Energy Drinks</i> (e.g. Powerade, E2, Lift Plus, V, Red Bull) One serving = one cup | | | | | |
| 74. | <i>Regular fizzy or soft drinks</i> (e.g. Vaoira, Coke, Sprite, Fanta) One serving = one cup | | | | | |
| 75. | <i>Diet fizzy or soft drinks</i> (e.g. Diet Coke, Sprite Zero) One serving = one cup | | | | | |
| 76. | <i>Juice and fruit drinks</i> (e.g. Ribena, Raro, Thriftee, Just Juice, fresh fruit/vege juice) One serving = one cup | | | | | |
| 77. | <i>Sweet stuff</i> (Chocolates, biscuits, cake, sweets, or lollies) One serving = one bar, slice of cake | | | | | |
| 77A | <i>Doughnuts</i> One serving = ½ a doughnut | | | | | |
| 78. | <i>Potato chips</i> (e.g. crisps, burger rings, twisties, corn chips) One serving = 35g (one small packet) | | | | | |
| 79. | <i>Hot chips</i> (e.g. french fries, wedges, or kumara chips) One serving = ½ plate chips | | | | | |
| 80. | <i>Meat pies, sausage rolls</i> One serving = one pie or one full-sized sausage roll | | | | | |
| 81. | <i>Sandwiches or filled rolls</i> One serving = one sandwich or roll | | | | | |

| | On any given day , how many servings do you eat of each of each food type below: | Never (I don't eat this food) | One serving a day | Two servings a day | Three servings a day | Four servings or more a day |
|-----|---|----------------------------------|-------------------|--------------------|----------------------|-----------------------------|
| 82. | Chocolate milk or other flavoured milk (includes "ZAP", Milo, Nesquik, Wave, get the name of the anchor flavoured milk etc.) One serving = one cup | | | | | |
| 83. | Energy Drinks (e.g. Powerade, E2, Gatorade, Lift Plus, Red Bull) One serving = one cup | | | | | |
| 84. | Regular fizzy or soft drinks (e.g. Vaiora, Coke, Sprite, Fanta) One serving = one cup | | | | | |
| 85. | Diet fizzy or soft drinks (e.g. Diet Coke, Sprite Zero) One serving = one cup | | | | | |
| 86. | Juice and fruit drinks (e.g. Ribena, Raro, Thriftee, Just Juice, fresh fruit/vege juice) One serving = one cup | | | | | |
| 87. | Sweet stuff (Chocolates, biscuits, cake, sweets, or lollies) One serving = one bar, one slice of cake, two small biscuits | | | | | |
| 87A | Doughnuts One serving = ½ a doughnut | | | | | |
| 88 | Potato chips (e.g. crisps, burger rings, twisties, corn chips) One serving = 35g (one small packet) | | | | | |
| 89 | Hot chips (e.g. french fries, wedges, or kumara chips) One serving = ½ plate chips | | | | | |
| 90. | Meat pies, sausage rolls One serving = one pie or one full-sized sausage roll | | | | | |
| 91. | Sandwiches or filled rolls One serving = one sandwich or roll | | | | | |

| | | None | 1-2 slices | 3-4 slices | 5-6 slices | 7 or more slices |
|-----|---|------|------------|------------|------------|------------------|
| 92. | How many slices of bread do you eat <u>per day</u> on an average day? | | | | | |
| 92A | How many bread rolls do you eat <u>per day</u> on an average day? | | | | | |

| | | White | White high fibre | Brown or wholemeal | Wholegrain |
|-----|---|-------|------------------|--------------------|------------|
| 93. | What type of bread do you eat most often? | | | | |

| | | None | 1-2 | 3-4 | 5-6 | 7-8 | 8 or more |
|-----|---|------|-----|-----|-----|-----|-----------|
| 94. | How many cups/glasses of plain water (tap or mineral non-flavoured water) do you drink per day? | | | | | | |

| | | Never | Less than once a week | 1-2 times | 3-4 times | 5-6 times | 7 times or more |
|-----|--|-------|-----------------------|-----------|-----------|-----------|-----------------|
| 95. | In an <u>average</u> week, how often do you eat fast food or takeaways from places like Burger shops, Hot chicken shops, Pizza shops, Chinese and Indian takeaways or fish and chip shops? | | | | | | |

96. Have you ever seen advertising campaigns for healthy eating or lifestyles? If so, where?

97. What things do you think people like you can do if they want to eat healthily?

98. What do you think are the benefits of eating healthily?

Section Four: About Physical Activity

| | | A lot | Some | Not very much | Not at all |
|-----|---|-------|------|---------------|------------|
| 99. | How much do you care about being physically active? | | | | |

| | | Less than 30 mins (half hour) per day | 30 minutes per day | 1 hour per day | More than 1 hour per day |
|------|---|---------------------------------------|--------------------|----------------|--------------------------|
| 100. | How many minutes of physical activity do you think people your age need to do <u>every day</u> to stay healthy? | | | | |

101. Have you ever seen advertising campaigns encouraging people to be active? If so, where?

102. What things do you think people can do to stay physically active?

103. What do you think are the benefits of being physically active?

YOUR WEEKDAY ACTIVITIES

| | How many minutes in an average weekday do you spend doing the following...? | None | 20-30 minutes | 1 hour | 2 or more hours |
|------|---|------|---------------|-----------|-------------------|
| 104. | Watching TV or sitting at a computer/mobile phone/tablet/netbook/laptop | | | | |
| 105. | Doing home-work or reading | | | | |
| 106. | Passive transport (sitting on a scooter, in a car, bus, etc.) | | | | |
| 107. | Playing active computer or console games | | | | |
| 108. | Walking (from place to place) e.g. school, friend's house, shop | | | | |
| | How many hours in an average week do you spend doing the following...? | none | 1-3 hours | 3-7 hours | More than 7 hours |
| 109. | Cycling, Cultural or other Dancing, Zumba. Aerobics | | | | |
| 110. | Household chores (e.g. raking rubbish, cleaning) or plantation work | | | | |
| 111. | Playing active games with friends (e.g. Running or chasing, playing tag) | | | | |
| 112. | Martial arts (e.g. karate, judo) | | | | |
| 113. | Active sport (e.g. soccer, volleyball, netball, basketball, tennis, rugby, swimming, surfing, oe vaka) | | | | |

YOUR WEEKEND ACTIVITIES

| | How many minutes on an average weekend day do you spend doing the following...? | None | 20-30 minutes per day | 1 hour per day | 2 hours or more per day |
|------|--|------|-----------------------|----------------|-------------------------|
| 114. | Watching TV or sitting at a computer/mobile phone/tablet/netbook/laptop | | | | |
| 115. | Doing home-work or reading | | | | |
| 116. | Passive transport (sitting on a scooter, in a car, bus etc.) | | | | |
| 117. | Playing active computer or console games | | | | |
| 118. | Walking (from place to place) e.g. school, friend's house, shop | | | | |
| 119. | Cycling, Cultural or other Dancing, Zumba. Aerobics | | | | |
| 120. | Household chores e.g. raking rubbish, cleaning) or plantation work | | | | |
| 121. | Playing active games with friends (e.g. Running or chasing, playing tag) | | | | |
| 122. | Martial arts (e.g. karate, judo) | | | | |
| 123. | Active sport (e.g. soccer, volleyball, netball, basketball, tennis, rugby, swimming, surfing, oe vaka) | | | | |

| | | Yes | No |
|------|------------------------------|-----|----|
| 124. | Do you have a part-time job? | | |

If you answered yes, please answer the two questions below. If you answered no, please go to Section Five.

| | | |
|------|-----------------------------|--|
| 125. | What is your part-time job? | |
|------|-----------------------------|--|

| | | |
|------|---|--|
| 126. | How many hours do you work at your part-time job in a typical week from Monday - Friday? (if you work weekdays) | |
| 127. | How many hours do you work at your part-time job in a typical weekend? (if you work weekend days) | |

Section Five: About Science

| | | Yes | No |
|------|--|-----|----|
| 132. | Have you ever met a scientist? | | |
| | <i>If your answer was yes, can you tell me who it was or what kind of scientist they were?</i> | | |

| | For each of these statements about science, tick one box to tell me what you think: | Strongly Agree | Agree | Disagree | Strongly Disagree | I don't know |
|------|---|----------------|-------|----------|-------------------|--------------|
| 133. | Science is important for helping us to understand the natural world | | | | | |
| 134. | Science is valuable to society / my community | | | | | |
| 135. | You can trust scientific knowledge | | | | | |
| 136. | I have done scientific investigations at school | | | | | |
| 137. | Science knowledge never changes | | | | | |
| 138. | Scientists would use creative thinking skills in their work | | | | | |
| 139. | Only scientists can do science | | | | | |
| 140. | Advances in science and technology usually help improve the economy | | | | | |
| 141. | Advances in science and technology usually bring social benefits | | | | | |
| 142. | Advances in science and technology usually improve people's living conditions | | | | | |
| 143. | Scientists would not use problem solving skills in their work | | | | | |
| 144. | Science knowledge can change over time | | | | | |
| 145. | I enjoy acquiring new knowledge in science | | | | | |
| 146. | I generally have fun when I am learning science topics | | | | | |
| 147. | I am interested in learning about science | | | | | |
| 148. | I like reading about science | | | | | |

| | For each of these statements about science, tick one box to tell me what you think: | Strongly Agree | Agree | Disagree | Strongly Disagree | I don't know |
|------|--|----------------|-------|----------|-------------------|--------------|
| 149. | I am happy doing science problems | | | | | |
| 150. | I study science because I know it is useful to me | | | | | |
| 151. | Making an effort in my science subject(s) is worth it because this will help me in the work I want to do later on | | | | | |
| 152. | Studying science subject(s) at school will not improve my career prospects | | | | | |
| 153. | I will learn many things in my science subject(s) that will help me get a job | | | | | |
| 154. | What I learn in my science subject(s) is worthwhile for me because I need this for what I want to study later on when I leave school | | | | | |
| 155. | I would like to work on science projects as an adult | | | | | |
| 156. | I would like to spend my life doing advanced science | | | | | |
| 157. | I would not like to study science after secondary school | | | | | |
| 158. | I would like to work in a career involving science or health or engineering or the environment | | | | | |
| 159. | I can usually give good answers to test questions on science topics | | | | | |
| 160. | When I am being taught science, I can understand the concepts very well | | | | | |
| 161. | I do not easily understand new ideas in science | | | | | |
| 162. | I learn science topics quickly | | | | | |
| 163. | Science topics are hard for me | | | | | |
| 164. | Learning advanced science topics would be easy for me | | | | | |
| 165. | I find that science helps me to understand the things around me | | | | | |
| 166. | I will use science in many different ways when I'm an adult | | | | | |
| 167. | Some concepts in science help me see how I relate to other people | | | | | |
| 168. | When I leave school there will be many opportunities for me to use science | | | | | |
| 169. | Science is not very relevant to me | | | | | |

Thank you for completing this questionnaire