Global School-based Student Health Survey (GSHS)

2014 Colombia
GSHS Questionnaire

For more information:
www.cdc.gov/gshs or
www.who.int/chp/gshs/en/
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. [ ] B C D E F G H

Thank you very much for your help.
1. How old are you?
   A. 12 years old or younger
   B. 13 years old
   C. 14 years old
   D. 15 years old
   E. 16 years old
   F. 17 years old
   G. 18 years old or older

2. What is your sex?
   A. Male
   B. Female

3. In what grade are you?
   A. Séptimo (7°)
   B. Octavo (8°)
   C. Noveno (9°)
   D. Décimo (10°)
   E. Once (11°)
   F. Doce (12°)

4. What is your ethnicity?
   A. Indigenous
   B. Gypsy
   C. Raizal from San Andrés and Providencia
   D. Palenquero from San Basilio
   E. Black/mixed/afro
   F. Some other ethnicity

5. Do you have a paid job?
   A. Yes
   B. No

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

6. 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

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I do not know
7. 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

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8. 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 3 questions ask about what you might eat and drink.

9. During the past 30 days, how many times per day did you usually eat fruit, such as naranja, piña, banana, papaya, sandía, mandarina, or pera?

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

10. During the past 30 days, how many times per day did you usually eat vegetables, such as lechuga, tomate, zanahoria, rábano, zapayo, espinaca, or pepino?

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

11. During the past 30 days, how many times per day did you usually drink carbonated soft drinks, such as Ponymalta, Coca Cola, Colombiana, Postobón, Crush, Fanta, or Pepsi? (Do not include diet soft drinks.)

A. I did not drink carbonated soft drinks during the past 30 days
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

For more information: www.cdc.gov/gshs or www.who.int/chp/gshs/en/
Last Updated: July 31, 2014
The next 6 questions ask about what you ate or drank during the past 7 days.

12. During the past 7 days, on how many days did you eat food from a fast food restaurant, such as McDonalds, Burger King, Presto, o una hamburguesería, or o una pizzeria?

A. 0 days  
B. 1 day  
C. 2 days  
D. 3 days  
E. 4 days  
F. 5 days  
G. 6 days  
H. 7 days

13. During the past 7 days, how many times per day did you usually drink milk or eat milk products, such as queso, yogur, or cuajada?

A. I did not drink milk or eat milk products during the past 7 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

14. During the past 7 days, how many times per day did you usually drink sugary drink such as refrescos en caja, refrescos comerciales líquidos y en polvo, néctar, or bebidas rehidratantes y energizantes?

A. I did not drink sugary drinks during the past 7 days  
B. 1 time per day  
C. 2 times per day  
D. 3 times per day  
E. 4 times per day  
F. 5 or more times per day

15. During the past 7 days, how many times per day did you usually add salt to your food after it was served on your plate?

A. I did not add salt to my food during the past 7 days  
B. 1 time per day  
C. 2 times per day  
D. 3 times per day  
E. 4 times per day  
F. 5 or more times per day

16. During the past 7 days, how many times per day did you usually eat fried foods, such as plátanos fritos, arepas, or donuts?

A. I did not eat fried foods during the past 7 days  
B. 1 time per day  
C. 2 times per day  
D. 3 times per day  
E. 4 times per day  
F. 5 or more times per day

17. During the past 7 days, on how many days did you usually eat meal packages between meals, such as bizcochos con azúcar o rellenos, chocloitos, dulces, or papas fritas?

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 is 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.

18. 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 is about physical fights. A physical fight occurs when two students of about the same strength or power choose to fight each other.

19. 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 4 questions ask about serious injuries that happened to you. 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.

20. 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

21. 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 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 was poisoned or took too much of a drug  
H. Something else happened to me

22. 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 attacked or abused or was fighting with someone  
F. I was in a fire or too near a flame or something hot  
G. I inhaled or swallowed something bad for me  
H. Something else caused my injury
23. During the last 12 months, what were you doing when the most serious injury occurred?

A. I was not seriously injured during the past 12 months
B. Playing a sport
C. Walking or running, but not while playing sports
D. Riding a bicycle, scooter, skateboard, skates, or “zorra”
E. Riding or driving a car or other motor vehicle
F. Performing any paid or unpaid work, including housework, gardening, or cooking
G. Nothing
H. Something else

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, nationality, 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

27. During the past 30 days, on how many days were you verbally hurt with insults, dirty words, or rumors?

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
The next questions ask about seat belt use.

28. 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 time
F. Always

The next 15 questions ask about drinking alcohol. This includes drinking vino, cerveza, vodka, whisky, ron, brandy, aguardiente, chirrinchi, guarapo, or chichac. Drinking alcohol does not include drinking a few sips of wine for religious purposes. A “drink” is a glass of wine, a bottle of beer, a small glass of liquor, or a mixed drink.

29. 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 or 17 years old
H. 18 years old or older

30. 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

31. 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

32. 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 my family
F. I stole it or got it without permission
G. I got it some other way

Staggering when walking, not being able to speak right, and throwing up are some signs of being really drunk.

33. 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
34. During your life, how many times have you 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

35. 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. Licores como aguardiente, ron, vodka, brandy, tequila, or whisky
   E. Crema de brandy, crema de ron, or crema de whisky
   F. Chicha, guarapo, or chirrinchi
   G. Some other type of alcohol

36. 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

37. 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

38. 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

39. How many of your friends drink alcohol?
   A. None
   B. A few
   C. Some
   D. Most
   E. All

40. 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

41. 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

42. How difficult do you think it would be for you to get alcohol, if you wanted to?
   A. Impossible
   B. Very difficult
   C. Fairly difficult
   D. Fairly easy
   E. Very easy
   F. I do not know
43. How often do your parents or other close family members drink alcohol in your home?
   A. They never drink alcohol in my home
   B. They only drink alcohol on special occasions
   C. They only drink alcohol on the weekends
   D. They have one or two drinks of alcohol daily
   E. They have more than two drinks of alcohol daily
   F. I do not know

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.

44. 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 5 questions ask about drug use. This includes using marijuana, amphetamines, cocaine, inhalants, cocaína, perico-perica, basuco, pepas, popper, Dick, pegantes, solventes, anfetaminas, heroína, alucinógenos, ácido, LSD, yagé, cacao sabanero, or éxtasis.

45. How old were you when you first used drugs?
   A. I have never used drugs
   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 or 17 years old
   H. 18 years old or older

46. During your life, how many times have you used marijuana (also called bareta, hierba, porro, or marihuana, y pucho)?
   A. 0 times
   B. 1 or 2 times
   C. 3 to 9 times
   D. 10 to 19 times
   E. 20 or more times

47. During the past 30 days, how many times have you used marijuana (also called bareta, hierba, porro, marihuana, or pucho)?
   A. 0 times
   B. 1 or 2 times
   C. 3 to 9 times
   D. 10 to 19 times
   E. 20 or more times

48. During your life, how many times have you used amphetamines or methamphetamines (also called speed, éxtasis, meth, cristal, ice, or hielo)?
   A. 0 times
   B. 1 or 2 times
   C. 3 to 9 times
   D. 10 to 19 times
   E. 20 or more times

49. How difficult do you think it would be for you to get drugs if you wanted to?
   A. Impossible
   B. Very difficult
   C. Fairly difficult
   D. Fairly easy
   E. Very easy
   F. I do not know

Colombia GSHS Questionnaire – 2014
For more information: www.cdc.gov/gshs or www.who.int/chp/gshs/en/
Last Updated: July 31, 2014
The next 13 questions ask about sexual intercourse.

50. Have you ever had sexual intercourse?
   A. Yes
   B. No

51. 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

52. 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

53. The last time you had sexual intercourse, did you or your partner use a condom or preservativo?
   A. I have never had sexual intercourse
   B. Yes
   C. No

54. The last time you had sexual intercourse, did you or your partner use any other method of birth control, such as withdrawal, rhythm (safe time), birth control pills, or any other method to prevent pregnancy?
   A. I have never had sexual intercourse
   B. Yes
   C. No
   D. I do not know

55. During the past 12 months, how many times have you or your partner used any other method of birth control, such as withdrawal, rhythm (safe time), birth control pills, or any other method to prevent pregnancy?
   A. I have never had sexual intercourse
   B. I have had sexual intercourse, but not in the past 12 months
   C. Never
   D. Rarely
   E. Sometimes
   F. Most of the time
   G. Always

56. 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

57. 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
   F. I would get it some other way
   G. I do not know
58. 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  

59. 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 

60. 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 

61. 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 

62. 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 

63. How would you describe your oral health?

A. Excellent  
B. Good  
C. Regular  
D. Poor  
E. Very poor  
F. I do not know 

64. During the past 12 months, which one part of your life was most impacted by the health or your teeth or mouth?

A. My life was not impacted by the health of my teeth or mouth  
B. Chewing food  
C. Speaking or saying words  
D. Smiling because of the appearance of my teeth  
E. Doing daily activities such as studying, working, or playing sports  
F. Being accepted by my family and friends  
G. Doing social activities  
H. Some other part of my life 

65. When you are in school, did you have any problem seeing and reading what is written on the board?

A. Yes  
B. No 

66. Do you have trouble reading or writing, such as distorted images, feeling tired, red eyes, skipping lines, or reversing letters and numbers?

A. Yes  
B. No
67. When was the last time you went to a doctor for an eye exam?
   A. During the past few months
   B. Between 12 and 14 months
   C. More than 24 months ago
   D. Never
   E. I do not know

68. The last time that you went to a doctor for your eyes, what was the main reason for your visit?
   A. I have never been to a doctor for my eyes
   B. I had no complaints, but wanted to know how good my vision was
   C. I had trouble with my vision such as blurred vision, redness, tearing, or headaches
   D. Some other reason
   E. I do not know

69. During the past 30 days, have you had any ear or hearing problems?
   A. Yes
   B. No

70. When was the last time you went to a doctor for an ear or hearing exam?
   A. During the past few months
   B. Between 12 and 14 months
   C. More than 24 months ago
   D. Never
   E. I do not know

71. Have you ever been told by a doctor that you have an ear or hearing problem?
   A. Yes
   B. No
   C. I do not know

The next 4 questions ask about physical activity. Physical activity is any activity that increases your heart rate and makes you breath hard. 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, and playing football, béisbol, basquetbol, nadar, or hacer aeróbicos.

72. During 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 each 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

73. During the past 7 days, on how many days did you walk or ride a bicycle to or 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
74. During this school year, on how many days did you go to physical education (PE) class each week?

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

75. During the past 7 days, how long did it usually take you to get to and from school on foot or by bike? (ADD UP ALL THE TIME YOU SPENT TO GET TO AND FROM SCHOOL.)

A. I did not walk or ride a bike to get to and from school  
B. Less than 10 minutes per day  
C. 10 to 19 minutes per day  
D. 20 to 29 minutes per day  
E. 30 to 39 minutes per day  
F. 40 to 49 minutes per day  
G. 50 to 59 minutes per day  
H. 60 or more minutes per day

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

76. 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 jugar juegos de video, navegar en internet, or hablar por teléfono.

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