QUESTIONSNAIRE

“LIFESTYLE DISEASES IN KERALA: AN ANALYSIS OF SOCIO-
ECONOMIC STATUS, CONSUMPTION PATTERN AND
adolescent obesity in KOTTAYAM DISTRICT”

Section I: Personal Details

Name -
Gender - Male/Female
Age - 16/17/18
Location - Rural □ Urban □
Religion - Hindu/Christian/Muslim
Taluk - KTM/CHRY/KJPLY/MECHIL/VKM
Class - XI/XII
Type of School - Government/Aided/Unaided
Weight -
Height -
BMI -
- IDEAL/OVERWEIGHT/OBESITY
Type of family - Nuclear/Joint
Total Monthly Income - Below 5000/5001-25000/Above 25000
Number of Children - 1 / 2 / 3 or More
Section II: Family Details

a. Educational Status of Parents

<table>
<thead>
<tr>
<th>Name</th>
<th>Lower Primary</th>
<th>Upper Primary</th>
<th>Secondary</th>
<th>College Education</th>
</tr>
</thead>
<tbody>
<tr>
<td>Father</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Mother</td>
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</tr>
</tbody>
</table>

b. Occupational Status of Parents

<table>
<thead>
<tr>
<th>Name</th>
<th>Employed</th>
<th>Unemployed</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Part time</td>
<td>Full Time</td>
</tr>
<tr>
<td>Father</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Mother</td>
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</tbody>
</table>

c. Place of Work of Parents

<table>
<thead>
<tr>
<th>Name</th>
<th>In Kottayam District</th>
<th>Outside Kottayam</th>
<th>Outside Kerala</th>
<th>Abroad</th>
</tr>
</thead>
<tbody>
<tr>
<td>Father</td>
<td></td>
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<tr>
<td>Mother</td>
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Section III: Consumption Habits of Students

1. Snacks between meals - Yes/No
2. Regular consumption of bakery items - Yes/No
3. Regular consumption of meat or chicken - Yes/No
4. Frequent consumption of soft drinks - Yes/No
5. Consumption of fast food regularly - Yes/No.

Section IV: Leisure Time Activities

1. Do you have the habit of doing exercise regularly?
   Yes/No
2. Do you play outdoor games regularly?
   Yes/No

3. Do you get drill periods every week at school?
   Yes/No

4. Mode of transportation to school
   Car/ Private Carriage/ Cycle/ Walking/ Ordinary Bus/ Boarding

5. Total time spent for watching TV and Computer in a day
   Less than 1 hr./ 1hr. – 2 hrs/ More than 2 hrs.

6. Regular participation in outdoor games
   Yes/No

7. Regular participation in household activities
   Yes/No

Section V: Health Awareness

1. Do you get any awareness or information regarding obesity and overweight from parents?
   Yes/No

2. Do you get any awareness or information regarding obesity and overweight at school?
   Yes/No

3. Do you get any health awareness programme from any governmental organisation?
   Yes/No