

HEALTHY Study Form ST3 Health Screening Measures

School: _____

Student ID: _____ - _____ - _____

SCHOOLID

STUDENTID

Instructions: Prepare this form prior to the student's scheduled health screening. All sections of the form are completed in 6th and 8th grade but only sections A and D are completed in 7th grade. Refer to the instructions before each question for indications of when each item is collected (6th, 7th, or 8th grade).

A. Check-in

Instructions. Completed prior to the student's health screening. Indicate which study grade the screening is occurring during. Completed in 6th, 7th, and 8th grade.

1. Study scheduled grade 6th 7th 8th

GRADE

Instructions: Completed in 6th and 8th grade only. Determine through questions and/or observation if student is fasting. IF NO, have student take form straight to check-out, reschedule health screening, and keep this form in a separate pile to tally a count of all non-fasting students for the day. A new Form ST3 is started when the student returns for health screening.

2. Fasting (by observation and/or student confirmation) 1 Yes 2 No

ST3FAST

B. Characteristics

Instructions: Confirm item 3 with the student as necessary. Determine item 4 using the script provided. Items 3 and 4 completed in 6th, 7th, and 8th grade.

3. Are you a boy or a girl? 1 Boy 2 Girl
4. Race/Ethnicity: 1 Hispanic 2 Black 3 White 4 Other
5. If study grade is 8th ask the following: Have you been in this school for all of your middle school years? Were you here...

ST3GEND

RACE_ETH

Instructions: Ask or confirm each time period. Probe by noting that the first half is before the annual winter holiday break and the second half is after. Check all that apply. Completed in 8th grade only.

- 1 Fall of 6th grade (August to December 2006)
- 1 Spring of 6th grade (January to June 2007)
- 1 Fall of 7th grade (August to December 2007)
- 1 Spring of 7th grade (January to June 2008)
- 1 Fall of 8th grade (August to December 2008)
- 1 Spring of 8th grade (January to June 2009)

ST3INFALL6

ST3INSPR6

ST3INFALL7

ST3INSPR7

ST3INFALL8

ST3INSPR8

C. Blood draw

Instructions: Indicate number of times blood draw was attempted in item 6. In item 7 indicate if the blood draw was successful or not. If not successful indicate why. Completed in 6th and 8th grade.

6. Number of tries 0 0 tries 1 1 try 2 2 tries 3 3 tries
7. Successful 1 Yes 2 No ⇒ why not? (check all that apply)
- 1 parent(s) refused on-site
- 1 child refused on-site
- 1 could not palpate vein
- 1 made 3 tries with no success
- 1 other

ST3TRIES

ST3SUCC

ST3REAS1

ST3REAS2

ST3REAS3

ST3REAS4

ST3REAS5

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D. Anthropometrics

8. Height

Instructions: Measure and record in centimeters to the nearest 0.1 cm, reading from the side of the stadiometer stick. Completed in 6th, 7th, and 8th grade.

6th Grade: ₁ ≤ 141cm _____ . ____ cm ₃ ≥ 161cm

7th Grade: ₁ ≤ 148cm _____ . ____ cm ₃ ≥ 167cm

8th Grade: ₁ ≤ 154cm _____ . ____ cm ₃ ≥ 169 cm

HEIGHT

9. Weight

Instructions: Measure and record in kilograms to the nearest 0.1 kg. Completed in 6th, 7th, and 8th grade.

6th Grade: ₁ ≤ 33kg _____ . ____ kg ₃ ≥ 76kg

7th Grade: ₁ ≤ 39kg _____ . ____ kg ₃ ≥ 80kg

8th Grade: ₁ ≤ 44kg _____ . ____ kg ₃ ≥ 85kg

WEIGHT

10. BMI Percentile

Instructions: Calculated using the Centers for Disease Control and Prevention 2000 criteria. Completed in 6th, 7th, and 8th grade.

6th, 7th, and 8th Grade: ₁ ≤ 30th Percentile _____ . ____ ₃ ≥ 98th Percentile

BMI PCT

11. BMI Z-score

Instructions: Calculated using the Centers for Disease Control and Prevention 2000 criteria. Completed in 6th, 7th, and 8th grade.

6th, 7th, and 8th Grade: ₁ ≤ -0.50 _____ . ____ ₃ ≥ 2.10

BMI Z

12. Waist

Instructions: Measure and record in centimeters to the nearest 0.1 cm. Completed in 6th and 8th grade only.

6th Grade: ₁ ≤ 57cm _____ . ____ cm ₃ ≥ 97cm

8th Grade: ₁ ≤ 64cm _____ . ____ cm ₃ ≥ 99 cm

WAIST

E. Blood pressure

Instructions: Measure each participant's arm to determine the correct cuff size. Record the cuff size in item 13. Blood pressure measured by the Omron HEM-907 or HEM-907XL and recorded in item 14. Completed in 6th and 8th grade only.

13. Cuff size ₁ small (17-22 cm, 7-9 in) ₂ medium (22-32 cm, 9-13 in) ₃ large (32-42 cm, 13-17 in) ₄ x-large (> 42 cm, > 17 in)

ST3CUFF

14. Blood Pressure:

Systolic: _____ mm Hg

SBP

Diastolic: _____ mm Hg

DBP

