

# Mott Poll Questions



## *Teens, Food, and Holiday Eating*

*The following questions were answered by parents with children age 13-17 years old.*

Q1. How would you describe your [x]-year-old teen's food intake?

1. Usually eats a balanced diet
2. Eats too much of certain foods
3. Doesn't eat enough of certain foods (e.g., vegetables) because of taste

Q2. Which statement best describes your [x]-year-old teen's typical eating pattern?

1. Eats three meals a day
2. Snacks all day
3. Skips breakfast
4. Doesn't have a typical pattern

Q3. Does your [x]-year-old teen do any of the following? *Select all that apply.*

1. Eat because they are bored
2. Keep eating even after they are full
3. Eat because they are stressed
4. Count calories
5. Weigh themselves daily or multiple times a day
6. Restrict what or when they eat
7. Mindless eating (e.g., when on phone or watching TV)
8. None of the above

Q4. Have you heard your [x]-year-old teen talk about any of the following? *Select all that apply.*

1. Needing to diet / fast after eating a big meal
2. Wanting to take weight loss medications or supplements
3. Being too fat
4. Wanting to hide their body with baggy clothes
5. None of the above

Q5. Do you think your [x]-year-old teen is:

1. About the right weight
2. Slightly overweight
3. Very overweight
4. Slightly underweight
5. Very underweight

Q6. Rate your agreement with the following:

	Often	Sometimes	Rarely
a. It is difficult to talk with my teen about food and weight.			

Q7. What advice do you give your [x]-year-old teen on special occasions that feature big meals, such as holidays or parties? *Select all that apply.*

1. Decide in advance what to eat or not eat
2. Eat whatever you want
3. Choose low-calorie foods
4. Diet or fast the day after the special event
5. Exercise more to burn off the extra calories
6. Eat something healthy ahead of time to be less hungry at the event
7. Eat in moderation
8. None of the above

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