DELAWARE YOUTH TOBACCO SURVEY STUDENT ASSENT AND INSTRUCTIONS

We at the University of Delaware are conducting a study for the Delaware Division of Public Health and the Federal Centers for Disease Control and Prevention. We want to find out what students think about, know about, and do about cigarettes and other tobacco products. To learn these things, we are asking 6th to 12th graders in all the Delaware schools these questions. This study includes parts of a much larger study asking other students across the country the same questions. We are doing this to find out what kinds of information and programs students need most and what kinds they don't need. **THIS IS NOT A TEST.** This is research, so there are no right or wrong answers. **It is very important that you answer each question truthfully. The best answer you can give us is the one that is true for you.**

**DO NOT PUT YOUR NAME ON THIS BOOKLET.** We want to be sure that everyone's answers are private. When you are done, all of the booklets will be put in a box at the front of the room. Then we will mix them up, so that no one will know which one was filled out by you. Your teacher will not know, your classmates will not know, and even you will not be able to find your own booklet. The answers will be important to us only when we know what all students in Delaware are thinking and doing about topics we are asking about in the questions. We will keep your responses secret because if the study is to be helpful, it is important that you answer each question truthfully.

You don't have to answer any questions you don't want to. Anything you don't want to answer, just leave blank. There is no penalty if you choose not to fill out the survey or any part of it. Below you will see marking instructions. They will be explained to you. Unless the question says otherwise, **mark only one answer for each question.** When you are finished, turn your booklets over and you may work on something else. When everyone has finished, bring your booklet up and put it in the box so that we can mix them up.

REMEMBER, this isn't a test, so there are no right or wrong answers. We need **TRUE ANSWERS.** Work quickly so you can finish. If you don't find an answer that fits exactly, choose the one that comes closest. If it's something you just don't understand, raise your hand for help. If it's something you don't know, leave it blank and go on to the next question.

Thank you very much for your help and for being an important part of this study.

**MARKING INSTRUCTIONS**
- Use a No. 2 pencil only.
- Do not use ink, ballpoint, or felt tip pens.
- Make solid marks that fill the response completely.
- Erase cleanly any marks you wish to change.
- Make no stray marks on this form.

**CORRECT:** ⬜️ 🍀 **INCORRECT:** 🍀 🍀 🍀
1. How old are you?
   - 9 years old
   - 10 years old
   - 11 years old
   - 12 years old
   - 13 years old
   - 14 years old
   - 15 years old
   - 16 years old
   - 17 years old
   - 18 years old
   - 19 years old
   - 20 years old
   - 21 years old
   - 17 years old or older

2. What is your sex?
   - Male
   - Female

3. What grade are you in?
   - 6th
   - 7th
   - 8th
   - 9th
   - 10th
   - 11th
   - 12th
   - Ungraded or other grade

4. How do you describe yourself? (You can CHOOSE ONE ANSWER, or MORE THAN ONE)
   - American Indian or Alaskan Native
   - Asian
   - Black or African American
   - Hispanic or Latino
   - Native Hawaiian or Other Pacific Islander
   - White

5. Which one of these groups BEST describes you? (CHOOSE ONLY ONE ANSWER)
   - American Indian or Alaska Native
   - Asian
   - Black or African American
   - Hispanic or Latino
   - Native Hawaiian or Other Pacific Islander
   - White

6. Have you ever tried cigarette smoking, even one or two puffs?
   - Yes
   - No

7. How old were you when you smoked a whole cigarette for the first time?
   - I have never smoked a whole cigarette
   - 8 years old or younger
   - 9
   - 10
   - 11
   - 12
   - 13
   - 14
   - 15
   - 16
   - 17 years old or older

8. About how many cigarettes have you smoked in your entire life?
   - None
   - 1 or more puffs but never a whole cigarette
   - 1 cigarette
   - 2 to 5 cigarettes
   - 6 to 15 cigarettes (about 1/2 pack total)
   - 16 to 25 cigarettes (about 1 pack total)
   - 26 to 99 cigarettes (more than 1 pack but less than 5 packs)
   - 100 or more cigarettes (5 or more packs)

9. Have you ever smoked cigarettes daily, that is, at least one cigarette every day for 30 days?
   - Yes
   - No

10. During the past 30 days, on how many days did you smoke cigarettes?
    - 0 days
    - 1 or 2 days
    - 3 to 5 days
    - 6 to 9 days
    - 10 to 19 days
    - 20 to 29 days
    - All 30 days

11. During the past 30 days, on the days you smoked, how many cigarettes did you smoke per day?
    - I did not smoke cigarettes during the past 30 days
    - Less than 1 cigarette per day
    - 1 cigarette per day
    - 2 to 5 cigarettes per day
    - 6 to 10 cigarettes per day
    - 11 to 20 cigarettes per day
    - More than 20 cigarettes per day
TOBACCO USE QUESTIONS
Cigarette Smoking (Continued)

12. During the past 30 days, what brand of cigarettes did you usually smoke? (CHOOSE ONLY ONE ANSWER)
- I did not smoke cigarettes during the past 30 days
- I do not have a usual brand
- American Spirit
- Camel
- GPC, Basic, or Doral
- Kool
- Lucky Strike
- Marlboro
- Newport
- Parliament
- Virginia Slims
- Some other brand

13. What type of cigarette did you usually smoke in the past 30 days?
- I have never smoked
- I did not smoke cigarettes in the past 30 days
- I do not have a usual type
- Regular/Full flavor
- Light
- Ultra light

14. Are the cigarettes you usually smoke menthol cigarettes?
- I do not smoke cigarettes
- Yes
- No

15. During the past 30 days, how did you usually get your own cigarettes? (CHOOSE ONLY ONE ANSWER)
- I did not smoke cigarettes during the past 30 days
- I bought them in a store such as a convenience store, supermarket, discount store, or gas station
- I bought them from a vending machine
- I gave someone else money to buy them for me
- I borrowed (or bummed) them from someone else
- A person 18 years or older gave them to me
- I took them from a store or family member
- I got them some other way

16. When you bought or tried to buy cigarettes in a store during the past 30 days, were you ever asked to show proof of age?
- I did not buy a pack of cigarettes during the last 30 days
- A gas station
- A convenience store
- A grocery store
- A drugstore
- A vending machine
- I bought them over the Internet
- Other

17. During the past 30 days, where did you buy the last pack of cigarettes you bought?
- I did not buy a pack of cigarettes during the past 30 days
- A gas station
- A convenience store
- A grocery store
- A drugstore
- A vending machine
- I bought them over the Internet
- Other

18. During the past 30 days, did anyone ever refuse to sell you cigarettes because of your age?
- I did not try to buy cigarettes in a store during the past 30 days
- Yes, someone refused to sell me cigarettes because of my age
- No, no one refused to sell me cigarettes because of my age

19. Where do you smoke cigarettes? (Choose one or more answer)
- I do not smoke now
- At home
- At school
- At work
- In the car
- At friends’ houses
- At sports event, parties, dances, raves, or other social events
- In public places (parks, shopping malls or other hangouts)

20. During the past 30 days, on how many days did you smoke cigarettes on school property?
- 0 days
- 1 or 2 days
- 3 to 5 days
- 6 to 9 days
- 10 to 19 days
- 20 to 29 days
- All 30 days
Cigarette smoking, continued:

21. When was the last time you smoked a cigarette, even one or two puffs?
   - I have never smoked even one or two puffs
   - Earlier today
   - Not today, but sometime during the past 7 days
   - Not during the past 7 days but sometime during the past 30 days
   - Not during the past 30 days but sometime during the past 6 months
   - Not during the past 6 months but sometime during the past year
   - 1 to 4 years ago
   - 5 or more years ago

22. How long can you go without smoking before you feel like you need a cigarette?
   - I have never smoked cigarettes
   - I do not smoke now
   - Less than an hour
   - 1 to 3 hours
   - More than 3 hours but less than a day
   - A whole day
   - Several days
   - A week or more

23. During the past 12 months, did you ever try to quit smoking cigarettes?
   - I did not smoke during the past 12 months
   - Yes
   - No

24. Do you want to stop smoking cigarettes?
   - I do not smoke now
   - Yes
   - No

25. How many times, if any, have you tried to quit smoking?
   - I have never smoked
   - None
   - 1 time
   - 2 times
   - 3 to 5 times
   - 6 to 9 times
   - 10 or more times

26. When you last tried to quit, how long did you stay off cigarettes?
   - I have never smoked cigarettes
   - I have never tried to quit
   - Less than a day
   - 1 to 2 days
   - 3 to 7 days
   - More than 7 days but less than 30 days
   - More than 30 days but less than 6 months
   - More than 6 months but less than a year
   - More than a year

27. Has a doctor, dentist or nurse ever asked you whether you smoke cigarettes?
   - Yes
   - No
   - I don’t know/can’t remember

Smokeless Tobacco: Chewing Tobacco, Snuff or Dip:

29. Have you ever used chewing tobacco, snuff, or dip, such as Redman, Levi Garrett, Beechnut, Skoal, Skoal Bandits, or Copenhagen?
   - Yes
   - No

30. How old were you when you used chewing tobacco, snuff, or dip for the first time?
   - I have never used chewing tobacco, snuff, or dip
   - 8 years old or younger
   - 9
   - 10
   - 11
   - 12
   - 13
   - 14
   - 15
   - 16
   - 17 years old or older

31. During the past 30 days, on how many days did you use chewing tobacco, snuff, or dip?
   - 0 days
   - 1 or 2 days
   - 3 to 5 days
   - 6 to 9 days
   - 10 to 19 days
   - 20 to 29 days
   - All 30 days

32. During the past 30 days, on how many days did you use chewing tobacco, snuff, or dip on school property?
   - 0 days
   - 1 or 2 days
   - 3 to 5 days
   - 6 to 9 days
   - 10 to 19 days
   - 20 to 29 days
   - All 30 days
33. During the past 30 days, how did you usually get your own chewing tobacco, snuff, or dip? (CHOOSE ONLY ONE ANSWER)
   ○ I did not use chewing tobacco, snuff, or dip during the past 30 days
   ○ I bought them in a store, such as a convenience store, supermarket, discount store, or gas station
   ○ I bought them from a vending machine
   ○ I gave someone else money to buy them for me
   ○ I borrowed (bummed) them from someone else
   ○ A person 18 years or older gave them to me
   ○ I took them from a store or family member
   ○ I got them some other way

34. Have you ever tried smoking cigars, cigarillos, or little cigars, even one or two puffs?
   ○ Yes
   ○ No

35. How old were you when you smoked a cigar, cigarillo, or little cigar for the first time?
   ○ I have never smoked a cigar, cigarillo or little cigar
   ○ 8 years old or younger
   ○ 9
   ○ 10
   ○ 11
   ○ 12
   ○ 13
   ○ 14
   ○ 15
   ○ 16
   ○ 17 years old or older

36. During the past 30 days, on how many days did you smoke cigars, cigarillos, or little cigars?
   ○ 0 days
   ○ 1 or 2 days
   ○ 3 to 5 days
   ○ 6 to 9 days
   ○ 10 to 19 days
   ○ 20 to 29 days
   ○ All 30 days

37. During the past 30 days, how did you usually get your own cigars, cigarillos, or little cigars? (CHOOSE ONLY ONE ANSWER)
   ○ I did not smoke cigars, cigarillos, or little cigars during the past 30 days
   ○ I bought them in a store such as a convenience store, supermarket, discount store, or gas station
   ○ I bought them from a vending machine
   ○ I gave someone else money to buy them for me
   ○ I borrowed (bummed) them from someone else
   ○ A person 18 years or older gave them to me
   ○ I took them from a store or family member
   ○ I got them some other way

38. During the past 30 days, on how many days did you smoke tobacco in a pipe?
   ○ 0 days
   ○ 1 or 2 days
   ○ 3 to 5 days
   ○ 6 to 9 days
   ○ 10 to 19 days
   ○ 20 to 29 days
   ○ All 30 days

39. Have you ever tried any of the following?
   ○ Bidis
   ○ Kreteks
   ○ I have tried both bidis and kreteks
   ○ I have never smoked bidis or kreteks

Bidis and Kreteks:

The next three questions are about bidis and kreteks. Bidis (or beedies) are small brown cigarettes from India consisting of tobacco wrapped in a leaf tied with a thread, available in a variety of flavors. Kreteks (also called clove cigarettes) are cigarettes containing tobacco and clove extract.
40. During the past 30 days, on how many days did you smoke bidis?
   - 0 days
   - 1 or 2 days
   - 3 to 5 days
   - 6 to 9 days
   - 10 to 19 days
   - 20 to 29 days
   - All 30 days

41. During the past 30 days, on how many days did you smoke kreteks?
   - 0 days
   - 1 or 2 days
   - 3 to 5 days
   - 6 to 9 days
   - 10 to 19 days
   - 20 to 29 days
   - All 30 days

42. Do you think that you will try a cigarette soon?
   - I have already tried smoking cigarettes
   - Yes
   - No

43. Do you think you will smoke a cigarette at anytime during the next year?

44. Do you think you will be smoking cigarettes 5 years from now?

45. If one of your best friends offered you a cigarette, would you smoke it?

46. Can people get addicted to using tobacco just like they can get addicted to using cocaine or heroin?

47. Do you think young people who smoke cigarettes have more friends?

48. Do you think smoking cigarettes makes young people look cool or fit in?

49. Do you think young people risk harming themselves if they smoke from 1-5 cigarettes per day?

50. Do you think young people risk harming themselves if they smoke one or more packs per day?

51. Do you think it is safe to smoke for only a year or two, as long as you quit after that?

52. Have you ever been curious about smoking a cigarette?

53. Have either of your parents (or guardians) discussed the dangers of tobacco use with you?
   - Mother (female guardian) only
   - Father (male guardian) only
   - Both
   - Neither

54. Do you think you would be able to quit smoking cigarettes now if you wanted to?
   - I have never used tobacco
   - Yes
   - No
55. Have you ever participated in a program to help you quit using tobacco?
   - I have never used tobacco
   - Yes
   - No

56. During this school year, did you practice ways to say NO to tobacco in any of your classes (for example, by role playing)?
   - Yes
   - No
   - Not sure

57. During this school year, were you taught in any of your classes that most people your age do not smoke cigarettes?
   - Yes
   - No
   - Not Sure

58. During this school year, were you taught in any of your classes about the dangers of tobacco use?
   - Yes
   - No
   - Not sure

59. During the past 12 months, have you participated in any community activities to discourage people your age from using cigarettes, chewing tobacco, snuff, dip, or cigars?
   - Yes
   - No
   - I did not know about any activities

60. During the past 30 days, have you seen or heard commercials on TV, the Internet, or on the radio about the dangers of cigarette smoking?
   - Not in the past 30 days
   - 1 - 3 times in the past 30 days
   - 1 - 3 times per week
   - Daily or almost daily
   - More than once a day

61. When you read the newspapers or magazines, how often do you see ads or promotions for cigarettes and other tobacco products?
   - I don't read newspapers or magazines
   - Most of the time
   - Some of the time
   - Hardly ever
   - Never

62. When you watch TV or go to the movies, how often do you see actors using tobacco?
   - I don't watch TV or go to movies
   - Most of the time
   - Some of the time
   - Hardly ever
   - Never

63. When you watch TV, how often do you see athletes using tobacco?
   - I don't watch TV
   - Most of the time
   - Some of the time
   - Hardly ever
   - Never

64. When you are using the Internet, how often do you see ads for tobacco products?
   - I don't use the Internet
   - Most of the time
   - Some of the time
   - Hardly ever
   - Never

65. When you go to a convenience store, supermarket, or gas station, how often do you see ads for cigarettes and other tobacco products or items that have tobacco company names or pictures on them?
   - I never go to a convenience store, supermarket, or gas station
   - All of the time
   - Most of the time
   - Some of the time
   - Hardly ever
   - Never

66. When you read the newspapers or magazines, how often do you see ads or promotions for cigarettes and other tobacco products?
   - I don't read newspapers or magazines
   - Most of the time
   - Some of the time
   - Hardly ever
   - Never

67. Would you ever use or wear something that has a tobacco company name or picture on it such as a lighter, t-shirt, hat, or sunglasses?
   - Definitely yes
   - Probably yes
   - Probably not
   - Definitely not
THE NEXT QUESTIONS ASK ABOUT YOUR EXPOSURE TO TOBACCO USE:

68. During the past 7 days, on how many days were you in the same room with someone who was smoking cigarettes?
   ○ 0 days
   ○ 1 or 2 days
   ○ 3 or 4 days
   ○ 5 or 6 days
   ○ 7 days

69. During the past 7 days, on how many days did you ride in a car with someone who was smoking cigarettes?
   ○ 0 days
   ○ 1 or 2 days
   ○ 3 or 4 days
   ○ 5 or 6 days
   ○ 7 days

70. Do you think the smoke from other people's cigarettes is harmful to you?
   ○ Definitely yes
   ○ Probably yes
   ○ Probably not
   ○ Definitely not

71. Which of the following people live with you most of the time? (MARK ALL THAT APPLY)
   ○ Mother
   ○ Father
   ○ Grandparent(s)
   ○ Other family member(s)
   ○ Step-parent(s)
   ○ 1 Brother/Sister (Stepbrother/Stepsister)
   ○ 2 Brothers/Sisters (Stepbrothers/Stepsisters)
   ○ 3 or more Brothers/Sisters (Stepbrothers/Stepsisters)
   ○ Non-family member(s)

72. Does anyone who lives with you now smoke cigarettes?
   ○ Yes
   ○ No

73. Does anyone who lives with you now use chewing tobacco, snuff, or dip?
   ○ Yes
   ○ No

74. Which statement best describes the rules about smoking inside your home?
   ○ Smoking is not allowed anywhere inside my home
   ○ Smoking is allowed at some places or at some times inside my home
   ○ Smoking is allowed anywhere in my home
   ○ There are no rules about smoking in my home

75. Which statement best describes the rules about smoking in the car you drive?
   ○ I do not drive a car
   ○ Smoking is not allowed in the car I drive
   ○ Smoking is allowed in the car I drive
   ○ There are no rules about smoking in the car I drive

76. How many of your four closest friends smoke cigarettes?
   ○ None
   ○ One
   ○ Two
   ○ Three
   ○ Four
   ○ Not sure

77. How many of your four closest friends use chewing tobacco, snuff, or dip?
   ○ None
   ○ One
   ○ Two
   ○ Three
   ○ Four
   ○ Not sure

78. Do either of your parents/guardians smoke cigarettes, cigars, or use chewing tobacco, snuff, or dip?
   ○ Yes
   ○ No

79. Out of 100 kids your age in Delaware, how many do you think smoke cigarettes at least once a month?
   Instructions: Write the number in the blank box below and fill in the matching circle below each number.

80. Out of 100 ADULTS in Delaware, how many do you think smoke cigarettes at least once a month?
   Instructions: Write the number in the blank box below and fill in the matching circle below each number.
So far, the questionnaire has focused on tobacco. Now we want to ask you a few questions about your lifestyle.

<table>
<thead>
<tr>
<th>Question</th>
<th>None</th>
<th>Less than 1 hour</th>
<th>About 1 hour</th>
<th>About 2 hours</th>
<th>About 3 hours</th>
<th>About 4 hours</th>
<th>5 or more hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>81. About how many hours do you usually spend watching television (including videos) in your free time on a weekday?</td>
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<tr>
<td>82. About how many hours a day do you usually spend watching television (including videos) in your free time on a weekend?</td>
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<tr>
<td>83. About how many hours do you usually spend using a computer (for playing games, emailing, chatting or surfing the internet) in your free time on a weekday?</td>
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<tr>
<td>84. About how many hours a day do you usually spend using a computer (for playing games, emailing, chatting or surfing the internet) in your free time on a weekend?</td>
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<tr>
<td>85. About how many hours do you usually spend doing homework on a weekday?</td>
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<tr>
<td>86. About how many hours a day do you usually spend doing homework on a weekend?</td>
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<tr>
<td>87. Outside school hours: How many HOURS a week do you usually exercise in your free time so much that you get out of breath or sweat?</td>
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Please answer the following questions to the best of your knowledge.

<table>
<thead>
<tr>
<th>Question</th>
<th>None</th>
<th>Less than 1 hour</th>
<th>About 1 hour</th>
<th>About 2 hours</th>
<th>About 3 hours</th>
<th>About 4 hours</th>
<th>5 or more hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>88. About how many hours does your mom usually spend watching television (including videos) in her free time on a weekday?</td>
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<tr>
<td>89. About how many hours does your dad usually spend watching television (including videos) in his free time on a weekday?</td>
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<tr>
<td>90. Outside work hours: How many HOURS a week does your mom usually exercise in her free time?</td>
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<tr>
<td>91. Outside work hours: How many HOURS a week does your dad usually exercise in his free time?</td>
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</tbody>
</table>
92. In the past few months have you seen, on tv or at the movies, the commercial where the young woman is searching for a cigarette?
- Yes
- No

93. How often do you eat snacks while watching television?
- Never
- Almost never
- Sometimes
- Fairly often
- Very often
- Always

94. Over the past 7 days, on how many days did you eat breakfast?
- None
- 1 day
- 2 days
- 3 days
- 4 days
- 5 days
- 6 days
- 7 days

95. On average, how much time each day do you spend riding in a car or bus?
- None
- Less than 15 minutes
- 15 minutes but less than 30 minutes
- 30 minutes but less than 1 hour
- 1 hour but less than 2 hours
- 2 hours but less than 3 hours
- 3 or more hours

96. During an average week, how much money do you get from a job and other sources (allowance, etc.)?
- None
- less than $1
- $1 to $5
- $6 to $10
- $11 to $20
- $21 to $50
- $51 to $100
- $101 to $150
- $151 or more

97. How tall are you without your shoes on?
Directions: Write your height in the shaded blank boxes. Fill in the matching oval below each number.
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<table>
<thead>
<tr>
<th>Feet</th>
<th>Inches</th>
</tr>
</thead>
<tbody>
<tr>
<td>5</td>
<td>7</td>
</tr>
</tbody>
</table>
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98. How much do you weigh without your shoes on?
Directions: Write your weight in the shaded blank boxes. Fill in the matching oval below each number.
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<table>
<thead>
<tr>
<th>Weight</th>
<th>Pounds</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>5</td>
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</tbody>
</table>
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Example:
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<table>
<thead>
<tr>
<th>Feet</th>
<th>Inches</th>
</tr>
</thead>
<tbody>
<tr>
<td>3</td>
<td>0</td>
</tr>
<tr>
<td>4</td>
<td>1</td>
</tr>
<tr>
<td>6</td>
<td>3</td>
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<td>7</td>
<td>4</td>
</tr>
</tbody>
</table>
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<table>
<thead>
<tr>
<th></th>
<th>YES</th>
<th>NO</th>
</tr>
</thead>
<tbody>
<tr>
<td>99. In the past month, have you seen the TELEVISION ads with the man who pops out of the TV and then takes two people sitting on the couch to a park so that they can “Get Up and Do Something”?</td>
<td>O</td>
<td>O</td>
</tr>
<tr>
<td>100. In the past month, have you seen the TELEVISION ads with the man at the sporting goods store who helps people find their thing&quot; by logging on to getupanddosomething.org</td>
<td>O</td>
<td>O</td>
</tr>
<tr>
<td>101. In the past month, have you seen buses and/or billboards with the slogan &quot;Get up and Do Something&quot;?</td>
<td>O</td>
<td>O</td>
</tr>
<tr>
<td>102. As a result of the TV ads, buses and billboards with the slogan “Get Up and Do Something”, have you considered being more active?</td>
<td>O</td>
<td>O</td>
</tr>
<tr>
<td>103. As a result of the TV ads, buses and billboards with the slogan “Get Up and Do Something,” have you become more active?</td>
<td>O</td>
<td>O</td>
</tr>
</tbody>
</table>

Thank you for being an important part of this study.