Questions documentation

Youth Dietary Questionnaire (Q-youth diet) Child 13-15 years

The Norwegian Mother, Father and Child Cohort Study (MoBa)

Child questionnaire

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Please note:
This document describes the instruments used in the questionnaire. It has not yet undergone final quality control and may contain minor inaccuracies. The document is subject to revision. If you have any comments or suggestions for improvement, please contact mor.barndata@fhi.no

Version	Date	Performed by	Description
1.0	Dec. 2020	Kristine Vejrup	
1.1	22.06.2022	Turid S. Solberg	Updated with information about version HBN and HNN

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Instrument

This is the food frequency questionnaire (FFQ) developed to monitor the youths' food intake at age 13-15 years. All participants answered electronically.

The development of the Q-youth questionnaire was initiated in 2010 and in collaboration with the Danish National Birth Cohort (DNBC) in order to achieve comparable questionnaires. Both cohorts aimed for web-based questionnaires and the starting point was a short questionnaire for adolescents developed in the US Growing Up Today Study (GUTS) [(1)].

A first version of the MoBa questionnaire was tested for reproducibility and validity in 13-14-year-old students in four different schools in the southern part of Norway. For reproducibility, 58 students filled out the FFQ four weeks apart, and for validity, 93 students filled out the FFQ and completed two 24-hour recalls and donated a blood sample for analysis of fatty acids and vitamin D. The test-retest reproducibility was considered good, while the relative validity was considered OK for nutrients but poor for the biomarkers [(2)]. A validation of the DNBC questionnaire included 124 adolescents who after answering the FFQ complete three telephone-based 24HRs; administered 4 weeks apart. No biomarkers were included. The relative validity was moderate [(3)].The MoBa dietary questionnaire for youth was modified and a pilot was sent to participants in 2017. From 2018 version H of the questionnaire was sent to participants and the survey is ongoing per June 2022.

For calculating nutrient intakes from reported intake of food, frequencies are converted into food amounts using standard portion sizes for girls and boys. FoodCalc[(4)] and the Norwegian Food Composition Table (version downloaded from www.matvaretabellen.no in 2018) are used to calculate daily intakes of energy, nutrients and food. Intake of nutrient from reported use of dietary supplements, including supplements reported as text, has not been estimated. For predefined supplements, this can be done by multiplying the reported frequency of use with nutrient contents in a standard dose.

NOTE:
The dietary questionnaire for youth has four versions (P, H, HBM and HNN). This instrument documentation is based on version H. There are no changes between version H, HBM and HNN. HBM and HNN refers to a "bokmål" and a "nynorsk" version of the questionnaire. There are very few changes between the version H and version P (pilot).

Model structure of what is presented per instrument/section

1. Name of original instrument/question:
List wording of questions from the questionnaire included in the section (with number used in the dataset in front) and write response categories (with values used in the dataset).

2. Description of original questions:
Describe original scale or selection of items used. Note: In the dietary questionnaire for youth only single questions have been used.

3. Rationale for choosing the questions:
What is it meant to measure and IF RELEVANT: Why this is a good measure.

4. Modifications:
Describe modifications during the study from one version to another. Write if omitted or added from one version to another.

2-3. Birth year and gender

1. Name of original questions: 2 questions about the participant

Q		Response options	Variable name
2	**What year were you born?**		
		1) 1999 2) 2000 3) 2001 4) 2002 5) 2003 6) 2004 7) 2005 8) 2006 9) 2007 10) 2008 11) 2009	QDY_2
3	**Are you a boy or a girl?**		
		1) Boy 2) Girl	QDY_3

2. **Description of original questions:** MoBa specific single questions

3. **Rationale for choosing the questions:** To determine birth year and gender of participant.

4. **Revision during the data collection period:** No revisions have been made.

4-39. Beverage

1. **Name of original questions:** questions about beverage consumption

Q		Response Options	Variable name
4-31	**What have you been drinking the last month?** Think about what you usually drink to all meals and between meals both in the weekdays and in the weekend. 1 glass/cup = 2-2,5 dl		
	Dairy		
	4. Full-fat milk	1) 0 glass per month 2) 1-3 glass per month 3) 1 glass per week 4) 2-6 glass per week 5) 1 glass per day 6) 2-3 glass per day 7) More than 3 glass per day	QDY_4
	5. Low-fat milk		QDY_5
	6. Extra low-fat milk		QDY_6
	7. Skimmed milk		QDY_7
	8. Kefir/buttermilk		QDY_8
	9. Chocolate milk, strawberry milk etc.		QDY_9
	10. Cultura/Biola natural		QDY_10
	11. Cultura/Biola with taste		QDY_11
	Juice/soft drink/water		
	12. Soya milk, rice or oat milk etc.	1) 0 glass per month 2) 1-3 glass per month 3) 1 glass per week 4) 2-6 glass per week 5) 1 glass per day 6) 2-3 glass per day 7) More than 3 glass per day	QDY_12
	13.Tap water or bottled water		QDY_13
	14. Orange juice		QDY_14
	15. Apple juice		QDY_15
	16. Other fruit juice and nectar		QDY_16
	17. Juicesoda (Noisy etc.)		QDY_17
	18. Smoothie		QDY_18
	19. Fruit syrup, ice tea, slush with sugar		QDY_19
	20. Fruit syrup, ice tea, slush with artificial sweetener		QDY_20
	21. Soft drinks with sugar		QDY_21
	22. Soft drinks with artificial sweetener		QDY_22
	23. Sports drinks (YT, Power Aid etc.)		QDY_23
	24. Energy drinks (Red bull, Battery etc.)		QDY_24
	Coffee/tea		
	25. Coffee without milk	1) 0 glass per month 2) 1-3 glass per month 3) 1 glass per week 4) 2-6 glass per week 5) 1 glass per day 6) 2-3 glass per day 7) More than 3 glass per day	QDY_25
	26. Coffee with milk, ice coffee		QDY_26
	27. Black tea		QDY_27
	28. Tea with milk		QDY_28
	29. Fruit tea		QDY_29
	30. Herbal tea		QDY_30
	31. Green tea		QDY_31
Sugar and artificial sweetener			
32	**Did you use sugar in tea/coffee the last month?**		
		1) yes 2) no	QDY_32

33	**How many teaspoons per cup**		
		1) 1/2 2) 1 3) 2 4) 3 5) 4 6) 5 7) 6 8) More than 6	QDY_33
34	**Did you use artificial sweetener in coffee/tea the last month**		
		1) yes 2) no	QDY_34
	Alcoholic drinks		
35	**Have you ever been drinking alcohol (more than just tasting a sip)?**		
Version H, HBM, HNN		1) yes 2) no	QDY_35
36	**What kind of alcoholic drink have you had the last month?**		
Version H, HBM, HNN	1) Beer		QDY_36_1
	2) Cider, alcopops		QDY_36_2
	3) Wine		QDY_36_3
37	**How many units (glass/box/bottle) of beer have you had the last month?**		
Version H, HBM, HNN		1) 1-3 2) 4-7 3) more than 8	QDY_37
38	**How many units (glass/box/bottle) of cider/alkopops have you had the last month?**		
Version H, HBM, HNN		1) 1-3 2) 4-7 3) more than 8	QDY_38
39	**How many glasses of wine have you had the last month?**		
Version H, HBM, HNN		1) 1-3 2) 4-7 3) more than 8	QDY_39
P35-P37	**Have you had any of the following alcoholic drinks the last month?**		
P (pilot)	P35) Beer	1) 0 glass/boxes/bottles per month 2) 1-3 glass/boxes/bottles per month 3) 1 glass/box/bottle per week 4) 2-6 glass/boxes/bottles per week 5) More than 7 glass/boxes/bottles per week	QDY_P_35
	P36) Cider, alcopops		QDY_P_36
	P37) Wine		QDY_P_37

2. Description of original questions: MoBa specific single questions

3. Rationale for choosing the questions:
These questions were developed to get information about youth's beverage consumption.

4. Revision during the data collection period:
Revisions have been made to items related to alcoholic drinks. Items 35-36 are specific to version H, HBM, HNN. Revision have been made to the response categories for items 37-39: 5 categories in P (pilot) and 3 categories in version H, HBM, HNN.

40-44. Yoghurt – dairy products

1. Name of original questions: questions about intake of yoghurt and dairy products

Q		Response Options	Variable name
40-44	**Did you eat the following food items the last month?** Think about all meals and snacks both in the weekdays and in the weekend.		
	40. Yoghurt natural, greek yoghurt etc.	1) Not eaten 2) 1-3 box per month 3) 1 box per week 4) 2-6 box per week 5) 1 box per day 6) More than 1 box per day	QDY_40
	41. Fruit yoghurt		QDY_41
	42 Biola, Activia yogurt (with probiotics)		QDY_42
	43. Go-morgen yogurt		QDY_43
	44. Skyr, Cottage cheese		QDY_44

2. Description of original questions: MoBa specific single questions

3. Rationale for choosing the questions:
These questions are developed to get information about youth's intake of yoghurt and dairy products.

4. Revision during the data collection period: No revisions have been made.

45-49. Breakfast cereals

1. Name of original questions: questions about intake of breakfast cereals

Q		Response Options	Variable name
45-49	**Did you eat the following food items the last month?**		
	45. Corn Flakes, Havrefras, Special-K, Havreloops, Cheerios, etc.	1) Not eaten 2) 1-3 portions per month 3) 1 portion per week 4) 2-6 portions per week 5) 1 portion per day 6) more than 1 portion per day	QDY_45
	46. Coco pops, Honnikorn, etc.		QDY_46
	47. Oatmeal, oat porridge		QDY_47
	48. Muesli, mixed cereal		QDY_48
	49. Other type of porridge		QDY_49

2. Description of original questions: MoBa specific single questions

3. Rationale for choosing the questions:
These questions are developed to get information about youths' intake of cereals.

4. Revision during the data collection period: No revisions have been made.

50-57. Bread and crisp bread

1. Name of original questions: questions about intake of bread and butter/margarine/mayonnaise

Q		Response Options	Variable name
50-55	**How often did you eat the following type of bread the last month?**		
	50. Wholemeal bread (Kneipp bread, medium coarse)	1) Not eaten 2) 1-4 slices per month 3) 2-6 slices per week 4) 1 slice per day 5) 2-3 slices per day 6) 4-5 slices per day 7) more than 6 slices per day	QDY_50
	51. Coarse bread		QDY_51
	52. White bread		QDY_52
	53. Crispbread		QDY_53
	54.Polar bread (fine/coarse)		QDY_54
	55. Rolls, baguettes		QDY_55
56	**How often did you use butter/margarine on sandwiches the last month?**		
		1) seldom/never 2) sometimes 3) often 4) always	QDY_56
57	**How often did you use mayonnaise on sandwiches the last month?**		
		1) seldom/never 2) sometimes 3) often 4) always	QDY_57

2. **Description of original questions:** MoBa specific single questions

3. **Rationale for choosing the questions:**
   This is a measure of daily intake of bread and butter/margarine and mayonnaise used on bread.

4. **Revision during the data collection period:** No revisions have been made.

58-75. Cheese/meat cold cuts/fish/spreads

1. Name of original questions: questions about intake of cheese, meat cold cuts, fish and other spreads

Q		Response Options	Variable name
58-75	**How many sandwiches/rolls/crisp breads etc. have you eaten with the following food items the last month?** Think about all meals and snacks both in the weekdays and in the weekend.		
	58. Cold cuts of ham, roast beef, saddle of pork etc.	1) Not eaten 2) 1-4 slices per month 3) 2-6 slices per week 4) 1 slice per day 5) 2-3 slices per day 6) 4-5 slices per day 7) more than 6 slices per day	QDY_58
	59. Liver paste		QDY_59
	60. Salami, Swedish sausage etc.		QDY_60
	61. Cold cuts of turkey, chicken		QDY_61
	62. Yellow cheese (Norvegia, Jarlsberg etc.)		QDY_62
	63. Brown cheese, Prim		QDY_63
	64. Cheese spread (cheese with ham spread, cheese on tube etc.)		QDY_64
	65. Spread with mayonnaise (Italian etc.)		QDY_65
	66. Egg on slice of bread		QDY_66
	67. Caviar spread		QDY_67
	68. Fish spread (mackerel/sardine in tomato sauce etc.)		QDY_68
	69. Fruit (banana, apple etc.)		QDY_69
	70. Vegetable (tomato, cucumber etc.)		QDY_70
	71. Peanut butter		QDY_71
	72.Chocolate or nut spread		QDY_72
	73. Sweet spread (Hapå, Banos)		QDY_73
	74. Jam		QDY_74
	75. Honey		QDY_75

2. Description of original questions: MoBa specific single questions

3. Rationale for choosing the questions:
This is a measurement of intake of cheese, meat cold cuts, fish and other spreads.

4. Revision during the data collection period: No revisions have been made.

76-103. Main dish for dinner

1. Name of original questions: questions about dinner

Q		Response Options	Variable name
76-101	**How often have you eaten the following main dish as dinner the last month?**		
	Hot meals with meat		
	76. Minced meat patties, meat balls	1) Not eaten 2) 1 time per month 3) 2-3 times per month 4) 1 time per week 5) 2-3 times per week 6) 4-6 times per week 7) 1 time per day or more	QDY_76
	77. Hamburger		QDY_77
	78. Sausage		QDY_78
	79. Taco		QDY_79
	80. Pita bread with filling		QDY_80
	81. Pizza		QDY_81
	82. Casserole dish (risotto, beef stew etc.)		QDY_82
	83. Pasta with meat (spaghetti bolognaise, lasagna etc.)		QDY_83
	84. Pork, beef or lamb meat (steak, roast, chop etc.)		QDY_84
	85. Venison meat (roast of elk, deer, reindeer etc.)		QDY_85
	Hot meals with poultry		
	86. Chicken or turkey (fillet, barbeque, chicken legs etc.)	1) Not eaten 2) 1 time per month 3) 2-3 times per month 4) 1 time per week 5) 2-3 times per week 6) 4-6 times per week 7) 1 time per day or more	QDY_86
	87. Chicken burger, nuggets		QDY_87
	Pie		
	88. Pie with meat or vegetables	1) Not eaten 2) 1 time per month 3) 2-3 times per month 4) 1 time per week 5) 2-3 times per week 6) 4-6 times per week 7) 1 time per day or more	QDY_88
	Seafood		
	89. Salmon, trout, mackerel or other fatty fish	1) Not eaten 2) 1 time per month 3) 2-3 times per month 4) 1 time per week 5) 2-3 times per week 6) 4-6 times per week 7) 1 time per day or more	QDY_89
	90. Cod, saithe or other lean fish		QDY_90
	91. Fish soup		QDY_91
	92. Shrimp, shellfish		QDY_92
	93. Fish cakes, fish sticks or other fish products		QDY_93
	Other hot meals		
	94. Dishes with beans/lentils/peas	1) Not eaten 2) 1 time per month 3) 2-3 times per month 4) 1 time per week 5) 2-3 times per week 6) 4-6 times per week 7) 1 time per day or more	QDY_94
	95. Soup (tomato soup, vegetable soup)		QDY_95
	96. Eggs; fried, scrambled, omelet		QDY_96
	97. Pancakes		QDY_97
	98. Rice porridge		QDY_98
	99. Other porridge		QDY_99
100-101	**If you had porridge/pancakes the last month how many teaspoons of sugar or jam did you use on the porridge?**		
	100. Porridge	1) None 2) 1-3 3) 4-5 4) More than 6	QDY_100
	101. Pancakes		QDY_101
102	**Did you eat anything else for dinner this month?**		
		1)Yes 2) No	QDY_102
103	**What other dish did you eat for dinner?**		

		Text variable	QDY_103

2. **Description of original questions:** MoBa specific single questions

3. **Rationale for choosing the questions:** These questions are developed to get information about youth's hot meal for dinner.

4. **Revision during the data collection period:** No revisions have been made.

104 – 118 Side dish for dinner

1. **Name of original questions:** questions about side dishes

Q		Response Options	Variable name
104-116	**How often have you eaten the following side dishes for dinner the last month?**		
	Side dish		
	104. Potatoes (boiled, baked, mashed)	1) Not eaten 2) 1 time per month 3) 2-3 times per month 4) 1 time per week 5) 2-3 times per week 6) 4-6 times per week 7) 1 time per day or more	QDY_104
	105. French fries		QDY_105
	106. Potatoes au gratin, potato salad		QDY_106
	107. Fried potatoes		QDY_107
	108. Rice		QDY_108
	109. Noodles, pasta, spaghetti		QDY_109
	110. Bread, focaccia etc.		QDY_110
	Gravy/dressing		
	111. Warm gravy	1) Not eaten 2) 1 time per month 3) 2-3 times per month 4) 1 time per week 5) 2-3 times per week 6) 4-6 times per week 7) 1 time per day or more	QDY_111
	112. Sour cream, crème fraiche		QDY_112
	113. Dressing		QDY_113
	114. Ketchup		QDY_114
	115. Mustard		QDY_115
	116. Mayonnaise, rémoulade		QDY_116
117	**Did you eat any other side dish for dinner the last month?**		
		1)Yes 2) No	QDY_117
118	**What other side dish did you eat for dinner the last month?**		
		Text variable	QDY_118

2. **Description of original questions:** MoBa specific single questions

3. **Rationale for choosing the questions:** These questions are developed to get information about youth's sides dishes for dinner.

4. **Revision during the data collection period:** No revisions have been made.

119 - 145. Fruit and vegetables

1. Name of original questions: questions about intake of fruit and vegetables

Q		Response Options	Variable name
119-144	**How often did you eat the following fruit and vegetables the last month?**		
	Fresh fruit		
	119. Apple (1 piece)	1) Not eaten 2) 1 time per month 3) 2-3 times per month 4) 1 time per week 5) 2-3 times per week 6) 4-6 times per week 7) 1 time per day or more	QDY_119
	120. Pear (1 piece)		QDY_120
	121. Banana (1 piece)		QDY_121
	122. Orange or 2 clementines		QDY_122
	123. Peach, nectarine (1 piece)		QDY_123
	124. Plum (1 piece)		QDY_124
	125. Melon (1 slice)		QDY_125
	126. Kiwi (1 piece)		QDY_126
	127. Pineapple (1 slice), mango (1 bit)		QDY_127
	128. Berries, fresh or frozen (1 portion)		QDY_128
	129. Grapes (1 handful)		QDY_129
	130. Raisins (1/2 handful)		QDY_130
	131. Other dried fruits (1/2 handful)		QDY_131
	Vegetables		
	132. Broccoli	1) Not eaten 2) 1 time per month 3) 2-3 times per month 4) 1 time per week 5) 2-3 times per week 6) 4-6 times per week 7) 1 time per day or more	QDY_132
	133. Cauliflower		QDY_133
	134. Onion, garlic, leek		QDY_134
	135. Avocado (1/2 piece)		QDY_135
	136. Corn (1/2 cob = 2 tbsp)		QDY_136
	137. Peas, snow peas		QDY_137
	138. Mixed salad (1 portion)		QDY_138
	139. Cooked spinach		QDY_139
	140. Pepper (1/4)		QDY_140
	141. Carrots (1 piece)		QDY_141
	142. Cucumber (about 4-5 cm)		QDY_142
	143. Tomato (1 piece)		QDY_143
	144. Other vegetables		QDY_144
145	**If you crossed out other vegetables, what other vegetables did you eat?**		
		Text variable	QDY_145

2. Description of original questions: MoBa specific single questions

3. Rationale for choosing the questions:
These questions are developed to get information about youth's intake of vegetables.

4. Revision during the data collection period: No revisions have been made.

146-151. Organic food and drinks

1. **Name of original questions:** questions about intake of organic food and drinks.

Q		Response options	Variable name
146-151	**How often do you eat/drink the following organic food and drinks?**		
Version H, HBM, HNN	146. Milk, milk products and cheese	1- Seldom/never 2- Sometimes 3- Often 4- Mostly	QDY_146
	147. Bread and cereal products (flour, muesli etc.)		QDY_147
	148. Egg		QDY_148
	149. Vegetables		QDY_149
	150. Fruit		QDY_150
	151. Meat		QDY_151

2. **Description of original questions:** MoBa specific single questions

3. **Rationale for choosing the questions:** This is a measure of youth's intake of ecological food.

4. **Revision during the data collection period:** Questions are specific to version H, HBM, HNN.

152-164. Cake, desserts and sweets

1. Name of original questions: questions about intake of cake, desserts and sweets

Q		Response Options	Variable name
152-164	**How often have you eaten the following the last month?**		
	152. Cake (cream layer cake, brownie chocolate cake) (1 piece)	1) Not eaten 2) 1 time per month 3) 2-3 times per month 4) 1 time per week 5) 2-3 times per week 6) 4-6 times per week 7) 1 time per day 8) 2 times per day or more	QDY_152
	153. Cookies, sweet biscuits (1 piece)		QDY_153
	154. Danish pastry (1 piece)		QDY_154
	155. Buns (cinnamon buns, Norwegian custard buns ("*skolebrød*"), currant buns etc.) (1 piece)		QDY_155
	156. Müslie bar		QDY_156
	157. Ice cream, yogurt ice cream (1 piece)		QDY_157
	158. Water ice stick, sorbet (1 piece)		QDY_158
	159. Pudding and mousse		QDY_159
	160. Creamed rice or "rislunsj" (Norwegian rice pudding)		QDY_160
	161. Gelo		QDY_161
	162. Canned fruit		QDY_162
	163. Cream, whipped cream		QDY_163
	164. Vanilla sauce		QDY_164

2. **Description of original questions:** MoBa specific single questions

3. **Rationale for choosing the questions:** These questions are developed to get information about youth's intake of desserts, ice cream, cakes and sweets.

4. **Revision during the data collection period:** No revisions have been made.

165-173. Snacks

1. Name of original questions: questions about intake of snacks

Q		Response Options	Variable name
165-173	**How often have you eaten the following the last month?**		
	Snacks		
	165. Crisps, potato chips, cheese doodles	1) Not eaten 2) 1 time per month 3) 2-3 times per month 4) 1 time per week 5) 2-3 times per week 6) 4-6 times per week 7) 1 time per day 8) 2 times per day or more	QDY_165
	166. Tortilla chips (not with taco dinner)		QDY_166
	167. Popcorn		QDY_167
	168. Nuts		QDY_168
	169. Mixed candy (Norwegian "smågodt")		QDY_169
	170. Snowballs		QDY_170
	171. Chocolate bar, plain (Norwegian "Melkesjokolade", Norwegian "Firkløver", Norwegian "Stratos" etc.) (small bar)		QDY_171
	172. Chocolate bar, filled (Mars, Japp, Snickers etc.) (1 piece)		QDY_172
	173. Dark chocolate (1/4 bar)		QDY_173

2. **Description of original questions:** MoBa specific single questions

3. **Rationale for choosing the questions:**
   These questions are developed to get information about youth's intake of snacks.

4. **Revision during the data collection period:** No revisions have been made.

174 – 180. Meal pattern

1. Name of original questions: questions about meal habits.

Q		Response options	Variable name
174-177	**How many times a week do you eat breakfast, lunch, dinner and evening meal (weekdays and weekend)?**		
	174. Breakfast	1) Never or almost never 2) 1-2 times per week 3) 3-4 times per week 4) 5-6 times per week 5) Every day	QDY_174
	175. Lunch		QDY_175
	176. Dinner		QDY_176
	177. Evening meal		QDY_177
178	**How often do you eat breakfast or dinner with your family?**		
		1) Never or almost never 2) 1-2 times per week 3) 3-4 times per week 4) 5-6 times per week 5) Every day	QDY_178
179	**Where do you get your school lunch?**		
	1) Bring packed lunch from home		QDY_179_1
	2) Buy at school		QDY_179_2
	3) Buy outside of school		QDY_179_3
	4) Don't eat lunch at school		QDY_179_4
180	**How often do you eat food from McDonald's, Narvesen, 7-Eleven etc.?**		
		1) Never/seldom 2) 1-3 times per month 3) 1 time per week 4) 2-3 times per week 5) 4-6 times per week 6) 1 time per day or more	QDY_180

2. Description of original questions: MoBa specific single questions

3. Rationale for choosing the questions:
These questions were developed to get information about youth's meal habits.

4. Revision during the data collection period: No revisions have been made.

181 - 189. Supplements

1. Name of original questions: questions about intake of supplements.

Q		Response options	Variable name
181-187	**How often have you taken the following supplements during the last month?**		
	181. Cod liver oil	1) Not used 2) 1-3 times per month 3) 1-2 times per week 4) 3-4 times per week 5) 5 times per week or more	QDY_181
	182. Cod liver/fish oil capsules		QDY_182
	183. Multivitamins without minerals		QDY_183
	184. Multivitamins with minerals		QDY_184
	185. Iron supplement		QDY_185
	186. Vitamin C		QDY_186
	187. Vitamin D		QDY_187
188	**Have you used other supplements than those mentioned above during the last month?**		
		1) No 2) Yes	QDY_188
189	**What other supplements have you used?**		
		Text variable.	QDY_189

2. **Description of original questions:** MoBa specific single questions

3. **Rationale for choosing the questions:**
   This is a measure of youth's intake of supplements.

4. **Revision during the data collection period:** No revisions have been made.

190. Participate in cooking at home

1. Name of original questions: question about food preparation

Q		Response option	Variable name
190	**Do you participate in cooking at home?**		
		1) Never 2) Seldom 3) Often	QDY_190

2. **Description of original questions:** MoBa specific single questions

3. **Rationale for choosing the questions:**
   This is a measure of youth's involvement in food preparation at home.

4. **Revision during the data collection period:** No revisions have been made.

191 - 196. Food allergies

1. Name of original questions: questions about food allergies and intolerance.

Q		Response option	Variable name
191	**Do you have any kind of food allergy or intolerance?**		
		1) Yes 2) No	QDY_191
192	**What kind of food allergy/intolerance do you have?**		
	1) Egg		QDY_192_1
	2) Milk		QDY_192_2
	3) Nuts		QDY_192_3
	4) Shellfish		QDY_192_4
	5) Wheat, gluten		QDY_192_5
193	**If there is other food items you cannot tolerate, write them here:**		
		Text variable	QDY_193
194	**Are there food items that you avoid for other reasons than allergy/intolerance?**		
		1)Yes 2) No	QDY_194
195	**What do you avoid eating?**		
		Text variable	QDY_195
196	**Why do you avoid eating this food?**		
		Text variable	QDY_196

2. **Description of original questions:** MoBa specific single questions

3. **Rationale for choosing the questions:** This is a measure of youth's food allergy or intolerance.

4. **Revision during the data collection period:** No revisions have been made.

197 - 198. Sleep

1. Name of original questions: questions about sleeping habits

Q		Response option	Variable name
197	**How many hours do you sleep every night on weekdays?**		
		1) Less than 5 hours 2) 5 hours 3) 6 hours 4) 7 hours 5) 8 hours 6) 9 hours 7) 10 hours 8) 11 hours or more	QDY_197
198	**How many hours do you sleep every night on weekends?**		
		1) Less than 5 hours 2) 5 hours 3) 6 hours 4) 7 hours 5) 8 hours 6) 9 hours 7) 10 hours 8) 11 hours or more	QDY_198

2. **Description of original questions:** MoBa specific single questions
3. **Rationale for choosing the questions:** This is a measure of youth's sleeping habits.
4. **Revision during the data collection period:** No revisions have been made.

199 - 208. Physical activity and after school activities

1. Name of original questions: questions about physical activity and after school activities.

Q		Response options	Variable name
	How active are you? Pick the answer that best describes how active you have been the last month. Think about both weekdays and weekends.		
199	**Do you participate in physical education at school?**		
		1) Yes 2) No	QDY_199
200	**How many school hours do you participate in physical education at school?**		
		1) Less than 1 school hour 2) 1-2 school hours 3) 3-4 school hours 4) 5-7 school hours 5) more than 7 school hours	QDY_200
201	**Have you participated in organized sports on your leisure time the last month?**		
		1) Yes 2) No	QDY_201
202	**What kind of sports?**		
	1) Football		QDY_202_1
	2) Handball		QDY_202_2
	3) Other ball games		QDY_202_3
	4) Gymnastics		QDY_202_4
	5) Athletics		QDY_202_5
	6) Cycling		QDY_202_6
	7) Dancing		QDY_202_7
	8) Horse riding		QDY_202_8
	9) Karate, other martial arts		QDY_202_9
	10) Skiing		QDY_202_10
	11) Others		QDY_202_11
203	**How many hours in total do you spend doing organized sports per week?**		
		1) Less than 1 hour 2) 1-2 hours 3) 3-4 hours 4) 5-7 hours 5) 8-10 hours 6) 11 hours or more	QDY_203
204	**Have you participated in other organized activities the last month?**		
		1) Yes 2) No	QDY_204
205	**What other organized activities?**		
	1) Scouts		QDY_205_1
	2) Band (e.g. school band, brass band)		QDY_205_2
	3) Music school		QDY_205_3
	4) Choir		QDY_205_4
	5) Other		QDY_205_5
206	**How many hours in total do you spend on other organized activities per week?**		
		1) Less than 1 hour 2) 1-2 hours 3) 3-4 hours 4) 5-7 hours 5) 8-10 hours 6) 11 hours or more	QDY_206

207	**Do you ride your bike or walk to school and/or after school activities?**		
		1) Yes 2) No	QDY_207
208	**How many hours a week have you cycled or walked to school and/or after school activities?**		
		1) Less than 1 hour 2) 1-2 hours 3) 3-4 hours 4) 5 hours or more	QDY_208

2. **Description of original questions:** MoBa specific single questions

3. **Rationale for choosing the questions:**
   This is a measure of youth's physical activity and after school activities.

4. **Revision during the data collection period:** No revisions have been made.

209 - 212. Time in front of screen

1. Name of original questions: questions about screen time.

Q		Response options	Variable name
209-211	**How much screen time do you usually have during a weekday?**		
	209. Screen time (PC, tablet etc.) for homework?	1) Less than 1 hour 2) 1-2 hours 3) 3-4 hours 4) 5-7 hours 5) 8-10 hours 6) 11 hours or more	QDY_209
	210. Screen time (TV, tablet, smartphone, PC, etc.) for other things than homework?		QDY_210
	211. Screen time (PC, TV etc.) at school?		QDY_211
212	**How much screen time (TV, tablet, smartphone etc.) do you use to other things than homework on days off?**		
		1) Less than 1 hour 2) 1-2 hours 3) 3-4 hours 4) 5-7 hours 5) 8-10 hours 6) 11 hours or more	QDY_212

2. **Description of original questions:** MoBa specific single questions

3. **Rationale for choosing the questions:**
   This is a measure of youth's time in front of screen.

4. **Revision during the data collection period:** No revisions have been made.

213 - 214. Height and weight

1. Name of original questions: questions about height and weight.

Q		Response options	Variable name
213	**How high are you?**		
		1) lower than 125 cm 2) 125 cm 3) 126 cm - - 76) 199 cm 77) 200 78) higher than 200	QDY_213
214	**How much do you weigh?**		
		1) less than 25 kg 2) 25 kg 3) 26 kg - - 76) 99 kg 77) 100 kg 78) more than 100 kg	QDY_214

2. **Description of original questions:** MoBa specific single questions

3. **Rationale for choosing the questions:**
   This is a measure of youth's height and weight.

4. **Revision during the data collection period:** No revisions have been made.

References

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4. Lauritsen J (1998) *FoodCalc v. 1.3*. Diet, cancer and health project, Danish Cancer Society.