

Weight, Nutrition, and Exercise Scale

What does this SSW measure address?

This scale measures healthy and unhealthy eating and exercise habits, including worrying about weight, engaging in eating disorder activities, exercising, and eating healthy foods.

For use with:

High school students.

Why is it important?

Early intervention for unhealthy physical and behavioral habits can prevent development of negative health outcomes. Good nutrition and exercise contribute to students' readiness to learn. Individual students or groups of students who report signs of eating disorder (i.e., vomiting after eating, taking laxatives or diet pills, etc.) may require further evaluation and tier 2 or 3 supports. Use the scale as a follow up for risk-level SSP Body Weight scores and as a pretest post-test measure for interventions.



What do researchers say about the quality of the scale?

Not available. This is a new measure. Each indicator is useful used on its own, so many issues of scale quality don't apply.

Scoring:

Consider each of the weight, nutrition, and exercise items as a possible separate topic for discussion or intervention. Point out the positive behaviors to students. Discuss the negative scores with students and set goals for change in one or more of them.

Source:

U.S. Center for Disease Control

This measure was first developed by Family and Children First Councils.

If you have questions about how to use these scales, contact Natasha K. Bowen at bowen.355@osu.edu

MEASURES FOR PRACTICE

Weight, Nutrition, and Exercise Scale

1. How do you describe your weight? (fill in one answer)

- Very underweight
- Slightly underweight
- About the right weight
- Slightly overweight
- Very overweight

**2. Which of the following are you trying to do about your weight?
(fill in one answer)**

- Lose weight
- Gain weight
- Stay the same weight
- I am not trying to do anything about my weight

3. In the past 30 days, did you do any of these things to help you lose or keep from gaining weight? (fill in one circle on each line)

- Exercise
- Smoke cigarettes
- Take diet pills, powders, or liquids
- Skip meals
- Take laxatives
- Eat less food, fewer calories, or foods low in fat
- Go without eating for 24 hours or more (fasting)
- Vomit (throw up) on purpose after eating
- Go on a weight loss program

MEASURES FOR PRACTICE

Weight, Nutrition, and Exercise Scale

	Number of Days							
	0	1	2	3	4	5	6	7
4. Exercise or participate in sports for at least 20 minutes that made you sweat and breath hard (such as basketball, jogging, swimming, tennis, bicycling, or similar aerobic activities.)	<input type="radio"/>							
5. Participate in other physical activity for at least 20 minutes (such as walking, bicycling, or skating)	<input type="radio"/>							

Think about all the meals and snacks you ate yesterday from the time you got up until you went to bed. Include all the food you ate at home, school, restaurants, or anywhere else. How many servings of each of the following food groups did you eat? (fill in one circle on each line.)

	Number of Servings				
	None	1	2	3	4 or more
6. Dairy (glass of milk , yogurt, cheese)	<input type="radio"/>				
7. Grains (bread, cereal, bagels, pasta, rice)	<input type="radio"/>				
8. Fruits (whole fruit, juice)	<input type="radio"/>				
9. Vegetables (Do not count French fries, or fried potatoes)	<input type="radio"/>				
10. Meat (chicken, turkey, nuts, fish, beef, pork)	<input type="radio"/>				