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APPENDICES

Appendix A

Knowledge, Attitude, Belief and Behavior Questionnaire (Student Questionnaire)

A. Background and demographics

The following questions ask about some background information about you. Please encircle (O) the most appropriate answer.

1. Your name _____
2. What grade are you in?
 - a. 4
 - b. 5
 - c. 6
3. What is your ethnicity? _____
4. How long have you lived in Thailand?
 - a. Less than 1 year
 - b. 1-2 years
 - c. 3-4 years
 - d. 5 years or more
 - e. Always lived in Thailand
5. How many children are there in your family?
 - a. 1
 - b. 2-3
 - c. 4 and more
6. What is your birth-order or position?
 - a. First child
 - b. Middle children
 - c. Last child
7. What do you consider is your family's monthly income
 - a. 100,000 or less Baht/month
 - b. 100,000 – 150,000 Baht per month
 - c. More than 150,000 Baht/month
8. What type of diet do you have?
 - a. Can eat anything
 - b. Vegetarian
 - c. Other

B. Knowledge

9. What is the most important reason why people need to eat (only one answer)
 - a. To maintain health and provide energy for play/work
 - b. To satisfy hunger
 - c. Not to get hungry
 - d. Not to get stomach ache
 - e. To be healthy
 - f. To prevent diseases
 - g. Other

10. Healthful eating can (multiple answers possible)
 - a. Prevent diseases
 - b. Control weight

11. Keeping a healthy weight is important to...
 - a. Maintain good health
 - b. Prevent diseases
 - c. Look good

12. Overweight may lead to (multiple answer possible)
 - a. Some diseases such as Diabetes and cardiovascular disease
 - b. Unattractiveness
 - c. Low self esteem
 - d. Poor learning

13. Underweight may lead to (multiple answer possible)
 - a. Poor health
 - b. Easily tired
 - c. Unattractiveness
 - d. Poor learning

14. Overweight can be prevented
 - a. Yes
 - b. No

15. Unhealthful eating may lead to abnormal weight such as overweight or underweight
 - a. Yes
 - b. No

16. Eating behaviors and physical activity affect health
 - a. Yes
 - b. No

17. Limiting television, video games, and computer use to a few hours a week can contribute to significant weight control

- a. Yes
- b. No

18. In the table below, which food is healthier?

Table 1. Healthy/unhealthy foods

Food item	Healthy	Not healthy
1. A lot of salt or Minimal or no salt		
2. Fresh vegetables or Canned vegetables		
3. Vegetables and salad or		
4. Hamburger with Fried potatoes/French fries		
5. Low fat milk or High fat milk		
6. Cereals or Nuts		
7. Fresh fruit or Candy bars		
8. Fruit juice or Soft drinks (pop/cola)		
9. Ice cream or Yogurt		
10. Boiled potatoes or Fried potatoes		
11. Margarine or Butter		
12. Fatty meat or Lean meat		
13. Eating 2 eggs per week or Eating more than 2 eggs/week		

C. Attitude

19. Healthy foods taste good

- | | | | | |
|-------------------|------------------|---------------------------|----------------|----------------|
| 1 | 2 | 3 | 4 | 5 |
| Strongly disagree | Lightly disagree | Do not agree nor disagree | Slightly agree | Strongly agree |

20. Healthy foods are attractive

1	2	3	4	5
Strongly disagree	Lightly disagree	Do not agree nor disagree	Slightly agree	Strongly agree

21. Healthy foods are convenient

1	2	3	4	5
Strongly disagree	Lightly disagree	Do not agree nor disagree	Slightly agree	Strongly agree

22. Consuming a healthy diet would make me feel better about myself

1	2	3	4	5
Strongly disagree	Lightly disagree	Do not agree nor disagree	Slightly agree	Strongly agree

23. I should ask for help if I need to improve my weight

1	2	3	4	5
Strongly disagree	Lightly disagree	Do not agree nor disagree	Slightly agree	Strongly agree

24. There is a need to change my diet

1	2	3	4	5
Strongly disagree	Lightly disagree	Do not agree nor disagree	Slightly agree	Strongly agree

25. I worry about my weight

1	2	3	4	5
Strongly disagree	Lightly disagree	Do not agree nor disagree	Slightly agree	Strongly agree

26. Think about eating healthy foods to prevent diseases

1	2	3	4	5
Strongly disagree	Lightly disagree	Do not agree nor disagree	Slightly agree	Strongly agree

27. Think of eating healthy foods to control or reduce weight

1	2	3	4	5
Strongly disagree	Lightly disagree	Do not agree nor disagree	Slightly agree	Strongly agree

28. I think of eating healthy foods to be fit

1	2	3	4	5
Strongly disagree	Lightly disagree	Do not agree nor disagree	Slightly agree	Strongly agree

29. I make comments about my own weight

1	2	3	4	5
Strongly disagree	Lightly disagree	Do not agree nor disagree	Slightly agree	Strongly agree

30. I make comments about someone else's weight

1	2	3	4	5
Strongly disagree	Lightly disagree	Do not agree nor disagree	Slightly agree	Strongly agree

31. I disapprove of someone gaining weight

1	2	3	4	5
Strongly disagree	Lightly disagree	Do not agree nor disagree	Slightly agree	Strongly agree

32. How would you characterize an inactive kid (multiple answers possible)

- Too involved in sedentary activities like TV, computer/video games, shopping
- Lazy/out of shape
- Afraid they'll fail or look bad when participating in sports/activities
- Having unsupportive parents
- Lacking money and/or transportation
- Other (specify) _____

C. Beliefs

33. Being overweight is a sign of wealth and good health

1	2	3	4	5
Strongly disagree	Lightly disagree	Do not agree nor disagree	Slightly agree	Strongly agree

34. Healthy foods are expensive foods

1	2	3	4	5
Strongly disagree	Lightly disagree	Do not agree nor disagree	Slightly agree	Strongly agree

35. Eating unhealthy foods is harmful for my health

1	2	3	4	5
Strongly disagree	Lightly disagree	Do not agree nor disagree	Slightly agree	Strongly agree

36. Healthy foods taste good

1	2	3	4	5
Strongly disagree	Lightly disagree	Do not agree nor disagree	Slightly agree	Strongly agree

37. There are few healthy choices in fast food restaurants

1	2	3	4	5
Strongly disagree	Lightly disagree	Do not agree nor disagree	Slightly agree	Strongly agree

38. Vegetables are healthy

1	2	3	4	5
Strongly disagree	Lightly disagree	Do not agree nor disagree	Slightly agree	Strongly agree

39. Vegetables taste good

1	2	3	4	5
Strongly disagree	Lightly disagree	Do not agree nor disagree	Slightly agree	Strongly agree

40. Meals prepared at home offer the best opportunity for healthy eating

1	2	3	4	5
Strongly disagree	Lightly disagree	Do not agree nor disagree	Slightly agree	Strongly agree

41. Low-fat food products taste as good as regular food products

1	2	3	4	5
Strongly disagree	Lightly disagree	Do not agree nor disagree	Slightly agree	Strongly agree

42. I feel I am physically active enough

1	2	3	4	5
Strongly disagree	Lightly disagree	Do not agree nor disagree	Slightly agree	Strongly agree

43. Choose food for good taste

1	2	3	4	5
Strongly disagree	Lightly disagree	Do not agree nor disagree	Slightly agree	Strongly agree

44. Choose food because of price (cheap or reasonable)

1	2	3	4	5
Strongly disagree	Lightly disagree	Do not agree nor disagree	Slightly agree	Strongly agree

45. Choose food for convenience

1	2	3	4	5
Strongly disagree	Lightly disagree	Do not agree nor disagree	Slightly agree	Strongly agree

46. How do you describe your weight?

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

47. You consider yourself to be physically...

1	2	3	4	5
Not active at all	Slightly not active	Not active nor active	Slightly active	Very active

48. Those who answered **1, 2 or 3** above - Would you like to be more active?

- Yes
- No

49. Which of the following are you trying to do about your weight?

- Lose weight
- Gain weight
- Stay the same weight
- Not trying to do anything about my weight

50. How would ASB or your community help you be more physically active?

- Ask students to be more active in sports
- Programs should be more readily available/affordable
- Neighborhoods be more safer
- Other (please specify) _____

D. Self-efficacy

Eating Self-Efficacy Questionnaire

For numbers 1-25 you should rate the likelihood that you would have difficulty controlling your overeating in each of the situations listed on the next pages, using these scales:

1	2	3	4	5	6	7	
No difficulty controlling eating			Moderate difficulty controlling eating			Most difficulty controlling eating	

For example, if you thought you had great difficulty controlling your eating when you are at parties, you might complete an item specifying parties this way:

Overeating at parties 1 2 3 4 5 6 7

Please complete every item.

51. How difficult is it to control your overeating after school

1	2	3	4	5	6	7	
No difficulty controlling eating			Moderate difficulty controlling eating			Most difficulty controlling eating	

52. How difficult is it to control your overeating when you feel restless, tense, irritable, annoyed, depressed, angry or upset

1	2	3	4	5	6	7	
No difficulty controlling eating			Moderate difficulty controlling eating			Most difficulty controlling eating	

53. How difficult is it to control your overeating around holiday time

1	2	3	4	5	6	7	
No difficulty controlling eating			Moderate difficulty controlling eating			Most difficulty controlling eating	

54. How difficult is it to control your overeating as part of a social occasion dealing with food – like with friends, or at a restaurant or party

1	2	3	4	5	6	7	
No difficulty controlling eating			Moderate difficulty controlling eating			Most difficulty controlling eating	

55. How difficult is it to control your overeating with family members

1	2	3	4	5	6	7
No difficulty controlling eating			Moderate difficulty controlling eating			Most difficulty controlling eating

56. How difficult is it to control your overeating when tempting food is in front of you

1	2	3	4	5	6	7
No difficulty controlling eating			Moderate difficulty controlling eating			Most difficulty controlling eating

57. How difficult is it to control your overeating when there is a lot of food available to you (refrigerator is full)

1	2	3	4	5	6	7
No difficulty controlling eating			Moderate difficulty controlling eating			Most difficulty controlling eating

58. How difficult is it to control your overeating when hungry

1	2	3	4	5	6	7
No difficulty controlling eating			Moderate difficulty controlling eating			Most difficulty controlling eating

59. How difficult is it to control your overeating when you see others eating

1	2	3	4	5	6	7
No difficulty controlling eating			Moderate difficulty controlling eating			Most difficulty controlling eating

60. How difficult is it to control your overeating when you are alone

1	2	3	4	5	6	7
No difficulty controlling eating			Moderate difficulty controlling eating			Most difficulty controlling eating

Exercise self-efficacy questionnaire

DIRECTIONS: A number of situations are described below that can make it hard to stick to exercise regularly (exercising 3 or more times a week). On the items below, please rate your confidence that you can perform exercise on a regular basis. Please rate your degree of confidence by recording in each of the blank spaces a number from 1 to 7 using the scale below.

1	2	3	4	5	6	7
Not confident		Moderately confident			Very confident	

Please complete every item.

61. My confidence to exercise when I am feeling tired.

1	2	3	4	5	6	7
Not confident		Moderately confident			Very confident	

62. My confidence to exercise during bad weather.

1	2	3	4	5	6	7
Not confident		Moderately confident			Very confident	

63. My confidence to exercise after recovering from sickness or an injury that caused me to stop exercising.

1	2	3	4	5	6	7
Not confident		Moderately confident			Very confident	

64. My confidence to exercise during or after experiencing personal problems, family problems, depressed, or anxious.

1	2	3	4	5	6	7
Not confident		Moderately confident			Very confident	

65. My confidence to exercise during or after a vacation.

1	2	3	4	5	6	7
Not confident		Moderately confident			Very confident	

66. My confidence to exercise when I have too much work to do.

1	2	3	4	5	6	7
Not confident		Moderately confident			Very confident	

67. My confidence to exercise when friends or visitors are present.

1	2	3	4	5	6	7
Not confident		Moderately confident			Very confident	

68. My confidence to exercise when there are other interesting things to do.

1	2	3	4	5	6	7
Not confident		Moderately confident			Very confident	

69. My confidence to exercise if I don't reach my exercise goals.

1	2	3	4	5	6	7
Not confident		Moderately confident			Very confident	

70. My confidence to exercise without support from my family or friends.

1	2	3	4	5	6	7
Not confident		Moderately confident			Very confident	

E. Behaviors

Eating behavior

71. Your type of diet

- a. Eat almost anything
 - b. Eat anything except beef or pork
 - c. Strictly vegetarian
 - d. Other (specify)
-

72. Are your meals at home mostly

- a. Cooked at home (from scratch)
- b. Pre-packaged foods
- c. Ordered from restaurants
- d. Other

73. Meals you normally eat at home (multiple answers possible)

- a. Breakfast
- b. Lunch
- c. Dinner/supper

74. Rank from 1-6 (1 being first and so forth) who influences your eating habits

Table 1. Interpersonal influences

Person	Ranking
Parents	
Siblings	
Friends	
Classmates	
Teachers	
Advertisements/commercials	
Other (please specify)	

75. The next questions ask about food you ate or drank yesterday. Be sure to include all the food you ate at home, at school, at restaurants or anywhere else.

Directions:

- Think about the foods you ate yesterday and how many times you ate each of the following foods. Please mark (/ or X) for each food.
- Some food items are labeled regular and low fat or fat free. Please make sure you tick the correct box.

Table 2. Foods you ate or beverages you drank yesterday

Rice, Bread, Pasta, Noodles	1 time	2 times	3 times	More than 3 times
1. Rice				
2. Sticky rice				
3. Bread				
4. Indian bread (Roti, Nan, etc)				
5. Cereal (regular)				
6. Cereal (low fat, fat free)				
7. Potato (baked, mashed)				
8. Pancakes				
9. Pasta				
10. Noodles (example Chinese or Thai noodles)				
11. Pizza				
12. Lasagna (Italian Pasta with cheese, meat or vegetables)				
13. Chinese dumplings (Dimsum)				
14. French fries				
15. Sandwiches				
16. Sashimi				
Vegetables				
17. Raw vegetables				
18. Fresh vegetable juice				

19. Cooked vegetables				
Fruits				
20. Raw fruit				
21. Fresh juice (100%)				
22. Dried fruit (no sugar added)				
23. Dried fruit (with sugar)				
24. Canned fruit				
Dairy Products				
25. Milk (regular, flavored)				
26. Milk (low fat, fat free)				
27. Cheese (regular)				
28. Cheese (low fat, fat free)				
29. Yogurt (regular)				
30. Yogurt (low fat, fat free)				
Protein sources				
31. Beef, veal				
32. Pork				
33. Chicken				
34. Fish				
35. Shellfish (shrimp, oysters, clams, etc)				
36. Dry Beans				
37. Meat hotdog				
38. Eggs				
39. Nuts (peanuts, cashews, etc)				
40. Tofu/Bean Curd				
Fats/oils/sweets				
41. Vegetable oil				
42. Animal oil (ex. Pork lard)				
43. Crispy pork/chicken skin				
44. Potato chips				
45. Ice cream (regular)				
46. Ice cream (low fat or fat free)				
47. Donuts				
48. Cookies				
49. Cakes or pies				
50. Hard candy/jelly candy, etc.				
51. Sweet fruit candy (tamarind, durian, banana, etc.)				
52. Soda (such as Coke, Sprite, Fanta, Pepsi etc.), iced tea, iced coffee, juice)				
53. Fruit flavored juices				

Other foods you eat which are not on this list				
1.				
2.				
3.				
4.				
5.				

76. Have you recently changed your eating and physical activity behaviors? What are the reasons for the changes?
- a. Have not changed behaviors
 - b. Concern with reducing weight
 - c. Concern with increasing weight
 - d. Increased knowledge of healthy diet and physical activity
 - e. New kinds of foods or dishes
 - f. I have a particular health problem

77. During the last 4 weeks or one month, did you exercise for the purpose of losing weight or to keep from gaining weight?
- a. Yes
 - b. No

Physical activity

78. Does your community/neighborhood provide any of the following facilities (multiple answers possible)
- a. No facilities
 - b. Gym
 - c. Playground
 - d. Health club
 - e. Sports club/camp
 - f. Other (specify) _____

79. Rank from 1-6 (1 being first and so forth) who influences your physical activity

Table 3. Most influential person

Person	Ranking
Parents	
Siblings	
Friends	
Classmates	
Teachers	
Advertisements/commercials	
Other (please specify)	

80. How many hours each day do you watch TV?

- a. Do not watch at all
- b. Less than 1 hour - 2 hours
- c. 3-4 hours
- d. More than 4 hours

81. How many hours each day do you play computer games/video games/play station?

- a. Do not play at all
- b. Less than 1 hour - 2 hours
- c. 3-4 hours
- d. More than 4 hours

82. How many hours each day do you spend surfing the internet?

- a. Do not surf the internet at all
- b. Less than 1 hour - 2 hours
- c. 3-4 hours
- d. More than 4 hours

83. Physical activity or exercise. The next questions ask about physical activity or exercise. Think about physical activity or exercise that you have done in the last 7 days (or 1 week).

Table4. Physical activity

Activity	Less than 30 minutes a day 1-2 days a week	30 minutes or more a day 3-4 days a week	30 minutes or more 5 days a week or more
Biking			
Jogging			
Walking			
Participates in PE activities			
Swimming			
Participates in sports teams (soccer, basketball, running, swimming, etc.)			
Rollerblading, skating, skateboarding			
Aerobics, dancing			
Other (please specify)			
1.			
2.			
3.			

Appendix B

Knowledge, Attitude, Belief and behavior Questionnaire

(For Parents)

Informed consent and cover page

Hello. I am helping the school establish a nutrition program. I am conducting a study and would appreciate you answering some questions. I would like to ask you some questions about eating and physical activity. The information that you provide will help us discover the nutrition situation at ASB and help us develop a school health program to improve nutrition and prevent nutrition-related health problems among students at ASB. It will take about 20 minutes to complete the survey. The information you provide will be kept private and confidential.

Thank you very much for your participation in this survey.

Sincerely,

Ellen Hegenauer

Directions:

Use a pen or pencil.

Mark your choice by placing a /, X or by encircling the letters.

To change your answer, erase completely.

Choose only one answer for each question.

A. Background and demographics

Child's name _____

Homeroom _____

Your name _____

Your age _____ years old

Ethnicity (for example Thai, Japanese, Korean...) _____

1. What is your sex
 - a. Male
 - b. Female

2. What is your education background?
 - a. None
 - b. High school or less
 - c. University
 - d. Masters level and higher

3. What is your spouse's education background?
 - a. None
 - b. High school or less
 - c. University
 - d. Masters level and higher

4. Your employment
 - a. Not employed
 - b. Businessman
 - c. Health
 - d. Engineering
 - e. Education
 - f. Government employee
 - g. Military
 - h. Other (please specify) _____

5. What do you consider is your family's monthly income
 - a. 100,000 or less Baht per month
 - b. 100,001 – 150,000 Baht per month
 - c. More than 150,000 Baht per month

6. What is your family's diet?
 - a. None (can eat anything)
 - b. Can eat anything except certain meat
 - c. Strictly vegetarian
 - d. Not strictly vegetarian
 - e. Other (please specify) _____

7. What is the most important factor that determines the foods you buy?
 - a. Taste
 - b. Cost
 - c. Nutritional value
 - d. New food/in fashion
 - e. Other

8. How many days per week do you shop for food?
 - a. Less than 2 days per week
 - b. 3-4 days per week
 - c. More than 4 days per week

9. What type of meals you mostly eat?
 - a. Home-cooked from scratch
 - b. Bought from restaurants
 - c. Ready-made frozen foods
 - d. Other (specify) _____

10. What is the most important factor in cooking your own meals (multiple answers possible)
 - a. Time
 - b. Budget
 - c. Other (please specify) _____

11. Meals eaten at home (multiple answers possible)
 - a. Breakfast
 - b. Lunch
 - c. Dinner

B. Knowledge

12. What is the most important reason why people need to eat (only one answer)
 - a. To maintain health and provide energy for play/work
 - b. To satisfy hunger
 - c. Not to get hungry
 - d. Not to get stomach ache
 - e. To be healthy
 - f. To prevent diseases
 - g. Other

13. Healthful eating can (multiple answers possible)
 - a. Prevent diseases
 - b. Control weight

14. Keeping a healthy weight is important to...
 - a. Maintain good health
 - b. Prevent diseases
 - c. Look good

15. Overweight may lead to (multiple answer possible)
 - a. Some diseases such as Diabetes and cardiovascular disease
 - b. Unattractiveness
 - c. Low self esteem
 - a. Poor learning
16. Underweight may lead to (multiple answer possible)
 - a. Poor health
 - b. Easily tired
 - c. Unattractiveness
 - d. Poor learning
17. Overweight can be prevented
 - a. Yes
 - b. No
18. Unhealthy eating may lead to abnormal weight such as overweight or underweight
 - a. Yes
 - b. No
19. Eating behaviors and physical activity affect health
 - a. Yes
 - b. No
20. Limiting television, video games, and computer use to a few hours a week can contribute to significant weight control
 - a. Yes
 - b. No

21. In the table below, which food is healthier?

Table 1 Healthy/unhealthy foods

Food item	Healthy	Not healthy
1. A lot of salt or Minimal or no salt		
2. Fresh vegetables or Canned vegetables		
3. Vegetables and salad or		
4. Hamburger with Fried potatoes/French fries		
5. Low fat milk or High fat milk		
6. Cereals or Nuts		
7. Fresh fruit or Candy bars		
8. Fruit juice or Soft drinks (pop/cola)		
9. Ice cream or Yogurt		
10. Boiled potatoes or Fried potatoes		
11. Margarine or Butter		
12. Fatty meat or Lean meat		
13. Eating 2 eggs per week or Eating more than 2 eggs/week		

C. Attitude

22. Healthy foods taste good

1	2	3	4	5
Strongly disagree	Lightly disagree	Do not agree nor disagree	Slightly agree	Strongly agree

23. Healthy foods are attractive

1	2	3	4	5
Strongly disagree	Lightly disagree	Do not agree nor disagree	Slightly agree	Strongly agree

24. Healthy foods are convenient

1	2	3	4	5
Strongly disagree	Lightly disagree	Do not agree nor disagree	Slightly agree	Strongly agree

25. Consuming a healthy diet would make me feel better about myself

1	2	3	4	5
Strongly disagree	Lightly disagree	Do not agree nor disagree	Slightly agree	Strongly agree

26. I should ask for help if I need to improve my weight

1	2	3	4	5
Strongly disagree	Lightly disagree	Do not agree nor disagree	Slightly agree	Strongly agree

27. There is a need to change my diet

1	2	3	4	5
Strongly disagree	Lightly disagree	Do not agree nor disagree	Slightly agree	Strongly agree

28. I worry about my weight

1	2	3	4	5
Strongly disagree	Lightly disagree	Do not agree nor disagree	Slightly agree	Strongly agree

29. Think about eating healthy foods to prevent diseases

1	2	3	4	5
Strongly disagree	Lightly disagree	Do not agree nor disagree	Slightly agree	Strongly agree

30. Think of eating healthy foods to control or reduce weight

1	2	3	4	5
Strongly disagree	Lightly disagree	Do not agree nor disagree	Slightly agree	Strongly agree

31. I think of eating healthy foods to be fit

1	2	3	4	5
Strongly disagree	Lightly disagree	Do not agree nor disagree	Slightly agree	Strongly agree

32. I make comments about my own weight

1	2	3	4	5
Strongly disagree	Lightly disagree	Do not agree nor disagree	Slightly agree	Strongly agree

33. I make comments about someone else's weight

1	2	3	4	5
Strongly disagree	Lightly disagree	Do not agree nor disagree	Slightly agree	Strongly agree

34. I disapprove of someone gaining weight

1	2	3	4	5
Strongly disagree	Lightly disagree	Do not agree nor disagree	Slightly agree	Strongly agree

35. How would you characterize an inactive kid (multiple answers possible)

- a. Too involved in sedentary activities like TV, computer/video games, shopping
- b. Lazy/out of shape
- c. Afraid they'll fail or look bad when participating in sports/activities
- d. Having unsupportive parents
- e. Lacking money and/or transportation
- f. Other (specify) _____

C. Beliefs

36. Being overweight is a sign of wealth and good health

1	2	3	4	5
Strongly disagree	Lightly disagree	Do not agree nor disagree	Slightly agree	Strongly agree

37. Healthy foods are expensive foods

1	2	3	4	5
Strongly disagree	Lightly disagree	Do not agree nor disagree	Slightly agree	Strongly agree

38. Eating unhealthy foods is harmful for my health

1	2	3	4	5
Strongly disagree	Lightly disagree	Do not agree nor disagree	Slightly agree	Strongly agree

39. Healthy foods taste good

1	2	3	4	5
Strongly disagree	Lightly disagree	Do not agree nor disagree	Slightly agree	Strongly agree

40. There are few healthy choices in fast food restaurants

1	2	3	4	5
Strongly disagree	Lightly disagree	Do not agree nor disagree	Slightly agree	Strongly agree

41. Vegetables are healthy

1	2	3	4	5
Strongly disagree	Lightly disagree	Do not agree nor disagree	Slightly agree	Strongly agree

42. Vegetables taste good

1	2	3	4	5
Strongly disagree	Lightly disagree	Do not agree nor disagree	Slightly agree	Strongly agree

43. Meals prepared at home offer the best opportunity for healthy eating

1	2	3	4	5
Strongly disagree	Lightly disagree	Do not agree nor disagree	Slightly agree	Strongly agree

44. Low-fat food products taste as good as regular food products

1	2	3	4	5
Strongly disagree	Lightly disagree	Do not agree nor disagree	Slightly agree	Strongly agree

45. I feel I am physically active enough

1	2	3	4	5
Strongly disagree	Lightly disagree	Do not agree nor disagree	Slightly agree	Strongly agree

46. Choose food for good taste

1	2	3	4	5
Strongly disagree	Lightly disagree	Do not agree nor disagree	Slightly agree	Strongly agree

47. Choose food because of price (cheap or reasonable)

1	2	3	4	5
Strongly disagree	Lightly disagree	Do not agree nor disagree	Slightly agree	Strongly agree

48. Choose food for convenience

1	2	3	4	5
Strongly disagree	Lightly disagree	Do not agree nor disagree	Slightly agree	Strongly agree

49. How do you describe your weight?

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

50. You consider yourself to be physically...

1	2	3	4	5
Not active at all	Slightly not active	Not active nor active	Slightly active	Very active

51. Those who answered **1, 2 or 3** above - Would you like to be more active?

- a. Yes
- b. No

52. Which of the following are you trying to do about your weight?

- a. Lose weight
- b. Gain weight
- c. Stay the same weight
- d. Not trying to do anything about my weight

53. How would ASB or your community help you be more physically active?

- a. Ask students to be more active in sports
- b. Programs should be more readily available/affordable
- c. Neighborhoods be more safer
- d. Other (please specify) _____

54. Would you like to be involved in the ASB nutrition program?

- a. Yes
- b. No → go to 56

55. Reasons for not wanting to be involved

- c. Too busy
- d. Not interested
- e. No knowledge and skills
- f. Other (please specify) _____

C. Belief/perception

On a scale of 1-4, how much do you agree with the following statements:

56. Being overweight is a sign of wealth and good health

1	2	3	4	5
Strongly disagree	Somewhat disagree	Do not agree nor disagree	Somewhat agree	Strongly agree

57. Healthy foods are expensive foods

1	2	3	4	5
Strongly disagree	Somewhat disagree	Do not agree nor disagree	Somewhat agree	Strongly agree

58. Eating unhealthy foods are harmful for your health

1	2	3	4	5
Strongly disagree	Somewhat disagree	Do not agree nor disagree	Somewhat agree	Strongly agree

59. Physical inactivity is harmful for your health

1	2	3	4	5
Strongly disagree	Somewhat disagree	Do not agree nor disagree	Somewhat agree	Strongly agree

60. Healthy foods taste good

1	2	3	4	5
Strongly disagree	Somewhat disagree	Do not agree nor disagree	Somewhat agree	Strongly agree

61. There are few healthy choices in fast-food restaurants

1	2	3	4	5
Strongly disagree	Somewhat disagree	Do not agree nor disagree	Somewhat agree	Strongly agree

62. Vegetables are healthy

1	2	3	4	5
Strongly disagree	Somewhat disagree	Do not agree nor disagree	Somewhat agree	Strongly agree

63. Meals prepared at home offer the best opportunity for healthy eating

1	2	3	4	5
Strongly disagree	Somewhat disagree	Do not agree nor disagree	Somewhat agree	Strongly agree

64. Low-fat food products taste as good as regular food products

1	2	3	4	5
Strongly disagree	Somewhat disagree	Do not agree nor disagree	Somewhat agree	Strongly agree

65. Limiting television, video games, and computer use to a few hours a week can contribute to significant weight control

1	2	3	4	5
Strongly disagree	Somewhat disagree	Do not agree nor disagree	Somewhat agree	Strongly agree

D. Eating behavior

66. Your eating habits

- a. Think about your most recent eating habits and how often your family eats each of the following food items. Please mark with a / or X for each food.
- b. Some food items are labeled regular and low or fat-free. Please tick the correct box.

Table 2. Foods you ate or beverages you drank yesterday

Rice, Bread, Pasta, Noodles	1 time	2 times	3 times	More than 3 times
1. Rice				
2. Sticky rice				
3. Bread				
4. Indian bread (Roti, Nan, etc)				
5. Cereal (regular)				
6. Cereal (low fat, fat free)				
7. Potato (baked, mashed)				
8. Pancakes				
9. Pasta				
10. Noodles (example Chinese or Thai noodles)				
11. Pizza				
12. Lasagna (Italian Pasta with cheese, meat or vegetables)				
13. Chinese dumplings (Dimsum)				
14. French fries				
Rice, Bread, Pasta, Noodles				
15. Sandwiches				
16. Sashimi				
Vegetables				
17. Raw vegetables				
18. Fresh vegetable juice				
19. Cooked vegetables				
Fruits				
20. Raw fruit				
21. Fresh juice (100%)				
22. Dried fruit (no sugar added)				
23. Dried fruit (with sugar)				
24. Canned fruit				
Dairy Products				
25. Milk (regular, flavored)				
26. Milk (low fat, fat free)				
27. Cheese (regular)				
28. Cheese (low fat, fat free)				
29. Yogurt (regular)				
30. Yogurt (low fat, fat free)				

Protein Sources	1 time	2 times	3 times	More than 3 times
31. Beef, veal				
32. Pork				
33. Chicken				
34. Fish				
35. Shellfish (shrimp, oysters, clams, etc)				
36. Dry Beans				
37. Meat hotdog				
38. Eggs				
39. Nuts (peanuts, cashews, etc)				
40. Tofu/Bean Curd				
Fats/oils/sweets				
41. Vegetable oil				
42. Animal oil (ex. Pork lard)				
43. Crispy pork/chicken skin				
44. Potato chips				
45. Ice cream (regular)				
46. Ice cream (low fat or fat free)				
47. Donuts				
48. Cookies				
49. Cakes or pies				
50. Hard candy/jelly candy, etc.				
51. Sweet fruit candy (tamarind, durian, banana, etc.)				
Fats/oils/sweets				
52. Soda (such as Coke, Sprite, Fanta, Pepsi etc.), iced tea, iced coffee, juice)				
53. Fruit flavored juices				
Other foods you eat which are not on this list				
1.				
2.				
3.				
4.				
5.				

E. Physical activity and exercise

67. How many hours of TV do you watch each day?
- Do not watch TV
 - Less than 1 hour-2 hours/day
 - 3-4 hours/day
 - More than 4 hours/day

68. Do you or your spouse exercise?

- a. Yes
- b. No

69. Types of physical activity or exercise you and/or your spouse have done in the last 7 days. Circle which spouse and tick appropriate box for duration/frequency of physical activity.

Table 3 Your physical activity

Activity	Less than 30 minutes a day 1-2 days a week	30 minutes or more a day 3-4 days a week	30 minutes or more 5 days a week or more
Biking			
Jogging/running			
Walking			
Swimming			
Swimming			
Tennis/squash			
Aerobics/dancing			
Golf			
Other (please specify)			
1.			
2.			
3.			

Appendix C

Focus Group Interview Guidelines (Students)

1. Focus group interviewing and participant observation
2. Moderator's Guide

A. Introduction and introductory activities.

Explain to the subjects, what the interview is seeking and how the FG operates.

- The purpose of the interview (informed consent)
- Introduction of participants (name, occupation, one unique quality)

B. Statement of the basic rules or guidelines for the interview.

Explain that I (the researcher) expect an open, polite and orderly environment where everyone can feel comfortable to participate. I am here to hear what they have to say, their honest opinion about certain issues. I will be recording the conversation by writing and by a cassette recorder and please tell me if this is alright with everyone.

C. Short question-and-answer discussions/interview

Knowledge

1. Is overweight a problem at ASB?
2. How would you know that a person is overweight?
3. What makes a person overweight?
4. What are the dangers of being overweight?
5. Exploratory questions for diet: What do you mean by good diet? poor diet?
6. Exploratory questions for physical activity/inactivity: How can physical activity prevent or treat overweight?
7. What are some forms of inactivity? Explore how many hours they spend in these inactivities (watching TV/video, playing computer/play station games, internet use).

Attitude

1. What are your reasons for eating or not eating vegetables?...fruits?
2. How do you feel if you eat healthy food?
3. Do you ever worry about your weight?
4. Do you make comments about your weight? Someone else's weight?
5. How would you characterize an inactive kid?

Beliefs

1. Is it easy or hard to get healthy foods at home? In restaurants?
2. How would you characterize the taste of healthy food? Unhealthy food?
3. What is healthy food? Unhealthy food?
4. How would you consider yourself – physically active or not? If you consider yourself not so active, would you like to be more active?

D. School Health Promotion Program

1. Should the school (ASB) do something about it? How or what activities can ASB do to help students improve their eating and physical activity behaviors?

Appendix D

Focus Group/In-Depth Interview Guidelines (School Personnel and Parents)

1. Focus group interviewing and participant observation
2. Moderator's Guide

D. Introduction and introductory activities.

Explain to the subjects, what the interview is seeking and how the FG operates.

- The purpose of the interview (informed consent)
- Introduction of participants (name, occupation, one unique quality)

E. Statement of the basic rules or guidelines for the interview.

Explain that I (the researcher) expect an open, polite and orderly environment where everyone can feel comfortable to participate. I am here to hear what they have to say, their honest opinion about certain issues. I will be recording the conversation by writing and by a cassette recorder and please tell me if this is alright with everyone.

F. Short question-and-answer discussions/interview

8. Does ASB have students who are overweight?
9. What do you think are the causes of overweight among children?
10. Should the school (ASB) do something about it? How or what activities can ASB do to help students improve their eating and physical activity behaviors?

D. Questions to assess each program process: (An assessment tool adapted from FAO, 2002)

Political commitment (Observations can be added)

1. How will the program help your school/students/personnel?
2. Identify most important constraints to initiating a school health promotion program at ASB?

Participation/partnership

1. Has the school achieved participation from school personnel? For example, in what activities? In what capacity?
2. Has the school achieved participation from parents? For example, in what activities? In what capacity?
3. Identify main strengths in relation to participation.
4. Identify main constraints to participation.

Additional questions at evaluation phase

Activities in which school/parents participate in different stages of the project cycle:

1. Attending a workshop to design the basic framework of the project;
2. Involvement in a session in which planning of the project takes place;
3. Assuming some responsibility for the implementation of a particular aspect of the project;
4. Helping to run a project monitoring system;
5. Being involved in evaluating the project

Participatory Table (ASB PERSONNEL)

Project Cycle	Type of participation			
Inform	Consult	Active involvement	Assuming responsibility	Self-management
Problem identification				
Project design				
Planning				
Implementation				
Monitoring				
Evaluation and impact assessment				

Participatory Table (PARENTS)

Project Cycle	Type of participation			
Inform	Consult	Active involvement	Assuming responsibility	Self-management
Problem identification				
Project design				
Planning				
Implementation				
Monitoring				
Evaluation and impact assessment				

Questions regarding sustainability:

1. Will the program be sustainable?
2. What are the most important factors, which contributed to the sustainability of the program?
3. What are the most important constraints, which may limit the sustainability of the program?
4. How will the program sustain itself?
5. What are the most important resource constraints that may affect the program's sustainability?

Appendix E

MET VALUE TABLE

Activity	MET Value	Activity	MET Value
Bicycling: leisure	4	Golf: general	4.5
Bicycling: 10-11.9 mph	6	Golf: carrying clubs	4.5
Bicycling: 12-13.9 mph	8	Golf: pulling clubs	5
Bicycling: 14-15.9 mph	10	Golf: using power cart	3.5
Bicycling: 16-19 mph	12	Tennis: general	7
Bicycling: >20 mph	16	Tennis: doubles	6
Stationary bicycling: very light	3	Tennis: singles	8
Stationary bicycling: light	5.5	Walking: <2.0 mph - very slow	2
Stationary bicycling: moderate	7	Walking: 2.0 mph - slow	2.5
Stationary bicycling: vigorous	10.5	Walking: 2.5 mph	3
Stationary bicycling: very vigorous	12.5	Walking: 3.0 mph - moderate	3.5
Circuit resistance training	8	Walking: 3.5 mph - brisk	4
Resistance training: light	3	Walking uphill: 3.5 mph	6
Resistance training: vigorous	6	Walking: 4.0 mph - very brisk	4
Stretching: yoga	4	Walking: 4.5 mph - very, very brisk	4.5
Water aerobics	4	Walking: for pleasure - with the dog	3.5
Aerobics: general	6	Walking: to work or class	4
Aerobics: low impact	5	Swimming: laps-free style-vigorous	10
Aerobics: high impact	7	Swimming: laps-free style-light/moderate	8
Jogging: general	7	Swimming: backstroke-general	8
Running: 5 mph (12 min mile)	8	Swimming: breaststroke-general	10
Running: 5.2 mph (11.5 min mile)	9	Swimming: butterfly-general	11
Running: 6 mph (10 min mile)	10	Swimming: leisurely-not laps	6
Running: 6.7 mph (9 min mile)	11	Swimming: sidestroke-general	8
Running: 7 mph (8.5 min mile)	11.5	Skiing: general	7
Running: 7.5 mph (8 min mile)	12.5	Skiing: cross-country, light effort	7
Running: 8 mph (7.5 min mile)	13.5	Skiing: cross-country, moderate effort	8
Running: 8.6 mph (7 min mile)	14	Skiing: cross-country, vigorous effort	14
Running: 9 mph (6.5 min mile)	15	Skiing: downhill, light effort	5
Running: 10 mph (6 min mile)	16	Skiing: downhill, moderate effort	6
Running: 10.9 mph (5.5 min mile)	18	Skiing: downhill, vigorous effort	8
Running: cross-country	9	Calisthenics-pushups, situps-vigorous	8
Running: up stairs	15	Calisthenics-light/moderate-back exercises	4.5

Appendix F

Nutrition Policy American School of Bangkok

Purpose and goals

Children and young people face complex and frightening health challenges. Behavior-related problems are escalating and are grounds for concern. The health of children and young people is significantly related to the health-related behaviors they learn and choose to take on in their lifetime. Particular behaviors, which are often established during childhood and are extended into adulthood, can cause serious health problems for them, both today and later in life. Ultimately, these harmful behaviors can lead to the development of chronic health problems. Through healthy eating habits, nutrition-related diseases and disorders can be prevented. The healthy eating habits adopted in childhood may facilitate healthier eating habits in adulthood.

The link between nutrition and learning is well documented. Healthy eating is essential for students to achieve academic potential and full physical, social and mental growth well-being. A nutrition screening conducted in August 2003 indicates that weight problems of underweight and overweight are rampant among ASB students. The problem is brought about by unhealthy eating behavior. These problems put them at risk of serious health problems. Well-planned and well-implemented school nutrition programs have shown to positively influence students' eating habits.

Families have the primary responsibility to care for their child. The present and future health and well-being of the children are also the concern of ASB. The school has the responsibility to prevent unnecessary injury, disease and chronic health conditions.

The aim of the nutrition program is for all students to possess the knowledge and skills to make healthful eating choices. At ASB the students will learn skills to take responsibility for their own health and to adopt healthful eating and physical activity behaviors. ASB school staff are encouraged to model healthy eating. All school constituents will assist in the preparation, adoption, and implementation of a comprehensive nutrition program to encourage healthy eating and physical activity including:

1. Nutrition education that is integrated within the school curriculum;
2. Physical education program that provide students with knowledge and skills on physical movement that will be maintained throughout their lives;
3. Food service program that prepares and serves appealing choices of nutritious foods;
4. Guidance and counseling
5. Monthly nutritional monitoring (weight and height) and referral of those with nutritional problems;
6. ASB and the parents are involved in program development and implementation.

Components of the nutrition program:

1. Nutrition education. Nutrition education shall be integrated within the school curriculum. It shall focus on students' eating and physical activity behaviors. Nutrition education shall help students learn:
 - Nutritional knowledge including causes and effects of underweight and overweight, behaviors on healthy eating, weight monitoring, and food preparation.
 - Nutrition-related skills including weight monitoring, planning a healthy meal, and understanding and using food labels.
 - How to assess personal eating habits, set goals for improvement and achieve those goals.

2. Enhancement of physical activity. Every student in each grade shall participate in daily physical education. The curriculum shall include appropriate knowledge, movement skills, attitudes and confidence needed to adopt and maintain physical activity throughout their lives. The school shall:
 - Provide students with knowledge and skill for a lifetime or regular physical activity;
 - Provide many different physical activity choices;
 - Make available cooperative as well as competitive games;
 - Actively teach cooperation, fair play, and responsible participants in physical activity;
 - Promote participation in physical activity outside of school;
 - Make physical activity an enjoyable experience for students.

3. Improvement of the school food service program. This policy acknowledges that feeding of children is primarily the responsibility of families. However, because the children are in school most hours of the day, the school supplements the families' efforts by ensuring that students have access to:
 - Affordable or free, varied and nutritious foods to stay healthy and active.
 - Food service program shall offer healthful lunch as well as snacks to students.
 - The food service area shall be pleasant (clean, not crowded, cool).

4. Monthly nutritional monitoring.

School Health/Nutrition Committee

ASB shall have a Health Committee. The responsibilities of the Committee are to:

1. Design and monitor the school nutrition policy.
2. Prepare a health plan constituting health/nutrition education and physical activity.
3. Ensure that the components of the health policy are being enforced and that the plan is integrated within the school curriculum.
4. Assist school personnel with the management and supervision of the health program.
5. Participate in the nutrition education of students.

6. Develop procedures to ensure compliance with the health policy.
7. Supervise the implementation of the school health program.
8. Report on program accomplishments.
9. Serve as positive role models of healthy behavior.

Appendix G

ASB Weekly Canteen Menu (Monday through Friday) Week 1

Choice	Monday	Tuesday	Wednesday	Thursday	Friday
1 Asian	Fish Steamed in Soya Sauce Stir-fried Mixed Vegetables Rice	Chicken Lemon Soup with Coconut Milk (Tom Ka Gai) Stir-fried Pork with Bok Choy in Oyster Sauce Rice	Noodle Soup with Minced Pork and Fish Balls	Saba (Fish) Teriyaki Kim Chee Stir-fried Mixed Vegetables Rice	Chicken/Pork BBQ Papaya Salad (Somtam) (mild) with Fresh Vegetables Sticky Rice
2 Western	Tenderloin Pork with Corn Cream Sauce Boiled Potatoes Steamed Vegetables	Shepherd's Pie Salad Bar	Roast Chicken with Tomato Sauce Baked Fries Steamed Vegetables	Sausage and Ham Pizza Mixed Green Salad	Roasted Chicken Mashed Potatoes with Gravy Coleslaw
3 Vegetarian	Sauted Mixed Vegetables Vegetarian Fried Rice	Vegetarian Shepherd's Pie Salad Bar	Stir-fried Vegetables with Tofu Vegetarian Fried Rice	Vegetarian Pizza Red Bean (with greens) Salad	Veggie Rice Burger Coleslaw
D E S S E R T					
	Fruit	Banana Cake	Sweet Potato or Banana in Coconut Milk	Brownie	Mixed Fruit
S N A C K S					
Morning	Milk & Cookies	Milk & Wholemeal Toast	Milk & Assorted Pastries	Milk & Crackers	Milk & Assorted Pastries
After- Noon	Fresh Fruit Juice & Assorted Sandwiches	Fresh Fruit Juice & Cheddar Chips	Fresh Fruit Juice & Sandwiches	Mixed Fruits	Fresh Fruit Juice & Cheese and Crackers

Week 2

Choice	Monday	Tuesday	Wednesday	Thursday	Friday
Asian	Chicken Green Curry (Keng Kiew Wan) (mild) Stir-fried Mixed Vegetables Rice	Noodle Soup with Chicken	Fried Rice with Pork Stir-fried Green Vegetables	Spicy Minced Chicken Salad (Laab Gai) with Fresh Vegetables Red Chicken Curry Rice	Fried Yellow Noodles with Vegetables and Pork
Western	Chicken Stew Macaroni Salad	Chicken Casserole Roasted Vegetables	Spaghetti with Seafood Sauce Mixed Green Salad	Hamburger Fried Potatoes Green Salad	Chicken Lasagna Green Salad
Vegetarian	Stir-fried Mixed Vegetables Vegetarian Patties Rice	Vegetable Tofu Scrambler Rice	Spaghetti with Tomato Sauce Mixed Green Salad	Vegetarian Burger Fried Potatoes Green Salad	Vegetarian Lasagna Salad
DESSERT					
	Egg Flan (Egg Custard)	Mixed Fruit	Cake	Ice Cream	Mixed Fruit
SNACKS					
Morning	Milk & Pastries	Milk & Bread Pudding	Milk & Cheese and Crackers	Fresh Fruit Juice & Cheddar Chips	Fresh Fruit Juice & Cheese and Crackers
After- Noon	Fresh Fruit Juice & Cheddar Chips	Fresh Fruits	Milk & Wholemeal Toast	Milk & Cookies	Yogurt with Fresh Fruits

Week 3

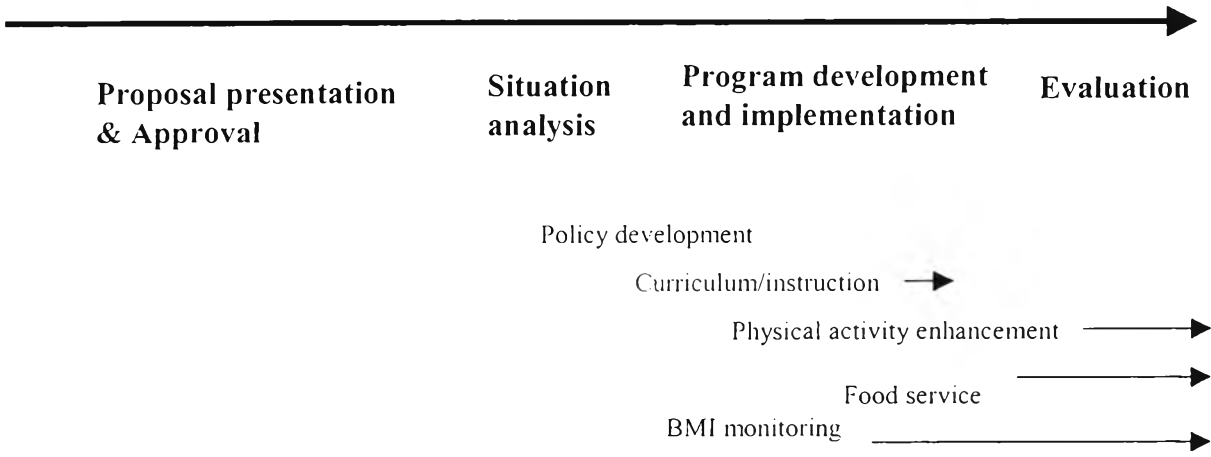
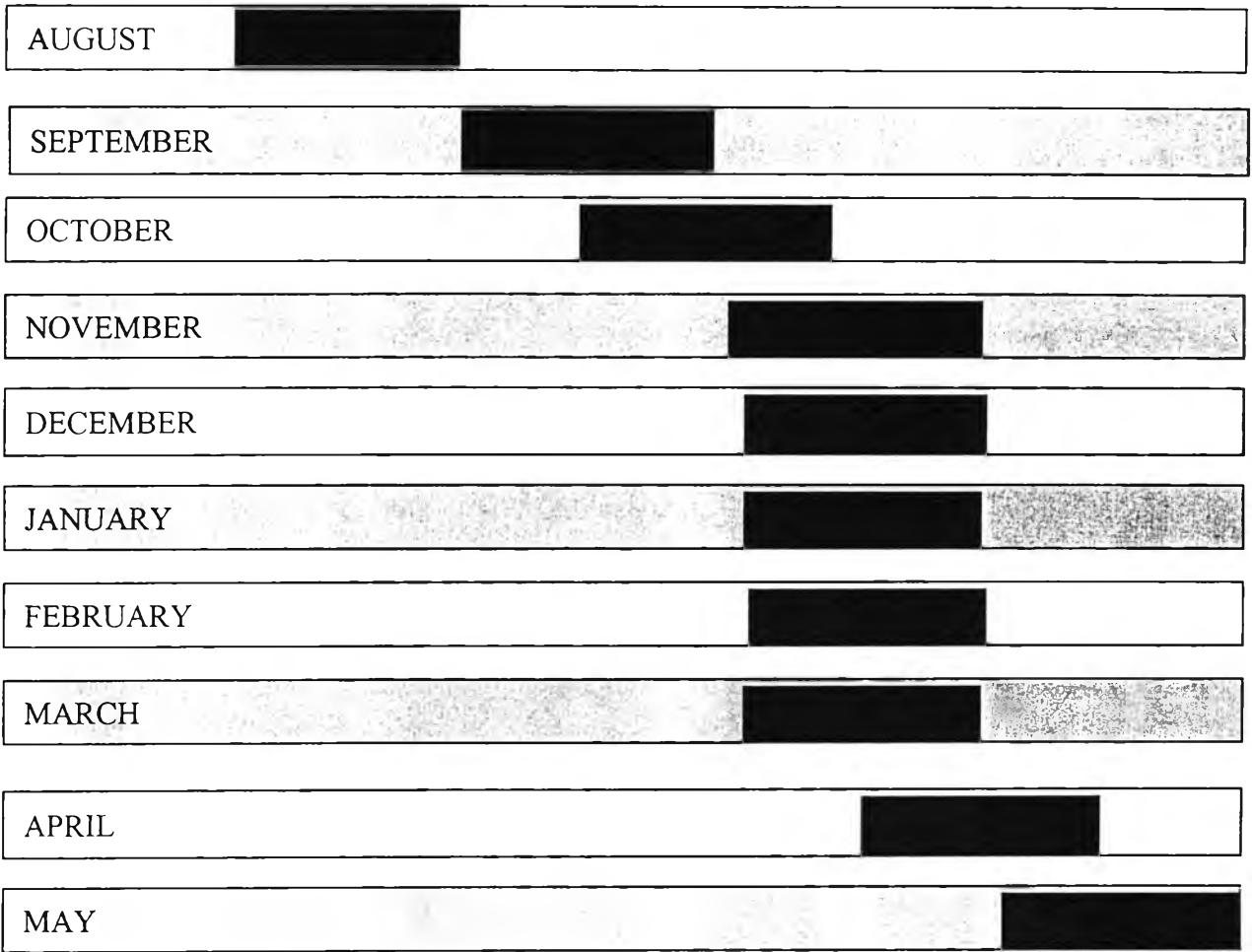
Choice	Monday	Tuesday	Wednesday	Thursday	Friday
1 Asian	Noodle Soup with Chicken	Green Pork Curry (mild) Chicken salad (Laab Gai) with Fresh Vegetables Rice	Adobo Chicken/Pork Stir-Fried String Beans Rice	Fried Rice with Seafood Crispy Shrimp Chips (Kropek) Fresh Vegetables with Chili Sauce Dip	Chicken/Pork BBQ with Sticky Rice Papaya Salad (Somtam) (mild) with Fresh Vegetables
2 Western	Salad Bar with Cold Cuts Assorted Bread	Hamburger Fried Potatoes Mixed Green Salad	Breaded Fish Fillet with Tartar Sauce Potato Salad	Spaghetti with Tuna Sauce Salad Bar	Baked Fish Roasted Vegetables
3 Vegetarian	Stir-fried Mixed Vegetables Scrambled Eggless Eggs (Tofu) Rice	Vegetarian Burger Fried Potatoes Salad Bar	Vegetarian Pie Salad Bar	Vegetarian Fried Rice Sauted Fried Pumpkin	Vegetarian Fried Noodles
DESSERT					
	Thai Dessert with Coconut Milk	Chocolate Cake	Banana Cake	Fruit	Tapioca with Sweet Coconut Milk
SNACKS					
Morning	Milk Cheese and Crackers	Fresh Fruits	Yogurt with Fresh Fruits	Fruit Juice Punch & Cheddar Chips	Milk & Banana Cake
After-noon	Fresh Fruit Juice Sandwiches	Milk & Pastries	Milk & Wholemeal Toast	Fresh Fruits	Yogurt with Fresh Fruits

Week 4

Choice	Monday	Tuesday	Wednesday	Thursday	Friday
Asian	Noodle Soup with BBQ Pork	Pork and Boiled Eggs in Brown Sauce (Kao Kha Moo) Stir-fried Green Vegetables Rice	Pork Sate with Peanut Sauce Sauted Mixed Vegetables with Tofu (Chinese style) Rice	Seafood and Vegetable Fried Rice Papaya and Carrot Somtam (mild)	Sushi Kim Chee Fried Beef Noodles
Western	Roast Chicken with Onion Sauce Boiled Potatoes and Vegetables	Roast Chicken with Grape Sauce Fried Potatoes Green Salad	Chicken Stew Rice	Pasta with Cream Sauce Salad Bar	Roast Beef with Gravy Mashed Potatoes Steamed Vegetables
Vegetarian	Lentil Burger Boiled Potatoes Salad Bar	Stir-fried Green Vegetables Bean Curd and Boiled Eggs in Brown Sauce Rice	Sauted Mixed Vegetables with Tofu (Chinese style) Rice	Stir-fried Vegetables with Mockduck Vegetarian Fried Rice	Vegetarian Sushi Kim Chee Fried Vegetarian Noodles
DESSERT					
	Cookies	Thai Dessert	Ice Cream	Cake	Thai Dessert
SNACKS					
Morning	Yogurt with Fresh Fruits	Milk & Cookies	Milk & Cheese on Toast	Red or Green Bean with Sweet Coconut Milk	Milk Assorted Sandwiches
After- Noon	Milk & Bread Pudding	Fresh Fruit Juice Wholemeal Toast	Fresh Fruits	Milk & Cookies	Fruit Juice Punch Cheddar Chips

Appendix H

Timetable August 2003 – May 2004



**ELLEN SUMOGUE-HEGENAUER**

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EDUCATION

College of Public Health, Chulalongkorn University, Bangkok, Thailand, Doctor of Philosophy in Public Health.

Mahidol University, Bangkok, Thailand, Master of Science in Public Health.

Western Mindanao State University, Zamboanga, Philippines, Bachelor of Science in Nursing.

CAREER HISTORY

World Vision Vietnam, National Health Coordinator, Vietnam, 1999-2001

World Vision Vietnam, Technical Officer to Child Needing Special Protection Projects, 1995-1999

World Vision Vietnam, Program Manager, Vietnam, 1993 – 1999

International Rescue Committee, OPD Diagnostician, IRC, Khao-I-Dang Camp, Thai-Cambodian border, 1988-1991

Save the Children/US, Teacher Trainor, Phanat Nikhom Camp, Chonburi, Thailand, 1988.

CAMA Services, OPD diagnostician, Hospital Nurse, Site 8 Camp, Thai-Cambodian border, 1987-1988

UNHCR/World Relief Corporation, Philippine Refugee Processing Center, Bataan, Philippines, Community health nurse, July 1985 - December 1986.

OTHER EXPERIENCES**Grant writer, Developed proposals and secured funding.**

Disaster Management, Team member, World Vision International, Vietnam, 1993-2001

Administrative Assistant; Curriculum Developer, Khmer Foundation International (KFI), Singapore, September–December 1992.

International Rescue Committee, Public Health Specialist, Cucurca, Iraq-Turkey border, 1991

Needs Assessment, Team Member, International Rescue Committee, Thailand, 1989

PERSONAL INFORMATION

Married to Michael, 2 children (Jet and JJ)

Age: 41 (DOB 09/07/63)