

# Health BOSS: Health Behaviours of Students Survey



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# Health Behaviours of Students Survey (Health BOSS)

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This document is a preview of the Health BOSS survey. To request the full survey tool, please email [HKCCevaluation@oahpp.ca](mailto:HKCCevaluation@oahpp.ca).

## Purpose

The Health Behaviours of Students Survey (Health BOSS) was developed by Public Health Ontario (PHO) for the purpose of evaluating the impact of the Healthy Kids Community Challenge (HKCC) on childhood healthy weights and health behaviours including physical activity, healthy eating, screen time, and sleep patterns. Health BOSS is complemented by a protocol for collecting direct measures of height and weight to calculate body mass index (available upon request, email [HKCCevaluation@oahpp.ca](mailto:HKCCevaluation@oahpp.ca)). The survey is also complemented by PHO's Health of Children And Measures of Parental Support (Health ChAMPS) survey, which provides an opportunity to link information from children to information from their parents.

## Target Population

Health BOSS questions were developed for children ages 10-12 years because this age group is within the target population of the HKCC program (0-12 years of age), and because children of this age can reliably self-report on health surveys. Health BOSS is available in both official languages (French and English).

## Survey Administration

Health BOSS was designed to be administered by trained research staff, in elementary schools within and outside of HKCC communities, in grades five and six.

## Survey Validation

A number of measures of health behaviours that have been validated by previous research from Canada and elsewhere have been included. In addition, the survey has undergone a rigorous review process with children in the target age group. The process included:

- (1) A **pre-test** that used one-on-one interviews with children in the target age group to determine the clarity, face validity, and the readability for every question in Health BOSS.
- (2) A **pilot test** of the full Health BOSS protocol in one English school and one French school to determine the estimated time needed for children to complete the survey. The pilot test was also used to refine the process for administering the Student Survey, direct measures of height and weight, and Parent Survey.

## Using Health BOSS

Although Health BOSS was designed to be used as above, it may be possible to adapt Health BOSS and/or direct measures of height and weight for use in other target populations, in other languages, and in other settings. The HKCC evaluation team at PHO ([hkccevaluation@oahpp.ca](mailto:hkccevaluation@oahpp.ca)) welcomes any discussion/questions about using the survey, how the survey was developed, or how the survey might be adapted to local contexts.

## Disclaimer

Health BOSS was developed by PHO. PHO provides scientific and technical advice to Ontario's government, public health organizations, and health care providers. PHO's work is guided by the current best available evidence.

PHO assumes no responsibility for the use of this survey by anyone.

This survey may be reproduced or adapted without permission for non-commercial purposes only and provided that appropriate credit is given to PHO.

## Key Considerations

*The Tri-Council Policy Statement: Ethical Conduct for Research Involving Humans (TCPS2, 2014)* is the official human ethics policy of the Tri-Council Agencies including:

- (1) Canadian Institute for Health Research (CIHR);
- (2) Social Sciences and Humanities Research Council (SSHRC); and,
- (3) Natural Sciences and Engineering Research Council of Canada (NSERC).

Researchers who receive funding from the Tri-Council Agencies are expected to adhere to TCPS2. This extends to ethical requirements for consent, privacy and confidentiality, fairness and equity in research participation, and research involving First Nations, Inuit, and Métis Peoples of Canada.

For anyone who wishes to administer Health BOSS, we recommend consulting TCPS2, available here: <http://www.pre.ethics.gc.ca/eng/policy-politique/initiatives/tcps2-eptc2/introduction/>. Alternatively, if you have a designated research or ethics review board/committee, submit an application for formal review.

### **For information about Health BOSS, or the provincial HKCC evaluation**

- **Email:** [hkccevaluation@oahpp.ca](mailto:hkccevaluation@oahpp.ca)
- **Webpage:** [www.publichealthontario.ca/HKCC](http://www.publichealthontario.ca/HKCC)

Please only choose ONE answer per question. Please pick the answer that is most correct for you.

## Section 1: About You

1. What month were you born?

- |                                |                              |                                 |
|--------------------------------|------------------------------|---------------------------------|
| <input type="radio"/> January  | <input type="radio"/> May    | <input type="radio"/> September |
| <input type="radio"/> February | <input type="radio"/> June   | <input type="radio"/> October   |
| <input type="radio"/> March    | <input type="radio"/> July   | <input type="radio"/> November  |
| <input type="radio"/> April    | <input type="radio"/> August | <input type="radio"/> December  |

2. What year were you born?

20\_\_\_\_\_

3. I am a:

- Boy
- Girl
- Prefer not to answer

4. In general, compared to other kids your age, would you say your health is...

- Excellent
- Very good
- Good
- Fair
- Poor
- Prefer not to answer

5. Were you born in Canada?

- Yes
- No
- Don't know
- Prefer not to answer

6. What is your postal code?

\_\_\_\_\_-\_\_\_\_\_-\_\_\_\_\_-\_\_\_\_\_-\_\_\_\_\_

- Don't know
- Prefer not to answer