

Questionnaire on the Gastrointestinal Health of Students in Hangzhou

Dear teachers, parents and students,

We are the staff of Hangzhou Center for Disease Control and Prevention (HCDC) and this questionnaire is used to assess the intestinal health status of students and provide suggestions for improvement. The questionnaire includes four parts: basic information, dietary habits, living habits, and gastrointestinal status. The results of the questionnaire are only used for research purposes, and personal information will be kept strictly confidential. Please fill in the questionnaire according to the real situation of the respondents (diarrhea students please tick 26-27 questions), thank you for your cooperation and support! (Please mark with a "√" in the options or fill in the blank spaces where applicable.)

Survey number: _____ (completed by the investigator) (2021-X-Y-001)

(X: Shangcheng-sc, Gongshu-gs, West Lake-xh, Fuyang-fy, Chun'an-ca; Y: healthy student-jk, diarrhea student-fx)

Healthy students ☐ Diarrhea students ☐

1. Basic information

- (1) school: _____
- (2) grade: _____
- (3) surname and personal name: _____
- (4) Gender: men women
- (5) Age: _____
- (6) stature /cm: _____
- (7) weight /kg: _____
- (8) Living status: A. village housing B. Residential apartment building
- (9) Annual family income:
A. 100,000 yuan or below B. 100,000 - 300,000 yuan
C. 300,000 - 500,000 yuan D. Above 500,000 yuan
- (10) Has the child experienced any illness in the past month? A. no B. yes
- (11) Has the child taken any antibiotics (such as those containing penicillin, cephalosporins, macrolides, metronidazole, quinolones, etc.) in the past two weeks? A. no B. yes
- (12) Has the child taken any supplements beneficial to the gut in the past month?
A. Yes, probiotic supplements B. Yes, prebiotic supplements
C. Yes, both probiotics and prebiotics D. Other E. No

2. Eating habits

- (1) Which of the following best describes the child's eating habits? (multiple options)
A. Irregular meal times

- B. Generally eats meals on time
 - C. Not focused during meals, eats while playing
 - D. Eats very quickly, finishes a meal within 15 minutes
 - E. Frequently eats late-night snacks
- (2) Which of the following best describes the child's eating preferences? (multiple options)
- A. Prefer vegetables, not meat
 - B. Prefer meat, not vegetables
 - C. Balance of vegetables and meat
 - D. Snacks, not willing to eat dinner
- (3) The child's dietary preferences is:
- A. Light
 - B. Heavy seasoning (spicy, salty, sweet, sour, etc.)
 - C. Balanced taste
- (4) Which types of food does the child regularly consume? (Multiple selections)
- A. Eats fruit every day
 - B. Eats vegetables with every meal
 - C. Drinks milk every day
 - D. Frequently consumes soy products
 - E. Does not pay particular attention to food variety and combinations
- (5) Which of the following best describes the child's drinking habits?
- A. Pays attention to drinking water regularly, in small amounts throughout the day
 - B. Drinks water only when thirsty, without paying particular attention to timing or quantity
- (6) Which of the following best describes the child's drinking habits? (Multiple selections)
- A. Frequently drinks large amounts of water within one hour before or after meals
 - B. Does not like drinking plain water, often prefers juice, soft drinks, etc.
 - C. Has the habit of drinking untreated water

3. habits and customs

- (1) In the past month, which of the following best describes the child's handwashing habits? (Multiple selections)
- A. Washes hands before meals
 - B. Washes hands after using the toilet
 - C. Washes hands after returning home from outside
 - D. None of the above
- (2) Which of the following best describes the child's contact with household pets?
- A. The family has pets, and the child frequently interacts with them
 - B. The family does not have pets, and the child rarely comes into contact with pets
- (3) Which of the following best describes the child's average sleep duration in the past month?
- A. Less than 7 hours
 - B. 7–9 hours
 - C. More than 9 hours
- (4) How much time does the child spend on physical activity each day?
- A. Less than 30 minutes
 - B. 0.5–1 hour
 - C. 1–2 hours
 - D. More than 2 hours

4. Gastrointestinal state

- (1) Which of the following best describes the child's stool in the past two weeks? (Multiple selections allowed)
- A. Dry, hard, pellet-like or shaped B. Watery, loose, and unformed
C. Soft, shaped like a stool D. Thick, unformed E. Dark brown F. Yellowish
G. Dark green H. Contains mucus I. None of the above
- (2) Has the child experienced any of the following symptoms recently? (Multiple selections allowed)
- A. Loss of appetite B. Abdominal bloating, sometimes accompanied by gurgling sounds
C. Sensitive stomach, prone to diarrhea D. Bowel movements every 2–3 days or longer
E. Difficulty passing stool, taking more than 10 minutes
F. None of the above
- (3) Which of the following best describes the child's bowel movement frequency recently?
- A. Twice or more per day B. Once per day C. Once every 1–2 days
D. Once every 3 days or longer
E. Irregular, sometimes frequent, other times with long intervals
F. Uncertain, has not paid attention

The following two questions are to be answered only by students who have experienced illness:

- (1) Which of the following did the student consume before experiencing diarrhea? (Multiple selections allowed)
- A. Leftover food B. Seafood C. Raw or cold foods D. Other E. No unusual diet
- (2) Did the student have contact with individuals with similar symptoms?
- A. Yes B. No

Subject: _____

Investigator: _____

Date: _____