



# AUSTRALIA SURVEY

2018 SURVEY (WAVE 2)

AUGUST 30, 2019



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**SUGGESTED CITATION**

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## INTRODUCTION

DOMAIN SOURCE	QUESTION
SMARTPHONES	<p><b>STOP HERE IF YOU ARE USING A SMARTPHONE!</b></p> <p>The survey will only work on a laptop, desktop computer or tablet. Do NOT click 'next' if you are using a smartphone: you will be locked out of the survey. <b>Close your browser and reopen the link on a laptop, desktop computer or tablet.</b></p> <p>[If Smartphone: Sorry, you must be using a laptop, desktop computer, or tablet to take this survey. Thank you for your time. You will now be redirected back to the survey company.]</p>
ELIGIBILITY INTRO	<p><b>Before you continue to the study information, we need to confirm your eligibility with a few short questions.</b></p>
AGE AGE	<p><b>How old are you?</b> [numeric] [If &lt;18: “Unfortunately, you are not eligible for the study. Thank you for your time. You will now be redirected back to the survey company.”]</p>
SEX AT BIRTH CIHR SUGGESTED METHOD (GRETA BAUER, WESTERN) SEX	<p><b>What sex were you assigned at birth, meaning on your original birth certificate?</b></p> <p>Male Female</p>
INFO	<p><b>Before you start the survey, please read the following information and let us know if you agree to participate.</b></p> <ul style="list-style-type: none"> <li>- The survey will examine eating patterns. The study is being conducted by Professor David Hammond at the University of Waterloo, Canada and Dr. Gary Sacks at Deakin University, Australia.</li> <li>- The survey will take about 30 minutes to complete.</li> <li>- You must be 18 years of age or older to participate in the study.</li> <li>- Participation is voluntary. You can click ‘refuse to answer’ to any question you do not wish to answer. You can choose to stop the study at any time without penalty. If you choose to discontinue the study, you may receive remuneration by declining all further questions until the end of the survey. Any data already collected may be used in the study, unless you contact the researcher to have it deleted.</li> <li>- We take your privacy very seriously and will make every effort to keep your information strictly confidential. We will never share your personal information with any company or marketing firm. The data will be stored for a minimum of 7 years on a secure University of Waterloo server. Internet protocol (IP) addresses may be recorded by the software programs used for this study, but this information will not be used by the researchers or the owners of the programs with an intention to identify you. When information is transmitted over the internet, privacy cannot be guaranteed. There is always a risk your responses may be intercepted by a third party (e.g., government agencies, hackers).</li> <li>- This project has been reviewed and received ethics clearance through Research Ethics Committees at Deakin University and the University of Waterloo (ORE #30829). However, the final decision about participation is yours. Participants who have concerns or questions about their involvement in the project may contact the Deakin University Human Research Ethics Office at 03 9251 7123, or <a href="mailto:research-ethics@deakin.edu.au">research-ethics@deakin.edu.au</a>.</li> <li>- If you have any other questions about the study, please contact Associate Professor Gary Sacks of Deakin University, at 03 9251 7105 or <a href="mailto:gary.sacks@deakin.edu.au">gary.sacks@deakin.edu.au</a>.</li> </ul>
CONSENT CONSENT	<p><b>Based on the information you received, do you agree to take part in this research study being conducted by the University of Waterloo and Associate Professor Gary Sacks of Deakin University?</b></p> <p>Yes → [continue to survey] No → Thank you for your time. You will now be redirected back to the survey company. [TERMINATE]</p>

## DEMOGRAPHICS

DOMAIN SOURCE	QUESTION
<b>PREAMBLE</b>	The first section of this survey includes questions about where you get food, the types of food you eat, the places you eat, and your background.
<b>GENDER</b> CIHR SUGGESTED METHOD (GRETA BAUER, WESTERN)  <i>GENDER</i> <i>GENDER_OTEXT</i>	<b>What is your current gender identity?</b> Man Woman Trans male/trans man Trans female/trans woman Gender queer/gender non-conforming Different identity → Please specify: [ <i>open-ended</i> ] Don't know Refuse to answer
<b>STUDENT STATUS</b>  <i>STUDENT</i>	<b>Are you currently a student?</b> No Yes, full-time Yes, part-time Don't know Refuse to answer
<b>OCCUPATION</b> ADAPTED FROM CCHS  <i>OCCUP</i> <i>OCCUP_OTEXT</i>	<b>What was your <u>main activity in the past week</u>?</b> Working at a paid job or business Vacation (from paid work) Looking for paid work Going to school (including vacation from school) Caring for children Household work Retired Maternity/paternity leave Long term illness Volunteering Caregiving other than for children Other (please specify): _____ Don't know Refuse to answer
<b>CHILDREN – ANY</b>  <i>CHILD_ANY</i>	<b>Do you have any children (including step-children or adopted children)?</b> Yes No Don't know Refuse to answer



<b>CHILDREN IN HOME - NUMBER</b> BRFS ADAPTED  CHILD_HOME	UNIVERSE: Respondents with children (child_any=yes) <b>How many of your children under the age of 18 live in your household (including step-children or adopted children)?</b> <i>[dropdown with numbers up to 10]</i> Don't know Refuse to answer
<b>CHILDREN IN HOME – AGES</b>  CHILD#_AGE CHILD#_DKR	UNIVERSE: Respondents with at least 1 child <18 in household (child_home>0) <b>Please enter the age[s] of your child[ren] who [is/are] under 18 that live[s] in your household, in years, in the box(es) below.</b> Child 1: <i>[numeric, decimal allowed]</i> Child 2: <i>[numeric, decimal allowed]</i> Child #... [PROGRAMMER NOTE: add rows based on response to number of children living in household, up to 10 children] Don't know Refuse to answer
<b>CURRENT LIVING SITUATION</b>  LIVE_PARENT LIVE_SPOUSE LIVE_CHILD LIVE_ADCHILD LIVE_RELATIVE LIVE_ROOM LIVE_SCHOOL LIVE_ALONE LIVE_OTHER LIVE_DK LIVE_R LIVE_OTEXT	[PROGRAMMER NOTE: Only display "My child(ren) under the age of 18" if child_home>0. Only display "My child(ren) age 18 or older" if child_any=yes] <b>What is your current living situation? I live with...</b> (Select all that apply) My parent(s)/guardian(s) My partner / spouse My child(ren) under the age of 18 My child(ren) age 18 or older Brother(s), sister(s) or other relative(s) People not related to me (roommates or housemates) I live in a residence at school, university or college I live alone Other → Please specify: <i>[open-ended]</i> Don't know Refuse to answer

## FOOD SOURCES

DOMAIN SOURCE	QUESTION
<b>FOOD SOURCE – EATING OUT FREQUENCY</b> NHANES adapted  EATOUT EATOUT_DKR	<b>Next I'm going to ask you about meals. By meal, I mean BREAKFAST, LUNCH AND DINNER.</b>  <b>During the PAST 7 DAYS, how many meals did you get that were PREPARED AWAY FROM HOME in places such as restaurants, fast food or take-away places, food stands, or from vending machines?</b> Only include snacks if they counted as your meal. Do NOT include today.  Enter number: _____ meals [numeric 0-21] Don't know Refuse to answer

<p><b>FOOD SOURCE – PURCHASE LOCATIONS FOR FOOD PREPARED OUTSIDE THE HOME</b></p> <p><i>EATOUT_LOC1...9</i>  <i>EATOUT_LOC9_OTEXT</i>  <i>EATOUT_LOC_DKR</i></p>	<p><i>UNIVERSE: Respondents who had at least 1 meal prepared away from home (eatout&gt;0)</i>  <b>You said you had [#] meal(s) prepared outside the home in the past 7 days.</b></p> <p><b>How many of these meals did you get from each of the following locations?</b></p> <p># of meals  <i>[numeric]</i> <b>Fast food / take-away / café</b> (i.e., order from a counter, online, or by phone)  <i>[numeric]</i> <b>Sit-down restaurant or pub with a waiter/waitress</b>  <i>[numeric]</i> <b>Work or school/university/hospital canteen</b> (NOT including fast food chains)  <i>[numeric]</i> <b>Sandwich/ready-meal from a supermarket</b>  <i>[numeric]</i> <b>Food truck / market food stall / 'street food'</b>  <i>[numeric]</i> <b>Convenience store / petrol station</b>  <i>[numeric]</i> <b>Leisure centre, recreation, or entertainment venue</b>  <i>[numeric]</i> <b>Vending machine</b>  <i>[numeric]</i> <b>Some other kind of place (Please specify):</b>  Don't know  Refuse to answer</p>
<p><b>FOOD SOURCE – PURCHASE FORMAT FOR FOOD PREPARED OUTSIDE THE HOME</b></p> <p><i>FROM_DELSERV</i>  <i>FROM_DELDIRECT</i>  <i>FROM_NEAR</i>  <i>FROM_FAR</i>  <i>FROM_DKR</i></p>	<p><i>UNIVERSE: Respondents who had at least 1 meal prepared away from home (eatout&gt;0)</i>  <b>You said you had [#] meal(s) prepared outside the home in the past 7 days.</b></p> <p><b>How many of those meals were...</b></p> <p><i>[numeric]</i> Ordered using a food delivery service (e.g., UberEats, Foodora, Deliveroo) and delivered to you  <i>[numeric]</i> Ordered directly from a restaurant and delivered to you  <i>[numeric]</i> Purchased <b>at a restaurant/food outlet within 5 minutes of your home</b> (using your usual mode of transportation, e.g., walk, drive, or public transport), <b>excluding delivery</b>  <i>[numeric]</i> Purchased <b>at a restaurant/food outlet more than 5 minutes away from your home</b> (using your usual mode of transportation, e.g., walk, drive, or public transport), <b>excluding delivery</b>  Don't know  Refuse to answer</p>
<p><b>FOOD SOURCE – FAST FOOD FREQUENCY</b></p> <p><i>FF_1... 11</i>  <i>FF_11_OTEXT</i>  <i>FF_DKR</i></p>	<p><i>UNIVERSE: Respondents who indicated they purchased any meals from a "Fast food / quick service / café" (eatout_loc1&gt;0)</i>  <b>You told us you ate [#] meal(s) from FAST FOOD OR TAKE-AWAY RESTAURANT(S) in the past 7 days.</b></p> <p><b>How many of these meals did you get from each of the following types of fast food or take-away restaurants?</b></p> <p># of meals  <i>[numeric]</i> <b>Café / Bakery</b> (Starbucks, local café, Baker's Delight, pie shop, etc.)  <i>[numeric]</i> <b>Burger / fries</b> (McDonald's, Hungry Jack's, Grill'd, etc.)  <i>[numeric]</i> <b>Sandwich / sub</b> (Subway, etc.)  <i>[numeric]</i> <b>Pizza</b> (Pizza Hut, Dominos, etc.)  <i>[numeric]</i> <b>Chicken</b> (KFC, Red Rooster, Nando's, etc.)</p>

	<p>[<i>numeric</i>] <b>Fish and chips</b></p> <p>[<i>numeric</i>] <b>Mexican</b> (Mad Mex, Salsa’s Fresh Mex, Guzman y Gomez, etc.)</p> <p>[<i>numeric</i>] <b>Asian / International fast food</b> (Indian, Chinese, kebab, sushi, Vietnamese, etc.)</p> <p>-[<i>numeric</i>] <b>Ice cream / frozen yogurt</b> (Baskin Robbins, New Zealand Natural, etc.)</p> <p>[<i>numeric</i>] <b>Fresh food bar</b> (Sumo Salad, etc.)</p> <p>[<i>numeric</i>] <b>Some other kind of place</b> → Please specify: [<i>open-ended</i>]</p> <p>Don’t know</p> <p>Refuse to answer</p>
<p><b>FOOD SOURCE – PERCENTAGE EAT OUT% PREPARED OUTSIDE HOME</b></p> <p><i>EATOUT_PERC</i> <i>EATOUT_PERC_DKR</i></p>	<p><b>Thinking about ALL THE FOOD YOU ATE during the past 7 days, INCLUDING SNACKS, what percentage was prepared outside the home?</b></p> <p>Enter percentage: _____ [<i>numeric percentage, 0 to 100%</i>]</p> <p>Don’t know</p> <p>Refuse to answer</p>
<p><b>FOOD SOURCE – AT HOME INTRO</b></p>	<p><b>We are now going to ask you about the food you ate during the past 7 days that was PREPARED AT HOME.</b></p> <p>For example: If you made lunch at home and brought it to work or school, this would be "prepared at home". If your food came from home - even if it needed little or no preparation (e.g., an apple or crackers) - that counts as “prepared at home”. Include food prepared by you or someone else at home.</p> <p>DO NOT include drinks.</p>
<p><b>FOOD SOURCE – PURCHASE LOCATIONS FOR FOOD PREPARED AT HOME</b></p> <p><i>HS_1...3, HS_5...6,</i> <i>HS_8...13</i> <i>HS_DK</i> <i>HS_R</i> <i>HS_10_OTEXT</i> <i>HS_NONE</i></p>	<p><b>Please think about the food you ate that was <u>PREPARED AT HOME DURING THE PAST 7 DAYS</u>. Where was it <u>PURCHASED</u>? Select all that apply.</b></p> <p>Supermarket</p> <p>Fruit and veg shop</p> <p>Butcher</p> <p>Deli</p> <p>Fresh food market or farmer’s market</p> <p>Convenience / corner store</p> <p>Warehouse club (e.g., Costco)</p> <p>Ethnic or specialty food store/market (e.g., Asian grocer)</p> <p>Farm box delivery (e.g., Farmers Direct, HelloFresh)</p> <p>Food bank</p> <p>Some other place → Please specify: [<i>open-ended</i>]</p> <p>I have not prepared any food at home in the past 7 days</p> <p>Don’t know</p> <p>Refuse to answer</p>

<p><b>FOOD SOURCE – PURCHASE LOCATIONS FOR FOOD PREPARED AT HOME BY PERCENTAGE</b></p> <p><i>HSP_1...3, HSP_5...6, HSP_8...13, HSP_DK, HSP_R</i></p>	<p><i>UNIVERSE: Respondents who indicated they purchased meals from any locations in the previous HS question.</i></p> <p><b>Still thinking about the food PREPARED AT HOME IN THE PAST 7 DAYS, what percentage of food was purchased from each place?</b></p> <p>Enter a percentage for each source. Sources must add to 100%.</p> <p>[PROGRAMMER NOTE: Only show locations selected in previous question.]</p> <p>[<i>numeric</i>] Supermarket                  [<i>numeric</i>] Fruit and veg shop                  [<i>numeric</i>] Butcher                  [<i>numeric</i>] Deli                  [<i>numeric</i>] Fresh food market or farmer’s market                  [<i>numeric</i>] Convenience / corner store                  [<i>numeric</i>] Warehouse club (e.g., Costco)                  [<i>numeric</i>] Ethnic or specialty food store/market (e.g., Asian grocer)                  [<i>numeric</i>] Farm box delivery (e.g., Farmers Direct, HelloFresh)                  [<i>numeric</i>] Food bank                  [<i>numeric</i>] [PROGRAMMER: Insert “Some other place” text from previous question]</p> <p>[<i>fill with total</i>] out of 100% Total</p> <p>Don’t know                  Refuse to answer</p>
<p><b>READY-TO-EAT MEALS</b></p> <p><i>READY, READY_DKR</i></p>	<p><i>UNIVERSE: Respondents who did NOT indicate they “have not prepared any food at home in the past 7 days” (HS_none not selected)</i></p> <p><b>Thinking about the MEALS PREPARED AT HOME in the past 7 days, what percentage was “ready-to-eat” or “box food” (e.g., microwave, frozen or packaged meals)?</b></p> <p>This includes foods like frozen pizza, chicken nuggets, frozen dinner, 2 minute noodles, canned soup, baking mixes, instant oats, etc.</p> <p>Enter percentage: _____ [<i>numeric percentage, 0 to 100%</i>]</p> <p>Don’t know                  Refuse to answer</p>

**BEVERAGE INTAKE**

<p><b>DOMAIN</b></p> <p>SOURCE</p>	<p><b>QUESTION</b></p>
<p><b>BEVERAGE FREQUENCY INTRO</b></p>	<p>Next, we’d like to ask you about the drinks you’ve had over the PAST 7 DAYS.</p> <p>We’ll be asking you about different categories of drinks.</p> <p>First, we’ll ask you the TOTAL NUMBER OF DRINKS you’ve had in each category.</p>

	<p>Second, we'll ask you about your USUAL SIZE OF DRINK in each category.</p>
<p><b>BEVERAGE FREQUENCY QUESTIONNAIRE (BFQ) – NUMBER OF DRINKS BY TYPE</b>          ADAPTED FROM SEVERAL OTHER PAPER FFQS FOR BEVERAGES.</p> <p>BFQ_#_N          BFQ_NONE          BFQ_DK_N          BFQ_R_N</p>	<p><b>During the PAST 7 DAYS, HOW MANY DRINKS did you have in each category below?</b>          For example, if you had 2 regular soft drinks during the past 7 days, you would enter 2 in that box.          If you had 1 regular soft drink EACH day, you would enter 7 in that box.          [PROGRAMMER NOTE: Responses must be numeric and between 0-100; only allow participant to select 1 of none of the above, DK or R]</p> <p>[numeric] <b>Regular soft drink</b> (Coke, Pepsi, Fanta, Sprite, ginger beer, etc.) <i>*Not including diet soft drink</i></p> <p>[numeric] <b>Diet soft drink</b> (Pepsi Max, Diet Coke, etc.)</p> <p>[numeric] <b>100% fruit or vegetable juice</b> (orange juice, apple juice, etc.)</p> <p>[numeric] <b>Sweetened fruit drinks</b> (Prima, fruit punch/cocktail, iced tea, etc.)</p> <p>[numeric] <b>Low-/no-calorie fruit drinks</b> (diet lemonade, unsweetened iced tea, etc.)</p> <p>[numeric] <b>Tap water</b></p> <p>[numeric] <b>Plain bottled water</b></p> <p>[numeric] <b>Regular flavoured waters or vitamin waters <u>with</u> calories</b> (cordial, vitamin water, Pump flavoured water)</p> <p>[numeric] <b>Low-/no-calorie flavoured waters or vitamin waters</b> (diet cordial, LQD+, Cottees Squirtz, etc.)</p> <p>[numeric] <b>Regular sports drinks</b> (Gatorade, Powerade, etc.)</p> <p>[numeric] <b>Low-/no-calorie sports drinks</b> (G2, Powerade Zero, etc.)</p> <p>[numeric] <b>Regular energy drinks</b> (Red Bull, V, Mother, etc.)</p> <p>[numeric] <b>Low-/no-calorie energy drinks</b> (Red Bull Sugarfree, etc.)</p> <p>[numeric] <b>Dairy milk</b> or unsweetened milk alternatives (unsweetened soy, almond, etc.) as a beverage <i>*NOT including milk consumed in cereal, etc.</i></p> <p>[numeric] <b>Flavoured milk</b>, incl. chocolate milk, iced coffee and hot chocolate, or sweetened milk alternatives (sweetened soy, almond, etc.)</p> <p>[numeric] <b>Coffee or tea, <u>with</u> milk/cream or sugar</b></p> <p>[numeric] <b>Coffee or tea, <u>no</u> milk/cream or sugar</b>, with or without artificial sweetener</p> <p>[numeric] <b>Espresso style coffees with milk</b> (lattes, mochas, frappucinos, macchiatos, etc.)</p> <p>[numeric] <b>Sweetened smoothies, protein shakes, or drinkable yogurt</b></p> <p>[numeric] <b>Unsweetened smoothies, protein shakes, or drinkable yogurt</b></p> <p>[numeric] <b>Beer, cider, alcopop</b></p> <p>[numeric] <b>Wine</b> (red, white or sparkling)</p> <p>[numeric] <b>Spirits <u>with</u> mixer, cocktails that have calories/sugar</b> (rum &amp; coke, gin &amp; tonic, margarita, martini, etc.)</p> <p>[numeric] <b>Spirits <u>with no</u> mixer or diet/non-caloric mix</b> (shots, whiskey on the rocks, vodka &amp; soda, rum &amp; diet, etc.)</p> <p>None of the above</p> <p>Don't know</p> <p>Refuse to answer</p>

**BFQ – USUAL SIZE**  
 ADAPTED FROM  
 SEVERAL OTHER PAPER  
 FFQS FOR BEVERAGES.

BFQ\_#\_SIZE\_AUS  
 BFQ\_#\_SIZE\_DK\_AUS  
 BFQ\_#\_SIZE\_R\_AUS

[PROGRAMMER NOTE: For each category that there was at least one drink consumed, ask size question - images should only be shown for beverage categories selected above]

**For each type of drink, what size did you USUALLY have?**

If you had different sizes, select the picture that is closest to the average size.






Regular soft drink (Coke, Pepsi, Fanta, Sprite, ginger beer, etc.) \*NOT including diet soft drink

<b>Less</b>				
Less than 250 mL	1 cup (250 mL)	Can (375 mL)	Fountain cup (473 mL)	Fountain cup (591 mL)
			<b>More</b>	
Bottle (600 mL)	Fountain cup (710 mL)	Large bottle (2 L)	More than 2 L	

Diet soft drink (Diet Pepsi, Coke Zero, etc.)

<b>Less</b>				
Less than 250 mL	1 cup (250 mL)	Can (375 mL)	Fountain cup (473 mL)	Fountain cup (591 mL)
			<b>More</b>	
Bottle (600 mL)	Fountain cup (710 mL)	Large bottle (2 L)	More than 2 L	

100% fruit or vegetable juices (orange juice, apple juice, etc.)

<b>Less</b>				
Less than 250 mL	1 cup (250 mL)	Juicebox (250 mL)	Can (375 mL)	Bottle (375 mL)
	<b>More</b>			
Large bottle (500 mL)	More than 500 mL			

Sweetened fruit drinks (Prima, fruit punch/cocktail, iced tea, etc.)

<b>Less</b>				
Less than 250 mL	1 cup (250 mL)	Juicebox (250 mL)	Can (375 mL)	Small bottle (500 mL)
		<b>More</b>		
Large bottle (600 mL)	Tall can (710 mL)	More than 710 mL		

Low-/no-calorie fruit drinks (diet lemonade, unsweetened iced tea, etc.)


<b>Less</b>				
Less than 250 mL	1 cup (250 mL)	Juicebox (250 mL)	Can (375 mL)	Small bottle (500 mL)
		<b>More</b>		
Large bottle (600 mL)	Tall can (710 mL)	More than 710 mL		

Tap water

<b>Less</b>				
Less than 250 mL	1 cup (250 mL)	1.5 cups (375 mL)	2 cups (500 mL)	Reusable bottle (750 mL)


<b>More</b>
More than 750 mL

Plain bottled water

<b>Less</b>				<b>More</b>
Less than 250 mL	Small bottle (250 mL)	Bottle (500 mL)	Large bottle (1 L)	More than 1 L



Regular flavoured waters or vitamin waters with calories (cordial, vitamin water, Pump flavoured water)

<b>Less</b>				
Less than 250 mL	1 cup (250 mL)	Small bottle (330 mL)	Can (375 mL)	Bottle (600 mL)



	<b>More</b>
Extra large bottle (1 L)	More than 1 L






Low-/no-calorie flavoured waters or vitamin waters (LQD+, Cottees Squirtz, etc.)

<b>Less</b>	 Less than 250 mL	 Small bottle (330 mL)	 Can (375 mL)	 Bottle (600 mL)
 Extra large bottle (1 L)	<b>More</b>			






Regular sports drinks (Gatorade, Powerade, etc.)

<b>Less</b>	 Less than 250 mL	 Bottle (600 mL)	 XL Bottle (1 L)	<b>More</b>






Low-/no-calorie sports drinks (G2, Powerade Zero, etc.)

<b>Less</b>	 Less than 250 mL	 Bottle (600 mL)	 XL Bottle (1 L)	<b>More</b>






Regular energy drinks (Red Bull, V, Mother, etc.)

<b>Less</b>				
Less than 250 mL	Small can (250 mL)	Can (375 mL)	Tall can (500 mL)	Bottle (591 mL)
	<b>More</b>			
XL Can (710 mL)	More than 710 mL			






Low-/no-calorie energy drinks (Red Bull Sugarfree, etc.)

<b>Less</b>				
Less than 250 mL	Small can (250 mL)	Can (375 mL)	Tall can (500 mL)	Bottle (591 mL)
	<b>More</b>			
XL Can (710 mL)	More than 710 mL			






Dairy milk or unsweetened milk alternative (unsweetened soy, almond, etc.), as a beverage \*NOT including milk consumed in cereal, etc.

<b>Less</b>				
Less than 250 mL	1 cup (250 mL)	Box (250 mL)	Small carton (250 mL)	Medium carton (500 mL)
	<b>More</b>			
Large carton (1 L)	More than 1 L			






Flavoured milk, incl. chocolate milk, iced coffee and hot chocolate, or sweetened milk alternatives (sweetened soy, almond, etc.)

<b>Less</b>				
Less than 250 mL	1 cup (250 mL)	Small carton (250 mL)	Bottle (500 mL)	Medium carton (500 mL)
	<b>More</b>			
Large carton (1 L)	More than 1 L			







Coffee or tea, with milk/cream or sugar

<b>Less</b>				
Less than 295 mL	Small (295 mL)	1.5 cups (375 mL)	Medium (415 mL)	Large (473 mL)
	<b>More</b>			
Extra large (591 mL)	More than 591 mL			







Coffee or tea, no milk/cream or sugar, with or without artificial sweetener

<b>Less</b>				
Less than 295 mL	Small (295 mL)	1.5 cups (375 mL)	Medium (415 mL)	Large (473 mL)
	<b>More</b>			
Extra large (591 mL)	More than 591 mL			

Espresso style coffees with milk (lattes, mochas, frappuccinos, macchiatos, etc.)

<b>Less</b>				
Less than 295 mL	Small (295 mL)	1.5 cups (375 mL)	Bottle (400 mL)	Medium (415 mL)
		<b>More</b>		
Large (473 mL)	Extra large (591 mL)	More than 591 mL		







Sweetened smoothies, protein shakes, or drinkable yogurt

<b>Less</b>				
Less than 93 mL	Small bottle (93 mL)	Bottle (200 mL)	1 cup (250 mL)	1.5 cups (375 mL)
		<b>More</b>		
2 cups (500 mL)	Large cup (710 mL)	More than 710 mL		

Unsweetened smoothies, protein shakes, or drinkable yogurt

<b>Less</b>				
Less than 93 mL	Small bottle (93 mL)	Bottle (200 mL)	1 cup (250 mL)	1.5 cups (375 mL)
		<b>More</b>		
2 cups (500 mL)	Large cup (710 mL)	More than 710 mL		




Beer, cider, alcopop






<b>Less</b>				
Less than 285 mL	Pot/middy (285 mL)	Bottle (330 mL)	Can (375 mL)	Large can (440 mL)
		<b>More</b>		
Pint (570 mL)	Large bottle (750 mL)	More than 750 mL		

Wine (red or white)

<b>Less</b>			<b>More</b>
Less than 150 mL	150 mL glass	250 mL glass	More than 250 mL

Spirits with mixer, cocktails that have calories/sugar  
(rum & coke, gin & tonic, margarita, caesar, etc.)

<b>Less</b>				
Less than 250 mL	1 cup (250 mL)	Can (375 mL)	1.5 cups (375 mL)	2 cups (500 mL)
<b>More</b>				
More than 500 mL				

	<p>Spirits <u>with no mixer</u> or diet/non-caloric mix (shots, whiskey on the rocks, vodka &amp; soda, rum &amp; diet coke, etc.)</p> <div style="display: flex; justify-content: space-around; align-items: center;"> <div style="text-align: center;">   <b>Less</b>              Shot (30 mL)         </div> <div style="text-align: center;">               Less than 250 mL              1 cup (250 mL)         </div> <div style="text-align: center;">               Can (375 mL)         </div> <div style="text-align: center;">               1.5 cup (375 mL)         </div> </div> <div style="display: flex; justify-content: space-around; align-items: center; margin-top: 20px;"> <div style="text-align: center;">   <b>More</b>              2 cups (500mL)         </div> <div style="text-align: center;">             More than 500 mL         </div> </div> <p>Don't know [for each type] Refuse to answer [for each type]</p>
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## FOOD PREPARATION AND FOOD SKILLS

DOMAIN	QUESTION
SOURCE  <b>FOOD SHOPPING ROLE</b> USDA ERS EATING & HEALTH MODULE  SHOP	<p>Do you do <u>most</u> of the food shopping in your household?</p> Yes No Share equally with other(s) Don't know Refuse to answer
<b>CONFIDENCE IN 8 COOKING TECHNIQUES</b> UK NATIONAL DIET AND NUTRITION SURVEY (NDNS)  TECH_BOIL TECH_STEAM TECH_FRY TECH_STIRFRY TECH_GRILL TECH_OVEN TECH_STEW TECH_MICRO TECH_NONE	<p>Which, if any, of the following cooking techniques do you feel confident about using? (Select all that apply)</p> Boiling Steaming or poaching Frying Stir frying Grilling Oven-baking or roasting Stewing, braising, or casseroling Microwaving None of the above Don't know Refuse to answer

<p><b>CONFIDENCE IN COOKING 10 FOODS</b> UK NATIONAL DIET AND NUTRITION SURVEY (NDNS) – adapted</p> <p><i>CCOK_MEAT</i> <i>COOK_CHICK</i> <i>COOK_WFISH</i> <i>COOK_OFISH</i> <i>COOK_LENTIL</i> <i>COOK_PASTA</i> <i>COOK_RICE</i> <i>COOK_POTATO</i> <i>COOK_GREEN</i> <i>COOK_ROOT</i> <i>COOK_NONE</i></p>	<p><b>Which, if any, of the following foods do you feel confident about cooking?</b> (Select all that apply)</p> <p>Red meat Chicken White fish (cod, haddock) Oily fish (salmon) Lentils, chickpeas, dry peas, dry beans Dry pasta Rice Potatoes (not french fries) Green vegetables (cabbage, spinach, broccoli) Root vegetables (carrots, parsnips) None of the above Don't know Refuse to answer</p>
<p><b>ABILITY TO PREPARE 4 TYPES OF DISHES</b> UK NATIONAL DIET AND NUTRITION SURVEY (NDNS)</p> <p><i>PREP_CONV</i> <i>PREP_READY_INGRED</i> <i>PREP_BASIC_INGRED</i> <i>PREP_CAKE</i></p>	<p><b>Would you be able to make the following foods and dishes from beginning to end:</b></p> <p>Convenience foods and ready meals (e.g. frozen pizza, pre-packaged curry &amp; rice)</p> <p>A complete meal from ready-made ingredients (e.g. ready-made sauces and pasta to make spaghetti Bolognese)</p> <p>A main dish from basic ingredients (raw potatoes, raw meat, onions etc.), possibly following a recipe (e.g. shepherd's pie, curry)</p> <p>A cake or biscuits from basic ingredients (flour, milk, eggs, etc.), possibly following a recipe</p> <p>[Insert dropdown list for each item above]</p> <p>No, not at all Yes, with a lot of help Yes, with a little help Yes, with no help at all Don't know Refuse to answer</p>
<p><b>FREQUENCY OF PREPARING MAIN MEALS</b> UK NATIONAL DIET AND NUTRITION SURVEY (NDNS)</p> <p><i>PREP_FREQ</i></p>	<p><b>How often do you prepare a main meal for yourself or others?</b></p> <p>Never Only for special occasions Less than once a week One or two days a week Some days (3–4 a week) Most days (5–6 a week) Every day Don't know Refuse to answer</p>

<b>COOKING SKILLS – GENERAL</b>  <i>SKILL_OVERALL</i>	<p>Overall, how would you rate your cooking skills?</p> <p>Poor Fair Good Very good Excellent Don't know Refuse to answer</p>
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## FOOD SECURITY

<b>DOMAIN</b> SOURCE	<b>QUESTION</b>
<b>FOOD SECURITY – INTRO</b> <a href="#">USDA HFSM</a>	<p>These next questions are about the food eaten in your household in the last 12 months, since [current month] of last year and whether you were able to afford the food you need.</p>
<b>FOOD SECURITY – HH1</b> USDA HFSM  <i>HH1</i>	<p>Which of these statements best describes the food eaten in your household in the last 12 months:</p> <p>You and other household members always had enough of the kinds of foods you wanted to eat.            You and other household members had enough to eat, but not always the <u>kinds</u> of food you wanted.            Sometimes you and other household members did <u>not</u> have <u>enough</u> to eat.  <u>Often</u> you and other household members didn't have enough to eat.            Don't know            Refuse to answer</p>
<b>FOOD SECURITY – HH INTRO</b>	<p>Now you will see several statements that may be used to describe the food situation for a household. Please indicate if the statement was often true, sometimes true, or never true for you and other household members <b>IN THE LAST 12 MONTHS – that is since last [name of current month]</b>.</p>
<b>FOOD SECURITY – HH2</b> USDA HFSM  <i>HH2</i>	<p>You and other household members worried that food would run out before you got money to buy more.</p> <p>Often true            Sometimes true            Never true            Don't know            Refuse to answer</p>
<b>FOOD SECURITY – HH3</b> USDA HFSM  <i>HH3</i>	<p>The food that you and other household members bought just didn't last, and there wasn't any money to get more.</p> <p>Often true            Sometimes true            Never true            Don't know            Refuse to answer</p>



<b>FOOD SECURITY – HH4</b> USDA HFSM  <i>HH4</i>	<b>You and other household members couldn't afford to eat balanced meals.</b> Often true Sometimes true Never true Don't know Refuse to answer
<b>FIRST LEVEL SCREENING</b>	If affirmative response to one or more of HH1-HH4 (i.e., HH1=3 or 4, or HH2-HH4=1 ("often true") or 2 ("sometimes true"), then continue to AD1; otherwise, if children under age 18 are present in the household (child_home>0), skip to CH1; otherwise skip to End of Food Security Module.
<b>FOOD SECURITY – AD1</b> USDA HFSM  <i>AD1</i>	<i>UNIVERSE: Respondents who passed first level screening</i> <b>In the last 12 months, since last (name of current month), did you or other adults in your household ever cut the size of your meals or skip meals because there wasn't enough money for food?</b> Yes No Don't know Refuse to answer
<b>FOOD SECURITY – AD1a</b> USDA HFSM  <i>AD1A</i>	<i>UNIVERSE: AD1=1 (yes)</i> <b>How often did this happen?</b> Almost every month Some months but not every month Only 1 or 2 months Don't know Refuse to answer
<b>FOOD SECURITY – AD2</b> USDA HFSM  <i>AD2</i>	<i>UNIVERSE: Respondents who passed first level screening</i> <b>In the last 12 months, did you ever eat less than you felt you should because there wasn't enough money for food?</b> Yes No Don't know Refuse to answer
<b>FOOD SECURITY – AD3</b> USDA HFSM  <i>AD3</i>	<i>UNIVERSE: Respondents who passed first level screening</i> <b>In the last 12 months, were you ever hungry but didn't eat because there wasn't enough money for food?</b> Yes No Don't know Refuse to answer
<b>FOOD SECURITY – AD4</b> USDA HFSM  <i>AD4</i>	<i>UNIVERSE: Respondents who passed first level screening</i> <b>In the last 12 months, did you lose weight because there wasn't enough money for food?</b> Yes No Don't know Refuse to answer
<b>SECOND LEVEL SCREENING</b>	If affirmative response to one or more of AD1-AD4, then continue to AD5; otherwise, if children under age 18 are present in the household (child_home >0), skip to CH1, otherwise skip to End of Food Security Module.

<b>FOOD SECURITY – AD5</b> USDA HFSM  AD5	<i>UNIVERSE: Respondents who passed second level screening</i> <b>In the last 12 months, did you or other adults in your household ever not eat for a whole day because there wasn't enough money for food?</b> Yes No Don't know Refuse to answer
<b>FOOD SECURITY – AD5a</b> USDA HFSM  AD5A	<i>UNIVERSE: AD5=1 (yes)</i> <b>How often did this happen?</b> Almost every month Some months but not every month Only 1 or 2 months Don't know Refuse to answer
<b>CHILD LEVEL 1 SCREENING</b>	Households with no child under age 18 (child_home=0, DK/R), skip to End of Food Security Module.
<b>FOOD SECURITY CHILD INTRO</b>	<i>UNIVERSE: At least 1 child &lt;18 years in household (child_home&gt;0)</i> <b>Now you will see several statements that people have made about the food situation of their children.</b>
<b>FOOD SECURITY – CH1</b> USDA HFSM  CH1	<i>UNIVERSE: At least 1 child &lt;18 years in household (child_home&gt;0)</i> <b>You or other adults in your household relied on only a few kinds of low-cost food to feed the children because you were running out of money to buy food.</b> Often true Sometimes true Never true Don't know Refuse to answer
<b>FOOD SECURITY – CH2</b> USDA HFSM  CH2	<i>UNIVERSE: At least 1 child &lt;18 years in household (child_home&gt;0)</i> <b>You or other adults in your household couldn't feed the children a balanced meal, because you couldn't afford that.</b> Often true Sometimes true Never true Don't know Refuse to answer
<b>FOOD SECURITY – CH3</b> USDA HFSM  CH3	<i>UNIVERSE: At least 1 child &lt;18 years in household (child_home&gt;0)</i> <b>The children were not eating enough because you or other adults in your household just couldn't afford enough food.</b> Often true Sometimes true Never true Don't know Refuse to answer
<b>CHILD LEVEL 2 SCREENING</b>	If affirmative response to one or more of CH1-CH3 (i.e., CH1-CH3= 1 ("often true") or 2 ("sometimes true")), then continue to CH4; otherwise skip to End of Food Security Module.

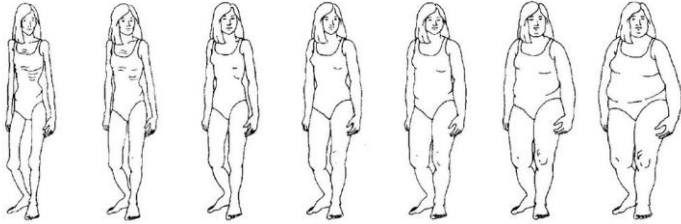
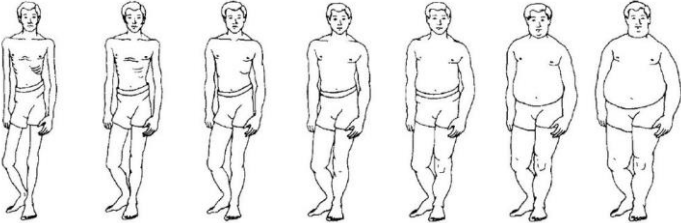
<b>FOOD SECURITY – CH4</b> USDA HFSM  CH4	<i>UNIVERSE: Respondents who passed child level 2 screening</i> <b>In the last 12 months, since last [current month] did you ever cut the size of any of the children’s meals because there wasn't enough money for food?</b> Yes No Don’t know Refuse to answer
<b>FOOD SECURITY – CH5</b> USDA HFSM  CH5	<i>UNIVERSE: Respondents who passed child level 2 screening</i> <b>In the last 12 months, did any of the children ever skip meals because there wasn't enough money for food?</b> Yes No Don’t know Refuse to answer
<b>FOOD SECURITY – CH5a</b> USDA HFSM  CH5A	<i>UNIVERSE: CH5=1 (yes)</i> <b>How often did this happen?</b> Almost every month Some months but not every month Only 1 or 2 months Don’t know Refuse to answer
<b>FOOD SECURITY – CH6</b> USDA HFSM  CH6	<i>UNIVERSE: Respondents who passed child level 2 screening</i> <b>In the last 12 months, were the children ever hungry but you just couldn't afford more food?</b> Yes No Don’t know Refuse to answer
<b>FOOD SECURITY – CH7</b> USDA HFSM  CH7	<i>UNIVERSE: Respondents who passed child level 2 screening</i> <b>In the last 12 months, did any of the children ever not eat for a whole day because there wasn't enough money for food?</b> Yes No Don’t know Refuse to answer

## DIETARY PATTERNS AND EFFORTS

DOMAIN SOURCE	QUESTION
<b>BODY IMAGE AND WEIGHT INTRO</b>	The following questions are about eating behaviours, body image and weight. If this raises issues for you, please call The Butterfly Foundation on 1800 334 673 or Lifeline on 13 11 14.

<p><b>EATING RESTRICTIONS</b> TNT (HEAVILY ADAPTED)</p> <p><i>RESTRICT_[TYPE]</i> <i>RESTRICT_NONE</i> <i>RESTRICT_DK</i> <i>RESTRICT_R</i> <i>RESTRICT_RELTEXT</i></p>	<p><b>Would you describe yourself as:</b> (Select all that apply)</p> <p>Vegetarian Vegan Pescatarian Following a religious practice for eating → Please specify: <i>[open-ended]</i> None of the above Don't know Refuse to answer</p>																																																																																																																	
<p><b>DIET MODIFICATION EFFORTS</b> TNT</p> <p><i>EFFORT_[TYPE]</i> <i>EFFORT_OTEXT</i></p>	<p><b>Have you made an effort to consume more or less of the following in the past year?</b></p> <table border="1" data-bbox="338 451 1073 1318"> <thead> <tr> <th></th> <th>Consume LESS</th> <th>Consume MORE</th> <th>No effort made</th> <th>Don't Know</th> <th>Refuse to answer</th> </tr> </thead> <tbody> <tr><td>Calories</td><td></td><td></td><td></td><td></td><td></td></tr> <tr><td>Fat</td><td></td><td></td><td></td><td></td><td></td></tr> <tr><td>Trans fat</td><td></td><td></td><td></td><td></td><td></td></tr> <tr><td>Protein</td><td></td><td></td><td></td><td></td><td></td></tr> <tr><td>Fibre</td><td></td><td></td><td></td><td></td><td></td></tr> <tr><td>Sugar/Added sugar</td><td></td><td></td><td></td><td></td><td></td></tr> <tr><td>Salt/sodium</td><td></td><td></td><td></td><td></td><td></td></tr> <tr><td>Fruit and vegetables</td><td></td><td></td><td></td><td></td><td></td></tr> <tr><td>Whole grains</td><td></td><td></td><td></td><td></td><td></td></tr> <tr><td>Dairy products</td><td></td><td></td><td></td><td></td><td></td></tr> <tr><td>All meats</td><td></td><td></td><td></td><td></td><td></td></tr> <tr><td>Red meat (e.g., beef, lamb) only</td><td></td><td></td><td></td><td></td><td></td></tr> <tr><td>Alcohol</td><td></td><td></td><td></td><td></td><td></td></tr> <tr><td>'Artificial' low-calorie sweeteners like aspartame</td><td></td><td></td><td></td><td></td><td></td></tr> <tr><td>'Natural' low-calorie sweeteners like stevia</td><td></td><td></td><td></td><td></td><td></td></tr> <tr><td>Processed foods</td><td></td><td></td><td></td><td></td><td></td></tr> <tr><td>Genetically-modified organisms (GMO)</td><td></td><td></td><td></td><td></td><td></td></tr> </tbody> </table>							Consume LESS	Consume MORE	No effort made	Don't Know	Refuse to answer	Calories						Fat						Trans fat						Protein						Fibre						Sugar/Added sugar						Salt/sodium						Fruit and vegetables						Whole grains						Dairy products						All meats						Red meat (e.g., beef, lamb) only						Alcohol						'Artificial' low-calorie sweeteners like aspartame						'Natural' low-calorie sweeteners like stevia						Processed foods						Genetically-modified organisms (GMO)					
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**WEIGHT LOSS EFFORTS, BODY PERCEPTIONS, AND WEIGHT STIGMA**

DOMAIN SOURCE	QUESTION
<p><b>PERCEIVED BODY SIZE</b></p> <p>K. MAXIMOVA ET AL. THE ROLE OF UNDERESTIMATING BODY SIZE FOR SELF-ESTEEM AND SELF-EFFICACY AMONG GRADE FIVE CHILDREN IN CANADA. ANNALS OF EPIDEMIOLOGY 2015; 25:753-759.</p> <p>IMAGES FROM (COLLINS, 1991)</p> <p>WT_BODY_F WT_BODY_F_DK WT_BODY_F_R</p> <p>WT_BODY_M WT_BODY_M_DK WT_BODY_M_R</p>	<p>Which body is most like your own body?</p> <p>UNIVERSE: gender= 2 (woman) or 4 (trans female/trans woman)</p>  <p>UNIVERSE: gender= 1 (man) or 3 (trans male/trans man)</p>  <p>Don't know Refuse to answer</p>
<p><b>PERCEIVED WEIGHT</b></p> <p>CCHS</p> <p>WT_PERCEIVE</p>	<p>Do you consider yourself to be...</p> <p>Obese Overweight Underweight Just about right Don't know Refuse to answer</p>
<p><b>WEIGHT BEHAVIOUR</b></p> <p>Adapted from: NHANES, 2009-2010</p> <p>WT_TRY_LOSS WT_TRY_GAIN WT_TRY_SAME WT_TRY_NOT WT_TRY_DK WT_TRY_R</p>	<p>During the <u>past 12 months</u> have you tried to...</p> <p>Select all that apply</p> <p>Lose weight Gain weight Stay the same weight I have not tried to do anything about my weight Don't know Refuse to answer</p>

<p><b>WEIGHT LOSS METHODS</b> NHANES DIET HISTORY QUESTIONNAIRE (ADAPTED)</p> <p>WT_LOSS_[TYPE] WT_LOSS_NONE WT_LOSS_DK WT_LOSS_R WT_LOSS_DIETTEXT WT_LOSS_OTEXT</p> <p>WT_SAME_[TYPE] WT_SAME_NONE WT_SAME_DK WT_SAME_R WT_SAME_DIETTEXT WT_SAME_OTEXT</p> <p>WT_LOSS_SAME_[TYPE] WT_LOSS_SAME_NONE WT_LOSS_SAME_DK WT_LOSS_SAME_R WT_LOSS_SAME_DIETTEXT WT_LOSS_SAME_OTEXT</p>	<p>UNIVERSE: <i>Tried to lose weight, but did not try to stay the same weight (wt_try_loss=1 and wt_try_same=0)</i> <b>How did you try to lose weight <u>in the past 12 months</u>?</b></p> <p>UNIVERSE: <i>Did not try to lose weight, but tried to stay the same weight (wt_try_loss=0 and wt_try_same=1)</i> <b>How did you try to ‘stay the same weight’ <u>in the past 12 months</u>?</b></p> <p>UNIVERSE: <i>Tried to lose weight and tried to stay the same weight (wt_try_loss=1 and wt_try_same=1)</i> <b>How did you try to lose weight or ‘stay the same weight’ <u>in the past 12 months</u>?</b></p> <p>Skipped meals or fasted Ate less food (amount) Ate less fat Ate less lollies, sugar or sweets Ate fewer carbohydrates Ate more fruits, vegetables or salads Switched to foods with lower calories/kilojoules Followed a special diet or weight loss program (e.g., Atkins, Weight Watchers.) → Please specify: <i>[open-ended]</i> Used a liquid diet formula such as Slimfast or Optifast Did a cleanse or detox diet Exercised Drank a lot of water Got help from a health professional Took diet pills prescribed by a doctor Took other pills, medicines, herbs, or supplements not needing a prescription Took laxatives or vomited Started to smoke or began to smoke again Other → Please specify: <i>[open-ended]</i> None of the above Don’t know Refuse to answer</p>
<p><b>EAT-3 BEHAVIOURAL ITEMS</b> HAINES J, ZIYADEH NJ, FRANKO DL, MCDONALD J, MOND JM, AUSTIN SB. SCREENING HIGH SCHOOL STUDENTS FOR EATING DISORDERS: VALIDITY OF BRIEF BEHAVIORAL AND ATTITUDINAL MEASURES. J SCH HEALTH, 2011; 81(9):530-535. EAT3_BINGE</p>	<p><b>In the <u>past 3 months</u>, how often have you:</b> <b>... gone on eating binges?</b> (<i>Eating a large amount of food while feeling out of control</i>). <b>... made yourself sick (vomited) to control your weight?</b></p> <p>Never Less than 1 time a month 1 to 3 times a month Once a week 2 to 6 times a week Once a day More than once a day Don’t know Refuse to answer</p>

<p><i>EAT3_VOMIT</i></p> <p><b>EAT-3 ATTITUDINAL ITEM</b>  HAINES J, ZIYADEH NJ, FRANKO DL, MCDONALD J, MOND JM, AUSTIN SB. SCREENING HIGH SCHOOL STUDENTS FOR EATING DISORDERS: VALIDITY OF BRIEF BEHAVIORAL AND ATTITUDINAL MEASURES. J SCH HEALTH, 2011; 81(9):530-535.</p>	<p><b>I am preoccupied with a desire to be thinner.</b></p> <p>Always  Usually  Often  Sometimes  Rarely  Never  Don't know  Refuse to answer</p>
<p><i>EAT3_THIN</i></p> <p><b>WEIGHT BIAS</b>  ONE ITEM (OF 3) FROM THE FEAR OF FAT SUBSCALE OF THE ANTI-FAT ATTITUDES QUESTIONNAIRE [PUHL RM, LATNER JL, KING K, LUEDICKE J. WEIGHT BIAS AMONG PROFESSIONALS WHO TREAT EATING DISORDERS: ASSOCIATIONS WITH ATTITUDES ABOUT TREATMENT AND PERCEPTIONS OF PATIENT OUTCOMES. INT J EATING DISORD 2014; 47: 65–75.]</p>	<p><b>I worry about becoming fat.</b></p> <p>Strongly disagree  Disagree  Neutral  Agree  Strongly agree  Don't know  Refuse to answer</p>
<p><i>WT_BIAS</i></p>	

## SUGARY DRINKS

DOMAIN SOURCE	QUESTION
<p><b>POP PERCEIVED HEALTHINESS</b></p> <p><i>SSB_HLTH_POP</i></p>	<p>In your opinion, how unhealthy or healthy is this type of drink?</p>  <p>600 mL</p> <p>Very unhealthy Unhealthy A little unhealthy Neither unhealthy nor healthy A little healthy Healthy Very healthy Don't know Refuse to answer</p>
<p><b>POP ACCEPTABLE FREQUENCY FOR CHILDREN</b></p> <p><i>SSB_CHILD_POP</i></p>	<p>Imagine that you have a 10-year old child. Is it okay for them to have this type of drink...</p>  <p>600 mL</p> <p>Never Once per month A few times per month Once per week A few times per week Once per day As often as they would like Don't know Refuse to answer</p>



<p><b>SSB PERCEPTIONS - CONDITION</b></p> <p><i>SSB_CONDITION</i></p>	<p><i>[PROGRAMMER NOTE: Randomize each respondent to view one beverage and answer the following set of 3 questions with the same beverage image on screen for each question.]</i></p> <p>Diet soft drink                  100% juice                  Energy drink                  Water                  Specialty                  Sports drink                  Chocolate milk                  Iced tea</p> <div style="display: flex; justify-content: space-around; align-items: center;"> <div style="text-align: center;"> 600 mL</div> <div style="text-align: center;"> 500 mL</div> <div style="text-align: center;"> 250 mL</div> <div style="text-align: center;"> 355 mL</div> <div style="text-align: center;"> 500 mL</div> <div style="text-align: center;"> 600 mL</div> <div style="text-align: center;"> 500 mL</div> <div style="text-align: center;"> 500 mL</div> </div>
<p><b>SSB PERCEIVED HEALTHINESS</b></p> <p><i>SSB_HLTH_[TYPE]</i></p>	<p>In your opinion, how unhealthy or healthy is this type of drink?  <i>[show image with mL label]</i></p> <p>Very unhealthy                  Unhealthy                  A little unhealthy                  Neither unhealthy nor healthy                  A little healthy                  Healthy                  Very healthy                  Don't know                  Refuse to answer</p>
<p><b>SSB ACCEPTABLE FREQUENCY FOR CHILDREN</b></p> <p><i>SSB_CHILD_[TYPE]</i></p>	<p>Imagine that you have a 10-year old child. Is it okay for them to have this type of drink...  <i>[show image with mL label]</i></p> <p>Never                  Once per month                  A few times per month                  Once per week                  A few times per week                  Once per day                  As often as they would like                  Don't know                  Refuse to answer</p>

<p><b>SSB SUGAR AMOUNT</b></p> <p><i>SSB_SUGAR_[TYPE]</i> <i>SSB_SUGAR_[TYPE]N</i></p>	<p>A 600 mL bottle of 'regular' Coke has 65 grams of sugar.</p> <p><b>How much sugar do you think the following beverage contains?</b> <i>[show image with mL label]</i></p> <p>Enter number of grams: _____</p> <p>Don't know</p> <p>Refuse to answer</p>
<p><b>SSB DEFINITION</b></p>	<p>The next few questions ask about <u>SUGAR AND SUGARY DRINKS</u>. Sugary drinks are drinks that contain added sugar, like soft drinks, fruit drinks, sports drinks, energy drinks, chocolate milk, and specialty coffees that have added sugar.</p>
<p><b>SSB SELF CONSUMPTION</b></p> <p><i>SSB_SELF</i></p>	<p>Is the amount of sugary drinks you typically have in a week...</p> <p>A very unhealthy amount</p> <p>An unhealthy amount</p> <p>Neither unhealthy nor healthy amount</p> <p>A healthy amount</p> <p>A very healthy amount</p> <p>Don't know</p> <p>Refuse to answer</p>
<p><b>SSB SOCIAL NORMS – Q1</b></p> <p><i>SSB_NORMS1</i></p>	<p>People important to me <u>TRY NOT</u> to eat foods high in <u>SUGAR</u>.</p> <p>Strongly agree</p> <p>Agree</p> <p>Neither agree nor disagree</p> <p>Disagree</p> <p>Strongly disagree</p> <p>Don't know</p> <p>Refuse to answer</p>
<p><b>SSB SOCIAL NORMS – Q2</b></p> <p><i>SSB_NORMS2</i></p>	<p>People important to me <u>THINK I SHOULD NOT</u> eat foods high in <u>SUGAR</u>.</p> <p>Strongly agree</p> <p>Agree</p> <p>Neither agree nor disagree</p> <p>Disagree</p> <p>Strongly disagree</p> <p>Don't know</p> <p>Refuse to answer</p>
<p><b>SSB SOCIAL NORMS – Q3</b></p> <p><i>SSB_NORMS3</i></p>	<p>People important to me <u>TRY NOT</u> to drink <u>SUGARY DRINKS</u>.</p> <p>Strongly agree</p> <p>Agree</p> <p>Neither agree nor disagree</p> <p>Disagree</p> <p>Strongly disagree</p> <p>Don't know</p> <p>Refuse to answer</p>

<p><b>SSB SOCIAL NORMS – Q4</b></p> <p><i>SSB_NORMS4</i></p>	<p>People important to me <u>THINK I SHOULD NOT</u> drink <u>SUGARY DRINKS</u>.</p> <p>Strongly agree  Agree  Neither agree nor disagree  Disagree  Strongly disagree  Don't know  Refuse to answer</p>
<p><b>PUBLIC TRUST</b></p> <p><i>PT_HE_SUGARY_DRINKS</i>  <i>PT_IND_SUGARY_DRINKS</i></p>	<p>Please tell us whether you agree or disagree with the following:</p> <p><b>I trust messages from <u>health experts</u> on sugary drinks.</b>  <b>I trust messages from the <u>food and beverage industry</u> on sugary drinks.</b></p> <p>Strongly agree  Agree  Neither agree nor disagree  Disagree  Strongly disagree  Don't know  Refuse to answer</p>
<p><b>SUGAR KNOWLEDGE</b></p> <p><i>SF_OBESITY</i>  <i>SF_DIABETES</i>  <i>SF_TOOTH</i></p> <p><i>SD_OBESITY</i>  <i>SD_DIABETES</i>  <i>SD_TOOTH</i></p>	<p>Please rate if you feel the following are true or false:</p> <p>Eating food high in <u>SUGAR</u> increases the risk of obesity.  Eating food high in <u>SUGAR</u> increases the risk of diabetes.  Eating food high in <u>SUGAR</u> increases the risk of tooth decay.</p> <p>Frequently drinking <u>SUGARY DRINKS</u> increases the risk of obesity.  Frequently drinking <u>SUGARY DRINKS</u> increases the risk of diabetes.  Frequently drinking <u>SUGARY DRINKS</u> increases the risk of tooth decay.</p> <p>[Insert dropdown list for each of above]</p> <p>True  False  Don't know  Refuse to answer</p>

## NUTRITION KNOWLEDGE

DOMAIN SOURCE	QUESTION
<b>SELF-REPORTED NUTRITION KNOWLEDGE</b> CFDR, OTTAWA, ETC.  <i>NUT_KNOW</i>	<b>How would you rate your nutrition knowledge?</b> Not at all knowledgeable A little knowledgeable Somewhat knowledgeable Very knowledgeable Extremely knowledgeable Don't know Refuse to answer



## SOURCES OF NUTRITION INFORMATION


DOMAIN SOURCE	QUESTION
<b>SOURCES OF NUTRITION INFO</b> <a href="#">CCHS FOOD GUIDE module</a> and TNT integrated content (adapted to be for 12 months rather than 6)  <i>INFO_[TYPE]</i> <i>INFO_NONE</i> <i>INFO_DK</i> <i>INFO_R</i> <i>INFO_APPTXT</i> <i>INFO_OTEXT</i>	<b>In the past 12 months, did you get information on food or nutrition from any of the following sources? (Select all that apply)</b> Health professional (e.g., family doctor, nurse, or dietitian) Alternative health practitioner (e.g., chiropractor, naturopath, homeopath, holistic nutritionist) Health association materials or website (e.g., Heart Foundation, Cancer Council, Diabetes Australia) Fitness programs / personal trainer Weight loss programs (such as Weight Watchers) Your family, friends, or colleagues Australian Dietary Guidelines Government / health agency materials, websites or apps Food company materials, advertisements, websites or apps Nutrition Information Panel on food products Food product labels Grocery store or pharmacy Magazines, newspapers or books TV or radio General research on the internet Social media or blogs (e.g., Facebook, Twitter) Celebrities (e.g., Sarah Wilson, Mamamia, Kayla Itsines) Mobile app → Which app? [ <i>open-ended</i> ] Other → Please specify: [ <i>open-ended</i> ] None of the above Don't know Refuse to answer

<b>PUBLIC EDUCATON</b>  <i>PUBLIC_ED1</i>	<b>Do you remember seeing any educational messages or campaigns on healthy eating from the government or health authorities in the past 12 months?</b> Yes No Don't know Refuse to answer
<b>PUBLIC EDUCATON – DESCRIPTION</b>  <i>PUBLIC_ED2</i>	<b>Can you briefly describe the message or campaign?</b> [OPEN TEXT FIELD]
<b>DOCTOR ADVICE</b>  <i>DOCADVICE_[TYPE]</i> <i>DOCADVICE_NONE</i> <i>DOCADVICE_DK</i> <i>DOCADVICE_R</i> <i>DOCADVICE_OTEXT</i>	<b>Has a doctor ever advised you to do any of the following? (Select all that apply)</b> Lose weight Reduce sodium or salt intake Reduce cholesterol in your diet Reduce sugary drinks Eat more fruits and vegetables Other diet advice (please specify): None of the above Don't know Refuse to answer

## FOOD PACKAGING & LABELLING






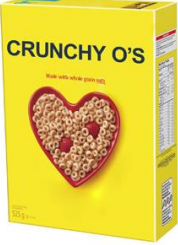

<b>DOMAIN</b> <small>SOURCE</small>	<b>QUESTION</b>
<b>NUTRITION INFO IN GROCERY STORES</b>  <i>INFO_GROCERY</i>	<b>In your opinion, is nutrition information easy or hard to find in <u>supermarkets</u>?</b> Very hard to find Hard to find Neither hard nor easy Easy to find Very easy to find Don't know Refuse to answer

<p><b>LABEL AWARENESS</b></p> <p><i>LABEL_AWARE_AUS</i></p>	<p>We would now like to ask you some questions about food labels on products.</p> <p>How often have you <u>seen</u> this type of food label on packages or in stores?</p>  <p>Never Rarely Sometimes Often All the time Don't know Refuse to answer</p>
<p><b>LABEL USE</b></p> <p><i>LABEL_USE_AUS</i></p>	<p><i>UNIVERSE: LABEL_AWARE_AUS= 'rarely', 'sometimes', 'often', or 'all the time'</i></p> <p>How often do you <u>use</u> this type of food label <u>when deciding to buy a food product?</u></p>  <p>Never Rarely Sometimes Often All the time Don't know Refuse to answer</p>

<p><b>LABEL UNDERSTANDING</b></p> <p>LABEL_UNDERSTAND_AUS</p>	<p>Do you find this information...</p>  <p>Very hard to understand          Hard to understand          Neither hard nor easy          Easy to understand          Very easy to understand          Don't know          Refuse to answer</p>																																
<p><b>NFT AWARENESS</b></p> <p>NFT_AWARE_AUS</p>	<p>We would now like to ask you some questions about food labels on products.</p> <p>How often have you <u>seen</u> this type of food label on packages or in stores?</p> <div data-bbox="352 782 772 1123" style="border: 1px solid black; padding: 5px;"> <p style="text-align: center;"><b>Nutrition Information</b></p> <p>SERVINGS PER PACKAGE: 11              SERVING SIZE: 23.2 g (4 BISCUITS)</p> <table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th></th> <th style="text-align: center;">AVG QUANTITY PER SERVING</th> <th style="text-align: center;">% DAILY INTAKE * (PER SERVING)</th> <th style="text-align: center;">AVG QUANTITY PER 100 g</th> </tr> </thead> <tbody> <tr> <td>ENERGY</td> <td style="text-align: center;">397 kJ</td> <td style="text-align: center;">5%</td> <td style="text-align: center;">1,710 kJ</td> </tr> <tr> <td>PROTEIN</td> <td style="text-align: center;">2.8 g</td> <td style="text-align: center;">6%</td> <td style="text-align: center;">12.2 g</td> </tr> <tr> <td>FAT, TOTAL</td> <td style="text-align: center;">2.2 g</td> <td style="text-align: center;">3%</td> <td style="text-align: center;">9.4 g</td> </tr> <tr> <td>-SATURATED</td> <td style="text-align: center;">0.3 g</td> <td style="text-align: center;">1%</td> <td style="text-align: center;">1.1 g</td> </tr> <tr> <td>CARBOHYDRATE</td> <td style="text-align: center;">14.5 g</td> <td style="text-align: center;">5%</td> <td style="text-align: center;">62.3 g</td> </tr> <tr> <td>-SUGARS</td> <td style="text-align: center;">0.4 g</td> <td style="text-align: center;">1%</td> <td style="text-align: center;">1.8 g</td> </tr> <tr> <td>SODIUM</td> <td style="text-align: center;">105 mg</td> <td style="text-align: center;">5%</td> <td style="text-align: center;">452 mg</td> </tr> </tbody> </table> <p style="font-size: small;">*Percentage daily intakes are based on an average adult diet of 8700 kJ</p> </div> <p>Never          Rarely          Sometimes          Often          All the time          Don't know          Refuse to answer</p>		AVG QUANTITY PER SERVING	% DAILY INTAKE * (PER SERVING)	AVG QUANTITY PER 100 g	ENERGY	397 kJ	5%	1,710 kJ	PROTEIN	2.8 g	6%	12.2 g	FAT, TOTAL	2.2 g	3%	9.4 g	-SATURATED	0.3 g	1%	1.1 g	CARBOHYDRATE	14.5 g	5%	62.3 g	-SUGARS	0.4 g	1%	1.8 g	SODIUM	105 mg	5%	452 mg
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<p><b>NFT USE</b></p> <p><i>NFT_USE_AUS</i></p>	<p>UNIVERSE: <i>NFT_AWARE_AUS</i>= 'rarely', 'sometimes', 'often', or 'all the time'</p> <p><b>How often do you use this type of food label when deciding to buy a food product?</b></p> <div data-bbox="338 217 751 561" style="border: 1px solid black; padding: 5px;"> <p style="text-align: center;"><b>Nutrition Information</b></p> <p>SERVINGS PER PACKAGE: 11 SERVING SIZE: 23.2 g (4 BISCUITS)</p> <table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th></th> <th style="text-align: center;">AVG QUANTITY PER SERVING</th> <th style="text-align: center;">% DAILY INTAKE * (PER SERVING)</th> <th style="text-align: center;">AVG QUANTITY PER 100 g</th> </tr> </thead> <tbody> <tr><td>ENERGY</td><td style="text-align: center;">397 kJ</td><td style="text-align: center;">5%</td><td style="text-align: center;">1,710 kJ</td></tr> <tr><td>PROTEIN</td><td style="text-align: center;">2.8 g</td><td style="text-align: center;">6%</td><td style="text-align: center;">12.2 g</td></tr> <tr><td>FAT, TOTAL</td><td style="text-align: center;">2.2 g</td><td style="text-align: center;">3%</td><td style="text-align: center;">9.4 g</td></tr> <tr><td>-SATURATED</td><td style="text-align: center;">0.3 g</td><td style="text-align: center;">1%</td><td style="text-align: center;">1.1 g</td></tr> <tr><td>CARBOHYDRATE</td><td style="text-align: center;">14.5 g</td><td style="text-align: center;">5%</td><td style="text-align: center;">62.3 g</td></tr> <tr><td>-SUGARS</td><td style="text-align: center;">0.4 g</td><td style="text-align: center;">1%</td><td style="text-align: center;">1.8 g</td></tr> <tr><td>SODIUM</td><td style="text-align: center;">105 mg</td><td style="text-align: center;">5%</td><td style="text-align: center;">452 mg</td></tr> </tbody> </table> <p style="font-size: small;">*Percentage daily intakes are based on an average adult diet of 8700 kJ</p> </div> <p>Never Rarely Sometimes Often All the time Don't know Refuse to answer</p>		AVG QUANTITY PER SERVING	% DAILY INTAKE * (PER SERVING)	AVG QUANTITY PER 100 g	ENERGY	397 kJ	5%	1,710 kJ	PROTEIN	2.8 g	6%	12.2 g	FAT, TOTAL	2.2 g	3%	9.4 g	-SATURATED	0.3 g	1%	1.1 g	CARBOHYDRATE	14.5 g	5%	62.3 g	-SUGARS	0.4 g	1%	1.8 g	SODIUM	105 mg	5%	452 mg
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<p><b>NFT INFLUENCE</b></p> <p>LABEL_OVERALL</p>	<p><b>Overall, how much do food labels influence what you eat?</b></p> <p>No influence at all                  A little influence                  Some influence                  A lot of influence                  Very strong influence                  Don't know                  Refuse to answer</p>
<p><b>FOOD PRODUCTS – PERCEIVED HEALTH</b></p> <p>HLTH1...13</p>	<p>[PROGRAMMER NOTE: Randomize order of 13 food products, and record order of randomization.]</p> <p><b>Overall, how healthy is this food product?</b></p> <p>Please answer on a scale from 0 to 10, where 0 = Not at all healthy, and 10 = Extremely healthy.</p> <p>0 1 2 3 4 5 6 7 8 9 10</p> <p>Not at all healthy <span style="float: right;">Extremely healthy</span></p> <p>Don't know                  Refuse to answer</p> <div style="display: flex; flex-wrap: wrap; justify-content: space-around;"> <div style="width: 20%;">  </div> <div style="width: 20%;">  </div> <div style="width: 20%;">  </div> <div style="width: 20%;">  </div> <div style="width: 20%;">  </div> <div style="width: 20%;">  </div> <div style="width: 20%;">  </div> </div>

**Nutrition Information**

SERVINGS PER PACKAGE: 1  
 SERVING SIZE: 111 g (1 BOX)

	AVG QUANTITY PER SERVING	% DAILY INTAKE* (PER SERVING)	AVG QUANTITY PER 100 g
ENERGY	232 kJ	3%	209 kJ
PROTEIN	0 g	0%	0 g
FAT TOTAL	0 g	0%	0 g
-SATURATED	0 g	0%	0 g
CARBOHYDRATE	14.4 g	3%	13.0 g
-SUGARS	12.2 g	14%	11.0 g
SODIUM	0 mg	0%	0 mg

\*Percentage daily intakes are based on an average adult diet of 8700 kJ

INGREDIENTS: APPLES, WATER, ASCORBIC ACID (VITAMIN C).

**Nutrition Information**

SERVINGS PER PACKAGE: 10  
 SERVING SIZE: 237 mL (1 CUP)

	AVG QUANTITY PER SERVING	% DAILY INTAKE* (PER SERVING)	AVG QUANTITY PER 100 mL
ENERGY	1,933 kJ	22%	816 kJ
PROTEIN	0 g	0%	0 g
FAT TOTAL	0 g	0%	0 g
-SATURATED	0 g	0%	0 g
CARBOHYDRATE	26.1 g	8%	11.0 g
-SUGARS	26.1 g	29%	11.0 g
SODIUM	0 mg	0%	0 mg

\*Percentage daily intakes are based on an average adult diet of 8700 kJ

INGREDIENTS: WATER, RECONSTITUTED APPLE JUICE (25% JUICE), FOOD ACIDS (MALIC ACID, POTASSIUM CITRATE), FLAVOUR, VITAMIN C.

**Nutrition Information**

SERVINGS PER PACKAGE: 5  
 SERVING SIZE: 40 g (1 BAR)

	AVG QUANTITY PER SERVING	% DAILY INTAKE* (PER SERVING)	AVG QUANTITY PER 100 g
ENERGY	711 kJ	8%	1,778 kJ
PROTEIN	4.0 g	8%	12.0 g
FAT TOTAL	8.0 g	11%	20.0 g
-SATURATED	1.0 g	4%	2.5 g
CARBOHYDRATE	22.0 g	7%	55.0 g
-SUGARS	12.0 g	13%	30.0 g
SODIUM	5 mg	0%	12.5 mg

\*Percentage daily intakes are based on an average adult diet of 8700 kJ

INGREDIENTS: AGAVE SYRUP, SUNFLOWER SEEDS, DRIED APPLES, BAKING POWDER, SUNFLOWER OIL, FLAXSEEDS, CASHEW, BROWN RICE SYRUP, WHOLE GRAIN CRISP BROWN RICE, PEANUTS, ALMOND, DRIED FIGS (FOS), RICE FLOUR, CINNAMON, SUNFLOWER OIL BLEND (SUNFLOWER OIL, MIXED TOCOPHOLS, ROSEMARY EXTRACT), ROASTED PEANUTS, AGAVE.

**Nutrition Information**

SERVINGS PER PACKAGE: 33  
 SERVING SIZE: 30 g

	AVG QUANTITY PER SERVING	% DAILY INTAKE* (PER SERVING)	AVG QUANTITY PER 100 g
ENERGY	502 kJ	6%	1,674 kJ
PROTEIN	4.0 g	8%	12.0 g
FAT TOTAL	2.0 g	3%	6.7 g
-SATURATED	0.4 g	2%	1.3 g
CARBOHYDRATE	20.0 g	0%	66.6 g
-SUGARS	0 g	0%	0 g
SODIUM	0 mg	0%	0 mg

\*Percentage daily intakes are based on an average adult diet of 8700 kJ

INGREDIENTS: 100% WHOLE GRAIN ROLLED QUAKER OATS, NATURALLY CONTAINS OAT BRAN.

**Nutrition Information**

SERVINGS PER PACKAGE: 11  
 SERVING SIZE: 28 g (1 CUP)

	AVG QUANTITY PER SERVING	% DAILY INTAKE* (PER SERVING)	AVG QUANTITY PER 100 g
ENERGY	418 kJ	5%	1,482 kJ
PROTEIN	3.0 g	6%	10.7 g
FAT TOTAL	2.0 g	3%	7.1 g
-SATURATED	0 g	0%	0 g
CARBOHYDRATE	20.0 g	0%	71.4 g
-SUGARS	1.0 g	1%	3.6 g
SODIUM	160 mg	7%	571 mg

\*Percentage daily intakes are based on an average adult diet of 8700 kJ

INGREDIENTS: WHOLE GRAIN OATS (INCLUDES THE OAT BRAN), MODIFIED CORN STARCH, SUGAR, SALT, TRIPOLYPHOSPHATE, WHEAT STARCH, VITAMIN E (MIXED TOCOPHEROLS) ADDED TO PRESERVE FRESHNESS, VITAMINS AND MINERALS: CALCIUM CARBOXYLATE, IRON AND ZINC (MINERAL NUTRIENTS), VITAMIN C (SODIUM ASCORBATE), A & B VITAMIN (DIACETATE), VITAMIN B6 (PHOSPHORUS HYDROXYDIPICOLATE), VITAMIN A (PALMITATE), VITAMIN B2 (RIBOFLAVIN), VITAMIN B1 (THIAMIN MONONITRATE), A & B VITAMIN (POLY ACID), VITAMIN B12, VITAMIN D3.

**Nutrition Information**

SERVINGS PER PACKAGE: 5  
 SERVING SIZE: 50 g (1 BAR)

	AVG QUANTITY PER SERVING	% DAILY INTAKE* (PER SERVING)	AVG QUANTITY PER 100 g
ENERGY	753 kJ	9%	1,506 kJ
PROTEIN	4.0 g	8%	8.0 g
FAT TOTAL	5.0 g	7%	10.0 g
-SATURATED	2.0 g	8%	4.0 g
CARBOHYDRATE	33.0 g	11%	66.0 g
-SUGARS	15.0 g	17%	30.0 g
SODIUM	160 mg	7%	320 mg

\*Percentage daily intakes are based on an average adult diet of 8700 kJ

INGREDIENTS: GRANOLA CRUST (WHOLE GRAIN OATS, SUGAR, PALM OIL WITH TBHQ FOR FRESHNESS, ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, VITAMIN B1 (THIAMIN MONONITRATE), VITAMIN B2 (RIBOFLAVIN), FOLIC ACID), CORN SYRUP, OAT FIBRE, ISOLATED SOY PROTEIN, MALTODEXTRIN, ACACIA GUM, GUAR GUM, CELLULOSE, WHEAT GLUTEN, MALTODEXTRIN, NATURAL FLAVOURS, LEAVENING (BAKING SODA, SODIUM ACID PYROPHOSPHATE, SALT, SOY LECITHIN, BHT), PRESERVATIVES: PEANUT FLOUR, NONFAT MILK, INVERT SUGAR, CORN SYRUP, STRAWBERRY PUREE CONCENTRATE, GUACERIN, SUGAR, MODIFIED CORN STARCH, SODIUM ALGINATE, CITRIC ACID, CALCIUM PHOSPHATE, METHYLCELLULOSE, NATURAL AND ARTIFICIAL FLAVOUR, CARAMEL COLOUR, MALIC ACID, RED 40.



**Nutrition Information**

SERVINGS PER PACKAGE: 8  
SERVING SIZE: 250 mL (1 CUP)

	AVG QUANTITY PER SERVING	% DAILY INTAKE (PER SERVING)	AVG QUANTITY PER 100 mL
ENERGY	418 kJ	5%	1,672 kJ
PROTEIN	9.0 g	18%	3.6 g
FAT TOTAL	8.0 g	11%	32.0 g
-SATURATED	2.5 g	10%	1.0 g
CARBOHYDRATE	12.0 g	4%	4.8 g
-SUGARS	11.0 g	12%	4.4 g
SODIUM	115 mg	5%	46 mg

\*Percentage daily intakes are based on an average adult diet of 8700 kJ

INGREDIENTS: PARTLY SKIMMED MILK, VITAMIN A PALMITATE, VITAMIN D3



**Nutrition Information**

SERVINGS PER PACKAGE: 30  
SERVING SIZE: 30 g (1.14" CUBE)

	AVG QUANTITY PER SERVING	% DAILY INTAKE (PER SERVING)	AVG QUANTITY PER 100 g
ENERGY	460 kJ	5%	1,531 kJ
PROTEIN	8.0 g	16%	26.7 g
FAT TOTAL	8.0 g	11%	26.6 g
-SATURATED	5.0 g	21%	16.7 g
CARBOHYDRATE	1.0 g	0%	3.3 g
-SUGARS	0 g	0%	0 g
SODIUM	230 mg	10%	767 mg

\*Percentage daily intakes are based on an average adult diet of 8700 kJ

INGREDIENTS: MILK, MODIFIED MILK INGREDIENTS, CREAM, SALT, CALCIUM CHLORIDE, BACTERIAL CULTURE, MICROBIAL ENZYME



**Nutrition Information**

SERVINGS PER PACKAGE: 16  
SERVING SIZE: 27 g (1 SLICE)

	AVG QUANTITY PER SERVING	% DAILY INTAKE (PER SERVING)	AVG QUANTITY PER 100 g
ENERGY	251 kJ	3%	1,197 kJ
PROTEIN	4.0 g	8%	19.1 g
FAT TOTAL	4.5 g	6%	21.5 g
-SATURATED	2.5 g	10%	12.0 g
CARBOHYDRATE	2.0 g	1%	9.5 g
-SUGARS	2.0 g	2%	9.5 g
SODIUM	220 mg	10%	1,048 mg

\*Percentage daily intakes are based on an average adult diet of 8700 kJ

INGREDIENTS: MILK, CHEDDAR CHEESE MILK, CHEESE CULTURE, SALT, ENZYMES, WHEY MILK PROTEIN CONCENTRATE, MILK FAT, SODIUM CITRATE, CONTAINS LESS THAN 2% OF CALCIUM PHOSPHATE, MODIFIED FOOD STARCH, WHEY PROTEIN CONCENTRATE, SALT, LACTIC ACID, ANNATTO AND PAPAYA EXTRACT, COLOUR, NATAMICIN (A NATURAL MOULD INHIBITOR, ENZYME, CHEESE CULTURE, VITAMIN D3)



**Nutrition Information**

SERVINGS PER PACKAGE: 35  
SERVING SIZE: 112 g (4 oz)

	AVG QUANTITY PER SERVING	% DAILY INTAKE (PER SERVING)	AVG QUANTITY PER 100 g
ENERGY	502 kJ	6%	448 kJ
PROTEIN	29.1 g	58%	26.0 g
FAT TOTAL	1.5 g	2%	1.3 g
-SATURATED	0 g	0%	0 g
CARBOHYDRATE	0 g	0%	0 g
-SUGARS	0 g	0%	0 g
SODIUM	50 mg	2%	45 mg

\*Percentage daily intakes are based on an average adult diet of 8700 kJ



**Nutrition Information**

SERVINGS PER PACKAGE: 3.5  
SERVING SIZE: 112 g (4 oz)

	AVG QUANTITY PER SERVING	% DAILY INTAKE (PER SERVING)	AVG QUANTITY PER 100 g
ENERGY	1,000 kJ	12%	1,000 kJ
PROTEIN	11.0 g	22%	11.0 g
FAT TOTAL	13.0 g	19%	13.0 g
-SATURATED	1.5 g	6%	1.5 g
CARBOHYDRATE	21.0 g	7%	21.0 g
-SUGARS	1.0 g	1%	1.0 g
SODIUM	520 mg	23%	520 mg

\*Percentage daily intakes are based on an average adult diet of 8700 kJ

INGREDIENTS: CHICKEN BREAST, WATER, TOASTED WHEAT CRUMBS, WHOLE WHEAT FLOUR, WHEAT FLOUR, MODIFIED CORN STARCH, RICE STARCH, SALT, PEPPER FIBRE, SPICES, GARLIC POWDER, ONION POWDER, SUGAR, BAKING POWDER, BROWNED IN CANOLA OIL



**Nutrition Information**

SERVINGS PER PACKAGE: 4  
SERVING SIZE: 56g (2 oz)

	AVG QUANTITY PER SERVING	% DAILY INTAKE (PER SERVING)	AVG QUANTITY PER 100 g
ENERGY	251 kJ	3%	448 kJ
PROTEIN	10.0 g	20%	17.9 g
FAT TOTAL	1.5 g	2%	2.7 g
-SATURATED	0.5 g	2%	0.9 g
CARBOHYDRATE	2.0 g	1%	3.6 g
-SUGARS	2.0 g	2%	3.6 g
SODIUM	560 mg	24%	1,000 mg

\*Percentage daily intakes are based on an average adult diet of 8700 kJ

INGREDIENTS: CHICKEN BREAST, WATER, HONEY, CULTURED DEXTROSE, CONTAINS LESS THAN 2% SALT, VINEGAR, CULTURED CELERY JUICE, SODIUM PHOSPHATE, SUGAR, CHERRY POWDER, DEXTROSE, AUTOCLAVED YEAST EXTRACT, CARAMEL COLOUR

**WARNING LABELS**

WARN\_CONTROL  
 WARN\_YELLOW  
 WARN\_STAR  
 WARN\_CHILE  
 WARN\_GDA  
 WARN\_TRAFFIC

PROGRAMMER NOTE: Randomly assign to 1 of 6 label conditions:

- Control (no label)
- Yellow text warning
- Health star rating
- Chilean warning
- Guideline Daily Amount (GDA)
- Traffic light



In your opinion, is this product...

- Very unhealthy
- Unhealthy
- A little unhealthy
- Neither unhealthy nor healthy
- A little healthy
- Healthy
- Very healthy
- Don't know
- Refuse to answer

## RETAIL ENVIRONMENT

DOMAIN SOURCE	QUESTION
<b>SUPERMARKET POLICIES</b>  POL_AISLE POL_CHECKOUT POL_SHELF	[PROGRAMMER NOTE: SHOW 2 RANDOMLY SELECTED ITEMS TO EACH PARTICIPANT; RANDOMIZE ORDER OF ITEM PRESENTATION. HIDE BACK BUTTON. SHOW IN TABLE FORMAT.] <b>Would you support or oppose the following practices in supermarkets ...</b> Fewer end-of-aisle displays containing unhealthy foods or soft drinks Checkouts with <u>only</u> healthy products (e.g., no soft drinks, chocolate, confectionery) More shelf space for fresh and healthier foods such as fruits and vegetables  Support Neutral Oppose Don't know Refuse to answer
<b>HOME RETAIL</b>  HOME_JUNK HOME_FV HOME_HEALTHY HOME_SSB HOME_WATER	[PROGRAMMER NOTE: Hide back button; use table format] <b>Are the following food or drinks sold in stores you can get to <u>WITHIN 5 MINUTES FROM YOUR HOME</u>, using your usual mode of transportation (e.g., walk, drive, or public transport)?</b> Junk food Fresh fruit or vegetables Other healthy snacks Sugary drinks Clean drinking water  Not available to buy / Available to buy / Don't know / Refuse to answer
<b>SCHOOL RETAIL</b>  SCHOOL_[TYPE]_NA SCHOOL_[TYPE]_FREE SCHOOL_[TYPE]_BUY SCHOOL_[TYPE]_DK SCHOOL_[TYPE]_R	UNIVERSE: Full-time or part-time student (student=2 or 3) [PROGRAMMER NOTE: Use table format] <b>Are the following food or drinks available at your <u>SCHOOL/COLLEGE/UNIVERSITY</u>?</b> Do not include items you bring from home. Junk food Fresh fruit or vegetables Other healthy snacks Sugary drinks Clean drinking water  Not available / Available for free / Available to buy / Don't Know / Refuse to answer
<b>WORK RETAIL</b>  WORK_[TYPE]_NA WORK_[TYPE]_FREE WORK_[TYPE]_BUY WORK_[TYPE]_DK WORK_[TYPE]_R	UNIVERSE: Main activity was working at a paid job or business, or vacation (from paid work) (occup=1 or 2) [PROGRAMMER NOTE: Use table format] <b>Are the following food or drinks available at your <u>WORKPLACE</u>?</b> Do not include items you bring from home. Junk food Fresh fruit or vegetables

	Other healthy snacks Sugary drinks Clean drinking water  Not available / Available for free / Available to buy / Don't Know / Refuse to answer
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## MENU LABELLING

DOMAIN SOURCE	QUESTION
<b>LAST RESTAURANT VISIT</b> FCMS  <i>REST_VISIT</i>	<b>When was the last time you visited a restaurant (including a fast-food outlet or coffee shop)?</b> Within the last 24 hours Within the last 7 days Within the last month Within the last 3 months Within the last 6 months Longer than 6 months ago Don't know Refuse to answer
<b>MENU LABELLING – NOTICING</b> FCMS (ADAPTED)  <i>REST_INFO</i>	<i>UNIVERSE: Visited restaurant within last 6 months (rest_visit=1-5)</i> <b>The last time you visited a restaurant, did you notice any nutrition information?</b> Yes No Don't know Refuse to answer
<b>MENU LABELLING – NOTICING LOCATION</b>  <i>REST_INFO_[TYPE]</i> <i>REST_INFO_DK</i> <i>REST_INFO_R</i> <i>REST_INFO_OTEXT</i>	<i>UNIVERSE: Noticed nutrition info (rest_info=yes)</i> <b>Where was this information located? (Select all that apply)</b> On the menu/menu board On a poster or sign Next to a food item On the item packaging/wrapper On the tray liner On a napkin In a pamphlet or brochure On a computer screen / At a kiosk Other → Please specify: [ <i>open-ended</i> ] Don't know Refuse to answer

<b>MENU LABELLING – ORDER INFLUENCE</b> FCMS REST_INFO_INFL	UNIVERSE: <i>Noticed nutrition info (rest_info=yes)</i> <b>Did the nutrition information influence what you ordered?</b> Yes No Don't know Refuse to answer
<b>MENU LABELLING – IMPACT</b> FCMS REST_ACT_[TYPE] REST_ACT_NONE REST_ACT_DK REST_ACT_R	UNIVERSE: <i>Visited restaurant within last 6 months (rest_visit=1-5)</i> <b>In the past 6 months, have you done any of the following because of nutrition information in restaurants?</b> (Select all that apply) Ordered something different Ate less of the food you ordered Changed which restaurants you visit Ate at restaurants less often None of the above Don't know Refuse to answer

## FOOD GUIDE / DIETARY RECOMMENDATIONS

<b>DOMAIN</b> SOURCE	<b>QUESTION</b>
<b>FOOD GUIDE – LAST USE</b> OTTAWA AND CFDR (ADAPTED TIME ANCHORS) FG_LOOK	<b>When was the <u>last time</u> you looked at the Australian Dietary Guidelines, if ever?</b> In the last month In the last 6 months In the last year More than a year ago Never Don't know Refuse to answer
<b>FOOD GUIDE – USE</b> CCHS FOOD GUIDE MODULE (ADAPTED RESPONSE OPTIONS TO SIMPLIFY YOU/HOUSEHOLD) FG_USE_[TYPE] FG_USE_NONE FG_USE_DK FG_USE_R FG_USE_OTEXT	UNIVERSE: <i>Ever looked at food guide (fg_look ≠ 5)</i> <b>Have you <u>ever</u> used information from the Australian Dietary Guidelines...</b> (Select all that apply) To choose foods To determine how much you need to eat every day To plan meals or to help with grocery shopping To assess how well you are eating To manage your weight To help make healthy choices when eating away from home Other → Please specify: <i>[open-ended]</i> None of the above Don't know Refuse to answer

## FOOD MARKETING

DOMAIN SOURCE	QUESTION
<b>EXPOSURE TO UNHEALTHY FOOD MARKETING - LOCATION</b>  MKTG_LOC_[TYPE] MKTG_LOC_NONE MKTG_LOC_DK MKTG_LOC_R MKTG_LOC_OTEXT	<p>In the last 30 days, have you seen or heard advertisements or promotions for ‘<u>unhealthy foods</u>’ in the following places? (Select all that apply)</p> <p><i>Unhealthy foods include processed foods high in sugar, salt, or saturated fat, such as soft drinks, fast food, chips, sugary cereals, biscuits and chocolate bars.</i></p> <p>TV            Radio            Online / internet            Mobile app / video game            Social media (e.g., Twitter, Facebook, Instagram)            In a text message            Magazine or newspaper            Billboard or outdoor sign (e.g., posters)            On buses, bus stops and other public transport            In movies or at movie theatres            At school / on campus            Signs or displays in supermarkets, convenience stores or restaurants            At a recreation/community centre            Sports event, concert or community event            Giveaways, samples or special offers            Other → Please specify: <i>[open-ended]</i>            I haven’t seen any advertising or promotions for unhealthy food in the last 30 days            Don’t know            Refuse to answer</p>
<b>EXPOSURE TO UNHEALTHY FOOD MARKETING - FREQUENCY</b>  MKTG_FREQ_SD MKTG_FREQ_FF MKTG_FREQ_CEREAL MKTG_FREQ_SNACK MKTG_FREQ_DESSERT MKTG_FREQ_CANDY	<p>In the last 30 days, <u>how often</u> did you see or hear advertisements or promotions for the following?</p> <p><b>Sugary drinks</b>  <b>Fast food / take-away</b>  <b>Sugary cereals</b>  <b>Snacks such as chips</b>  <b>Desserts such as cakes, biscuits, and ice cream</b>  <b>Lollies or chocolate bars</b></p> <p>[Insert dropdown list for each of above]            Never            Less than once a week            Once a week            A few times a week</p>

	<p>Every day  More than once a day  Don't know  Refuse to answer</p>
<p><b>EXPOSURE TO MARKETING STRATEGIES</b></p> <p><i>MKTG_LICENCED  MKTG_COMPANY  MKTG_CELEB  MKTG_PROSPORT  MKTG_RECSPORT  MKTG_CULTURE  MKTG_NONE  MKTG_DK  MKTG_R</i></p>	<p>[PROGRAMMER NOTE: show note in grey font]  <i>Remember: Unhealthy foods include processed foods high in sugar, salt, or saturated fat, such as soft drinks, fast food, chips, sugary cereals, biscuits and chocolate bars.</i></p> <p><b>In the last 30 days, have you seen any of the following?</b> (Select all that apply)</p> <p>Unhealthy food or drinks promoted using characters from movies or TV (e.g., Star Wars, Disney characters)  Unhealthy food or drinks with characters created by food companies (e.g., Tony the Tiger, Ronald McDonald)  Celebrity endorsements of unhealthy food/drinks  Professional sport teams or sporting events sponsored by unhealthy food/drink companies  Children's/community sports teams sponsored by unhealthy food/drink companies  Cultural or community events sponsored by unhealthy food/drink companies  None of the above [Programming note: only allow to select if no other options selected]  Don't know  Refuse to answer</p>
<p><b>CHILD ASK - MARKETING STRATEGIES</b></p> <p><i>ASK_LICENCED  ASK_COMPANY</i></p>	<p><i>UNIVERSE: At least 1 child &lt;18 years in household (child_home&gt;0)</i>  [PROGRAMMER NOTE: show note in grey font]  <i>Remember: Unhealthy foods include processed foods high in sugar, salt, or saturated fat, such as soft drinks, fast food, chips, sugary cereals, biscuits and chocolate bars.</i></p> <p><b>In the last 30 days, have your <u>children</u> asked you to buy any <u>unhealthy</u> food or drinks with...</b></p> <p><b>Characters from movies or TV (e.g., Star Wars, Disney characters)</b>  <b>Characters created by food companies (e.g., Tony the Tiger, Ronald McDonald)</b></p> <p>[Insert dropdown list for each of above]  Yes  No  Don't know  Refuse to answer</p>



<p><b>PARENT BUY-MARKETING STRATEGIES</b></p> <p><i>BUY_LICENCED</i> <i>BUY_COMPANY</i></p>	<p><i>UNIVERSE: At least 1 child &lt;18 years in household (child_home&gt;0)</i> [PROGRAMMER NOTE: show note in grey font]</p> <p><i>Remember: Unhealthy foods include processed foods high in sugar, salt, or saturated fat, such as soft drinks, fast food, chips, sugary cereals, biscuits and chocolate bars.</i></p> <p><b>In the last 30 days, <u>did you buy</u> your children any <u>unhealthy</u> food or drinks with...</b></p> <p><b>Characters from movies or TV (e.g., Star Wars, Disney characters)</b> <b>Characters created by food companies (e.g., Tony the Tiger, Ronald McDonald)</b></p> <p>[Insert dropdown list for each of above]</p> <p>Yes No Don't know Refuse to answer</p>
<p><b>UNHEALTHY FOOD CONSUMPTION FREQUENCY</b></p> <p><i>EAT_SD</i> <i>EAT_FF</i> <i>EAT_CEREAL</i> <i>EAT_SNACK</i> <i>EAT_DESSERT</i> <i>EAT_CANDY</i></p>	<p><i>UNIVERSE: At least 1 child &lt;18 years in household (child_home&gt;0)</i></p> <p><b>In a typical week, how often <u>do your children eat or drink...</u></b></p> <p><b>Sugary drinks</b> <b>Fast food / take-away</b> <b>Sugary cereals</b> <b>Snacks such as chips</b> <b>Desserts such as cakes, biscuits, and ice cream</b> <b>Lollies or chocolate bars</b></p> <p>[PROGRAMMER NOTE: Insert dropdown list for each of above]</p> <p>More than once a day Every day A few times a week, but not every day Once a week Only on special occasions Never Don't know Refuse to answer</p>

<b>CHILD – PRODUCTS</b>  MKTG_CHILD_PRODUC CT	UNIVERSE: At least 1 child <18 years in household (child_home>0) [PROGRAMMER NOTE: show note in grey font] Remember: Unhealthy foods include processed foods high in sugar, salt, or saturated fat, such as soft drinks, fast food, chips, sugary cereals, biscuits and chocolate bars.  Do any of your children own any <u>clothing, posters, stickers, or other products</u> that show a <u>logo or brand of unhealthy food or drinks</u> ? Yes No Don't know Refuse to answer
<b>CHILD – TOY</b>  MKTG_CHILD_TOY	UNIVERSE: At least 1 child <18 years in household (child_home>0) Do any of your children own any ' <u>Happy Meal</u> ' toys or other toys from fast-food restaurants? Yes No Don't know Refuse to answer
<b>CONCERN ABOUT CHILD'S EXPOSURE TO MARKETING</b>  MKTG_CHILD_CONCERN N	UNIVERSE: At least 1 child <18 years in household (child_home>0) Are you concerned about the amount of marketing for sugary drinks and fast food that your children see? Not at all concerned A little concerned Somewhat concerned Very concerned Don't know Refuse to answer

## PRICE / TAXATION

DOMAIN SOURCE	QUESTION
<b>SUGAR TAX</b>  DRINKS_COST	Do drinks with sugar (e.g., Coke) cost more than drinks without sugar (e.g., Diet Coke/Coke No Sugar) in Australia? No Yes – a little more Yes – a lot more Don't know Refuse to answer

## POLICY SUPPORT

DOMAIN SOURCE	QUESTION
<p><b>POLICY SUPPORT</b> (Items in second list from Policy Interventions to Reduce Obesity – Knowledge, Attitudes and Beliefs Survey of the Public (Raine))</p> <p><i>POL_CAL_REST</i> <i>POL_CAL_SCH</i> <i>POL_TAX_SSB</i> <i>POL_TAX_SUB</i> <i>POL_TAX_SUGAR</i> <i>POL_FV_SUB</i> <i>POL_BAN_CHECKOUT</i> <i>POL_MAX_SALT</i> <i>POL_BAN_TRANS</i> <i>POL_ADDED</i> <i>POL_SCH_PROG</i> <i>POL_SCH_STND</i> <i>POL_ZONE_FF</i> <i>POL_ALC</i> <i>POL_BAN_UNHLTH</i> <i>POL_RESTR_MAXSSB</i> <i>POL_RESTR_SPONS</i> <i>POL_BAN_TOYFF</i> <i>POL_BAN_DISC</i></p>	<p>[PROGRAMMER NOTE: HIDE BACK BUTTON.]</p> <p><b>We are interested in your opinion about food policies that could be implemented. For each statement, please indicate whether you would support or oppose the policy.</b></p> <p><b>Would you support or oppose a government policy that would require...</b></p> <p>Support Neutral Oppose Don't know Refuse to answer</p> <p>[PROGRAMMER NOTE: SHOW 8 RANDOMLY SELECTED ITEMS TO EACH PARTICIPANT; RANDOMIZE ORDER OF ITEM PRESENTATION]</p> <p>Calorie or kilojoule amounts on menus of chain restaurants Calorie or kilojoule amounts on menus in school canteens Taxes on sugary drinks Taxes on sugary drinks IF the money was spent on subsidizing healthy foods Taxes on foods with high sugar Subsidies to reduce the price of fresh fruit and vegetables A ban on unhealthy foods (e.g., sugary drinks, chips, chocolate) at supermarket checkouts A maximum limit on salt levels in pre-packaged foods A ban on trans fats in pre-packaged foods Labelling of the amount of “added sugars” on pre-packaged foods Free breakfast or lunch programs in schools Nutrition standards for school / college / university canteens Planning laws to restrict the number of fast food restaurants near schools Calorie or kilojoule amounts and nutrition information on alcoholic beverages A ban on marketing unhealthy food and beverages to children Restrictions on the maximum size (e.g., max of 375 mL) of single-serve soft drink cans and bottles Restrictions on sponsorship of sporting events and teams by food companies such as Coca Cola and McDonalds A ban on the use of toys, vouchers or competitions as part of children’s meals at fast-food restaurants A ban on price discounts for unhealthy food and beverages (e.g., 30% off, or ‘buy-one-get-one-free’)</p>

## HEALTH LITERACY

DOMAIN SOURCE	QUESTION																																
NEWEST VITAL SIGN PFIZER	<p>[PROGRAMMER NOTE: HIDE BACK BUTTON.]</p> <p><b>This information is on the back of a container of ice cream.</b></p> <div style="border: 1px solid black; padding: 10px; margin: 10px auto; width: fit-content;"> <p style="text-align: center;"><b>Nutrition Information</b></p> <p>SERVINGS PER CONTAINER: 4</p> <p>SERVING SIZE: 125 mL (1/2 cup)</p> <table border="1" style="width: 100%; border-collapse: collapse; text-align: center;"> <thead> <tr> <th></th> <th>AVG QUANTITY PER SERVING</th> <th>% DAILY INTAKE * (PER SERVING)</th> <th>AVG QUANTITY PER 100 mL</th> </tr> </thead> <tbody> <tr> <td>ENERGY</td> <td>1000 kJ</td> <td>11%</td> <td>800 kJ</td> </tr> <tr> <td>PROTEIN</td> <td>4.0 g</td> <td>8%</td> <td>3.2 g</td> </tr> <tr> <td>FAT, TOTAL</td> <td>13.0 g</td> <td>19%</td> <td>10.4 g</td> </tr> <tr> <td>-SATURATED</td> <td>9.0 g</td> <td>38%</td> <td>7.2 g</td> </tr> <tr> <td>CARBOHYDRATE</td> <td>30.0 g</td> <td>10%</td> <td>24.0 g</td> </tr> <tr> <td>-SUGARS</td> <td>23.0 g</td> <td>26%</td> <td>18.4 g</td> </tr> <tr> <td>SODIUM</td> <td>55 mg</td> <td>2%</td> <td>44 mg</td> </tr> </tbody> </table> <p style="font-size: small; margin-top: 5px;">*Percentage daily intakes are based on an average adult diet of 8700 kJ</p> </div> <p>Ingredients: Cream, Skim milk, Liquid sugar, Water, Egg yolks, Brown sugar, Milkfat, Peanut oil, Sugar, Butter, Salt, Carrageenan, Vanilla extract</p> <p>[PROGRAMMER NOTE: show above NFT and text above each of the following NVS questions]</p>		AVG QUANTITY PER SERVING	% DAILY INTAKE * (PER SERVING)	AVG QUANTITY PER 100 mL	ENERGY	1000 kJ	11%	800 kJ	PROTEIN	4.0 g	8%	3.2 g	FAT, TOTAL	13.0 g	19%	10.4 g	-SATURATED	9.0 g	38%	7.2 g	CARBOHYDRATE	30.0 g	10%	24.0 g	-SUGARS	23.0 g	26%	18.4 g	SODIUM	55 mg	2%	44 mg
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NVS_CAL NVS_CAL_N	<p><b>If you eat the entire container, how many kilojoules (kJ) will you eat?</b></p> <p>Enter number of kilojoules (kJ): <i>[open-ended]</i></p> <p>Don't know</p> <p>Refuse to answer</p> <p><i>[Answer: 4000kJ is the only correct answer]</i></p>																																
NVS_CARB NVS_CARB_N	<p><b>If you are allowed to eat 60 grams of carbohydrates as a snack, how much ice cream could you have?</b></p> <p>Enter number of cup(s): <i>[open-ended]</i></p> <p>Don't know</p> <p>Refuse to answer</p> <p><i>[Answer: Any of the following is correct: 1 cup, 250 mL, 2 servings, "half the container" (not "half" or "1/2")]</i></p>																																
NVS_SAT NVS_SAT_N	<p><b>Your doctor advises you to reduce the amount of saturated fat in your diet. You usually have 42 g of saturated fat each day, which includes one serving of ice cream. If you stop eating ice cream, how many grams of saturated fat would you be consuming each day?</b></p> <p>Enter number of grams: <i>[open-ended]</i></p> <p>Don't know</p> <p>Refuse to answer</p> <p><i>[Answer: 33 is the only correct answer]</i></p>																																

<p>NVS_DV NVS_DV_N</p>	<p><b>If you usually eat 10,000 kilojoules (kJ) in a day, what percentage of your daily value of energy will you be eating if you eat one serving?</b> Enter percentage: <i>[numeric percentage]</i> Don't know Refuse to answer</p> <p><i>[Answer: 10% is the only correct answer]</i></p>
<p>NVS_ALG NVS_ALG_WHY NVS_ALG_WHYTEXT</p>	<p><b>Pretend that you are allergic to the following substances: penicillin, peanuts, latex gloves, and bee stings.</b> <b>Is it safe for you to eat this ice cream?</b> Yes No Don't know Refuse to answer</p> <p><i>[Answer: No]</i></p> <p>[If "no", ask:] <b>Why not?</b> Enter reason: <i>[open-ended]</i> Don't know Refuse to answer</p> <p><i>[Answer: Because it has peanut oil or because you might have an allergic reaction]</i></p>

## GENERAL HEALTH STATUS

DOMAIN SOURCE	QUESTION
<p><b>FRUIT CONSUMPTION</b> BRFSS</p> <p>FRUIT_PREFER FRUIT_DAY_NUM FRUIT_DAY_DK_R</p> <p>(DAY/WEEK/MONTH/YEAR)</p>	<p><b>Now think about the foods you ate or drank during the past month, that is, the past 30 days, including meals and snacks.</b></p> <p><b>Not including juices, how often did you eat fruit?</b> <i>Include fresh, frozen or canned fruit. Do not include dried fruits.</i></p> <p><b>Do you prefer to answer by the number of times per day, week or month?</b> Day Week Month Don't know Refuse to answer</p> <p><i>[Programmer: Show if "Day" is selected.]</i></p> <p><b>Enter the number of times you eat fruit per day:</b> ___ per day</p>

	<p>Don't know Refuse to answer</p> <p><i>[Programmer: Show if "Week" is selected.]</i> <b>Enter the number of times you eat fruit per week:</b> ___ per week Don't know Refuse to answer</p> <p><i>[Programmer: Show if "Month" is selected.]</i> <b>Enter the number of times you eat fruit per month:</b> ___ per month Don't know Refuse to answer</p>
<p><b>FRUIT JUICE CONSUMPTION</b> BRFSS</p> <p>JUICE_PREFER JUICE_DAY_NUM JUICE_DAY_DK_R</p> <p>(DAY/WEEK/MONTH/YEAR)</p>	<p><b>Not including fruit-flavored drinks or fruit juices with added sugar, how often did you drink 100% fruit juice such as apple or orange juice?</b> <i>Do not include</i> fruit-flavored drinks with added sugar like cranberry classic, Cottees cordial, lemon crush, Pop Tops, Gatorade, Ribena, and tropical punch. <i>Include only</i> 100% pure juices or 100% juice blends.</p> <p><b>Do you prefer to answer by the number of times per day, week or month?</b> Day Week Month Don't know Refuse to answer</p> <p><i>[Programmer: Show if "Day" is selected.]</i> <b>Enter the number of times you drink 100% fruit juice per day:</b> ___ per day Don't know Refuse to answer</p> <p><i>[Programmer: Show if "Week" is selected.]</i> <b>Enter the number of times you drink 100% fruit juice per week:</b> ___ per week Don't know Refuse to answer</p> <p><i>[Programmer: Show if "Month" is selected.]</i> <b>Enter the number of times you drink 100% fruit juice per month:</b> ___ per month Don't know Refuse to answer</p>

<p><b>SALAD CONSUMPTION</b> BRFSS</p> <p>SALAD_PREFER SALAD_DAY_NUM SALAD_DAY_DK_R</p> <p>(DAY/WEEK/MONTH/YEAR)</p>	<p><b>How often did you eat a green leafy or lettuce salad, with or without vegetables?</b> <i>Include spinach salads.</i></p> <p><b>Do you prefer to answer by the number of times per day, week or month?</b></p> <p>Day Week Month Don't know Refuse to answer</p> <p><i>[Programmer: Show if "Day" is selected.]</i></p> <p><b>Enter the number of times you eat a salad per day:</b></p> <p>___ per day Don't know Refuse to answer</p> <p><i>[Programmer: Show if "Week" is selected.]</i></p> <p><b>Enter the number of times you eat a salad per week:</b></p> <p>___ per week Don't know Refuse to answer</p> <p><i>[Programmer: Show if "Month" is selected.]</i></p> <p><b>Enter the number of times you eat a salad per month:</b></p> <p>___ per month Don't know Refuse to answer</p>
<p><b>FRIED POTATO CONSUMPTION</b> BRFSS</p> <p>POTATO_PREFER POTATO_DAY_NUM POTATO_DAY_DK_R</p> <p>(DAY/WEEK/MONTH/YEAR)</p>	<p><b>How often did you eat any kind of fried potatoes, including french fries, cook at home chips, or hash browns?</b> <i>Do not include potato chips such as Smiths Chips.</i></p> <p><b>Do you prefer to answer by the number of times per day, week or month?</b></p> <p>Day Week Month Don't know Refuse to answer</p> <p><i>[Programmer: Show if "Day" is selected.]</i></p> <p><b>Enter the number of times you eat fried potatoes per day:</b></p> <p>___ per day Don't know Refuse to answer</p>

	<p><i>[Programmer: Show if “Week” is selected.]</i>  <b>Enter the number of times you eat fried potatoes per week:</b>  ___ per week  Don’t know  Refuse to answer</p> <p><i>[Programmer: Show if “Month” is selected.]</i>  <b>Enter the number of times you eat fried potatoes per month:</b>  ___ per month  Don’t know  Refuse to answer</p>
<p><b>OTHER POTATO CONSUMPTION</b>  BRFSS</p> <p><i>OTH_POT_PREFER</i>  <i>OTH_POT_DAY_NUM</i>  <i>OTH_POT_DAY_DK_R</i></p> <p><i>(DAY/WEEK/MONTH/YEAR)</i></p>	<p><b>How often did you eat any other kind of potatoes, or sweet potatoes, such as baked, boiled, mashed potatoes, or potato salad?</b>  <i>Include all types of potatoes except fried. Include potatoes au gratin and scalloped potatoes.</i></p> <p><b>Do you prefer to answer by the number of times per day, week or month?</b>  Day  Week  Month  Don’t know  Refuse to answer</p> <p><i>[Programmer: Show if “Day” is selected.]</i>  <b>Enter the number of times you eat other kinds of potatoes per day:</b>  ___ per day  Don’t know  Refuse to answer</p> <p><i>[Programmer: Show if “Week” is selected.]</i>  <b>Enter the number of times you eat other kinds of potatoes per week:</b>  ___ per week  Don’t know  Refuse to answer</p> <p><i>[Programmer: Show if “Month” is selected.]</i>  <b>Enter the number of times you eat other kinds of potatoes per month:</b>  ___ per month  Don’t know  Refuse to answer</p>



<p><b>OTHER VEGETABLE CONSUMPTION</b> BRFSS</p> <p>VEG_PREFER VEG_DAY_NUM VEG_DAY_DK_R</p> <p>(DAY/WEEK/MONTH/YEAR)</p>	<p><b>Not including lettuce salads and potatoes, how often did you eat other vegetables?</b> <i>Include</i> tomatoes, green beans, carrots, corn, cabbage, bean sprouts, pumpkin, and broccoli. <i>Include</i> raw, cooked, canned, or frozen vegetables. <i>Do not include</i> rice.</p> <p><b>Do you prefer to answer by the number of times per day, week or month?</b> Day Week Month Don't know Refuse to answer</p> <p><i>[Programmer: Show if "Day" is selected.]</i> <b>Enter the number of times you eat other types of vegetables per day:</b> ___ per day Don't know Refuse to answer</p> <p><i>[Programmer: Show if "Week" is selected.]</i> <b>Enter the number of times you eat other types of vegetables per week:</b> ___ per week Don't know Refuse to answer</p> <p><i>[Programmer: Show if "Month" is selected.]</i> <b>Enter the number of times you eat other types of vegetables per month:</b> ___ per month Don't know Refuse to answer</p>
<p><b>GENERAL HEALTH</b> CCHS BRFSS CHMS</p> <p>HLTH_GENERAL</p>	<p><b>In general, would you say your health is...</b> Poor Fair Good Very good Excellent Don't know Refuse to answer</p>

<b>OVERALL DIET</b> NHANES AND USED IN FCMS  <i>DIET</i>	<b>In general, how healthy is your overall diet?</b> Poor Fair Good Very good Excellent Don't know Refuse to answer
<b>MENTAL HEALTH</b> CCHS AND CHMS  <i>MENTAL</i>	<b>In general, would you say your mental health is...</b> Poor Fair Good Very good Excellent Don't know Refuse to answer
<b>STRESS</b> CHMS  <i>STRESS</i>	<b>Thinking about the amount of stress in your life, would you say that most days are...</b> Not at all stressful Not very stressful A bit stressful Very stressful Extremely stressful Don't know Refuse to answer

## OTHER HEALTH BEHAVIOURS

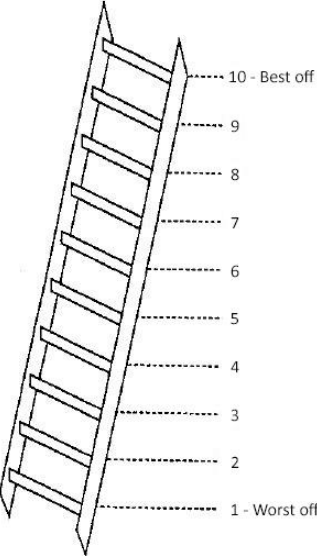
<b>DOMAIN</b> SOURCE	<b>QUESTION</b>
<b>DATA QUALITY CHECK – MONTH</b>  <i>DQ_MONTH</i>	<b>What is the current month?</b> January February March April May June July August September October

	<p>November December Don't know Refuse to answer</p>
<p><b>SMOKING – PAST 30 DAYS</b> CTADS  <i>SMK_30</i></p>	<p><b>Have you smoked cigarettes in the past 30 days?</b> No Yes, occasionally Yes, every day Don't know Refuse to answer</p>
<p><b>MARIJUANA USE – FREQUENCY</b> CSTADS  <i>MJ_USE</i></p>	<p><b>In the last 12 months, how often did you use marijuana or cannabis (a joint, pot, weed, hash)?</b> I have never used marijuana I have used marijuana but not in the last 12 months Less than once a month Once a month 2 or 3 times a month Once a week 2 or 3 times a week 4 to 6 times a week Every day Don't know Refuse to answer</p>
<p><b>MARIJUANA USE – DRIVEN</b> CSTADS ADAPTED  <i>MJ_DRIVE</i></p>	<p><i>UNIVERSE: Ever used marijuana (mj_use ≠ 1)</i> <b>Have you ever <u>driven</u> a vehicle within 2 hours of using marijuana?</b> No, never Yes, in the last 30 days Yes, more than 30 days ago Don't know Refuse to answer</p>
<p><b>MARIJUANA USE – PASSENGER</b> CSTADS ADAPTED  <i>MJ_PASS</i></p>	<p><b>Have you ever been a <u>passenger</u> in a vehicle driven by someone who had been using marijuana in the last 2 hours?</b> No, never Yes, in the last 30 days Yes, more than 30 days ago Don't know Refuse to answer</p>

<p><b>ALCOHOL USE – FREQUENCY</b> CSTADS</p> <p>ALC_FREQ</p>	<p><b>In the last 12 months, how often did you have a drink of alcohol that was more than just a sip?</b>  <i>A DRINK means: 1 regular sized bottle, can, or glass of beer; 1 glass of wine; 1 bottle or can of alcopop; 1 shot of spirits (rum, whiskey, etc.); or 1 mixed drink (1 shot of spirits with soft drink, juice, energy drink, etc.).</i></p> <p>I have never drank alcohol  I did not drink alcohol in the last 12 months  I have only had a sip of alcohol  Less than once a month  Once a month  2 or 3 times a month  Once a week  2 or 3 times a week  4 to 6 times a week  Every day  I do not know <i>[valid answer]</i>  Refuse to answer</p>
<p><b>ALCOHOL USE – BINGE DRINKING</b> CSTADS</p> <p>ALC_BINGE</p>	<p><i>UNIVERSE: Drank more than a sip of alcohol in last 12 months (alc_freq=4-10); do not ask if DK/R</i></p> <p><b>In the last 12 months, how often did you have ["5" if male / "4" if female] drinks of alcohol or more on one occasion?</b>  <i>A DRINK means: 1 regular sized bottle, can, or glass of beer; 1 glass of wine; 1 bottle or can of alcopop; 1 shot of spirits (rum, whiskey, etc.); or 1 mixed drink (1 shot of spirits with soft drink, juice, energy drink, etc.).</i></p> <p>I have never done this  I did not have [5/4] or more drinks on one occasion in the last 12 months  Less than once a month  Once a month  2 to 3 times a month  Once a week  2 to 5 times a week  Daily or almost daily  I do not know <i>[valid answer]</i>  Refuse to answer</p>

## SOCIODEMOGRAPHIC MEASURES

DOMAIN SOURCE	QUESTION
<b>ABORIGINAL STATUS</b> CCHS  <i>ABORIG_AUS</i>	<b>Are you Aboriginal or Torres Strait Islander?</b> Yes No Don't know Refuse to answer
<b>ETHNICITY</b> ITC ADAPTED  <i>ETH_AUS</i> <i>ETH_AUS_LANG1...7</i> <i>ETH_AUS_LANG_OTEXT</i> <i>ETH_AUS_LANG_DK</i> <i>ETH_AUS_LANG_R</i>	<b>Do you speak a language other than English in the home?</b> Yes No Don't know Refuse to answer  [If yes:] <b>What language is that?</b> (Select all that apply) Italian Greek Cantonese Mandarin Arabic Vietnamese Other (please specify): _____ Don't know Refused
<b>COUNTRY OF BIRTH</b>  <i>BIRTH_AUS</i>	<b>Were you born in Australia?</b> Yes No Don't know Refuse to answer
<b>HIGHEST EDUCATION</b>  <i>EDUC_COMP_AUS</i>	<b>What is the highest level of formal education that you have <u>completed</u>?</b> Did not complete secondary school Year 12 or equivalent Trade certificate or diploma from a technical/vocational school or apprenticeship training Diploma or certificate from CAE (other than trades certificates or diplomas) Some university, or university certificate/diploma below the bachelor's level Bachelor's degree (e.g., BA, BSc) University degree above the bachelor's level (e.g., Master's, professional school, doctorate) Don't know Refuse to answer

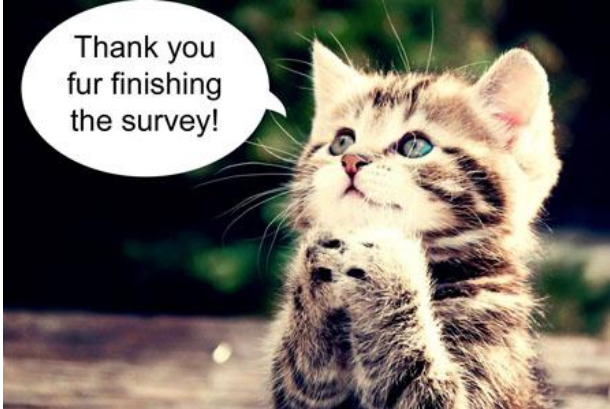
<p><b>PERCEIVED INCOME ADEQUACY</b></p> <p><i>INCOME_ADEQ</i></p>	<p><b>Thinking about your total monthly income, how difficult or easy is it for you to make ends meet?</b></p> <p>Very difficult                  Difficult                  Neither easy nor difficult                  Easy                  Very easy                  Don't know                  Refuse to answer</p>
<p><b>SUBJECTIVE SOCIAL STATUS</b>                  (MacArthur Scales of Subjective Social Status, Bradshaw et al, 2017)</p> <p><i>SOC_STATUS</i></p>	<p><b>Think of this ladder as representing where people stand in Australia. At the top of the ladder (step 10) are the people who have the most money and education, and the most respected jobs. At the bottom of the ladder (step 1) are the people who have the least money and education, and the least respected jobs or no job.</b></p>  <p>Where would you place yourself on this ladder? Pick the number for the step that shows where you think you stand at this time in your life, relative to other people in Australia.</p> <p>[PROGRAMMING NOTE: Insert dropdown list]</p> <p>10 – Best off                  9                  8                  7                  6                  5                  4                  3                  2</p>

	<p>1 – Worst off  Don't know  Refuse to answer</p>
<p><b>REGION</b></p> <p><i>REGION_AUS</i>  <i>REGION_AUS_OTEXT</i></p>	<p><b>What state or territory do you live in?</b></p> <p>New South Wales  Victoria  Queensland  Western Australia  South Australia  Tasmania  Australian Capital Territory  Northern Territory  Other (please specify): _____  Don't know  Refused</p>
<p><b>POSTAL CODE</b></p> <p><i>POSTAL</i>  <i>POSTAL_TEXT_AUS</i></p>	<p><b>Please enter your postcode:</b></p> <p><i>Postcodes help us to understand the food environment where you live. As a reminder, all information you provide will be kept strictly confidential and will never be shared.</i></p> <p>Enter: _____ [format 4 numeric digits]  Don't know  Refuse to answer</p>
<p><b>SELF-REPORTED HEIGHT</b></p> <p><i>HT_UNIT</i>  <i>HT_CM</i>  <i>HT_FT</i>  <i>HT_IN</i></p>	<p><b>It is helpful to know the height and weight of survey participants.</b></p> <p><b>How tall are you without shoes?</b></p> <p>Would you rather answer in:</p> <p>Feet and inches  Centimetres  Don't know  Refuse to answer</p> <p>[PROGRAMMER NOTE: show based on response to above]</p> <p><i>UNIVERSE: ht_unit=feet and inches</i>  Enter feet: _____ ft [numeric, 2-7]  AND  Enter inches: _____ in [numeric, 0-11]</p> <p><i>UNIVERSE: ht_unit= centimetres</i>  Enter centimetres: _____ cm [numeric, 60-250]</p>

<p><b>SELF-REPORTED HEIGHT CONFIRMATION</b></p> <p><i>HT_FTIN_CONF</i> <i>HT_CM_CONF</i></p>	<p><i>UNIVERSE: ht_unit=feet and inches</i> <b>You entered [X] feet and [X] inches. Is that correct?</b> Yes No – I need to make a correction Don't know Refuse to answer</p> <p><i>UNIVERSE: ht_unit= centimetres</i> <b>You entered [X] centimetres. Is that correct?</b> Yes No – I need to make a correction Don't know Refuse to answer</p>
<p><b>SELF-REPORTED HEIGHT CORRECTION</b></p> <p><i>HTC_UNIT</i> <i>HTC_FT</i> <i>HTC_IN</i> <i>HTC_CM</i></p>	<p><i>UNIVERSE: ht_ftin_conf, or ht_cm_conf= No – I need to make a correction</i> <b>How tall are you without shoes?</b> Would you rather answer in: Feet and inches Centimetres Don't know Refuse to answer</p> <p>[PROGRAMMER NOTE: show based on response to above]</p> <p><i>UNIVERSE: htc_unit=feet and inches</i> <i>Enter feet: _____ ft [numeric, 2-7]</i> AND <i>Enter inches: _____ in [numeric, 0-11]</i></p> <p><i>UNIVERSE: htc_unit= centimetres</i> <i>Enter centimetres: _____ cm [numeric, 60-250]</i></p>
<p><b>SELF-REPORTED WEIGHT</b></p> <p><i>WT_UNIT</i> <i>WT_KG</i> <i>WT_LB</i> <i>WT_ST</i> <i>WT_STLB</i></p>	<p><b>How much do you weigh without clothes or shoes?</b> Would you rather answer in: Kilograms (kg) Pounds (lb) Stones and pounds (st/lb) Don't know Refuse to answer</p> <p>[PROGRAMMER NOTE: show based on response to above]</p> <p><i>UNIVERSE: wt_unit=kilograms</i> <i>Enter kilograms: _____ kg [numeric]</i></p>



	<p><i>UNIVERSE: wt_unit= pounds</i>  Enter pounds: _____ lb [numeric]</p> <p><i>UNIVERSE: wt_unit= stones and pounds (st/lb)</i>  Enter stones: _____ st [numeric]  AND  Enter pounds: _____ lb [numeric]</p>
<p><b>SELF-REPORTED WEIGHT CONFIRMATION</b></p> <p><i>WT_KG_CONF</i>  <i>WT_LB_CONF</i>  <i>WT_STLB_CONF</i></p>	<p><i>UNIVERSE: wt_unit=kilograms</i>  <b>You entered [X] kilograms. Is that correct?</b>  Yes  No – I need to make a correction  Don't know  Refuse to answer</p> <p><i>UNIVERSE: wt_unit= pounds</i>  <b>You entered [X] pounds. Is that correct?</b>  Yes  No – I need to make a correction  Don't know  Refuse to answer</p> <p><i>UNIVERSE: wt_unit= stones and pounds (st/lb)</i>  <b>You entered [X] stones and [X] pounds. Is that correct?</b>  Yes  No – I need to make a correction  Don't know  Refuse to answer</p>
<p><b>SELF-REPORTED WEIGHT CORRECTION</b></p> <p><i>WTC_UNIT</i>  <i>WTC_KG</i>  <i>WTC_LB</i>  <i>WTC_ST</i>  <i>WTC_STLB</i></p>	<p><i>UNIVERSE: wt_lb_conf, wt_kg_conf, or wt_stlb_conf= No – I need to make a correction</i>  <b>How much do you weigh without clothes or shoes?</b>  Would you rather answer in:  Kilograms (kg)  Pounds (lb)  Stones and pounds (st/lb)  Don't know  Refuse to answer</p> <p>[PROGRAMMER NOTE: show based on response to above]</p> <p><i>UNIVERSE: wtc_unit=kilograms</i>  Enter kilograms: _____ kg [numeric]</p> <p><i>UNIVERSE: wtc_unit= pounds</i></p>

	<p><i>Enter pounds: _____ lb [numeric]</i></p> <p><i>UNIVERSE: wtc_unit= stones and pounds (st/lb)</i></p> <p><i>Enter stones: _____ st [numeric]</i></p> <p>AND</p> <p><i>Enter pounds: _____ lb [numeric]</i></p>
<p><b>END SCREEN</b></p>	<p><b>You're finished—thank you!</b></p> <p>As a reminder, this study has been reviewed by and received ethics clearance through Research Ethics Committees at Deakin University and the University of Waterloo (ORE #30829). If you have any comments or concerns resulting from your involvement please contact the Deakin University Human Research Ethics Office at 03 9251 7123, or <a href="mailto:research-ethics@deakin.edu.au">research-ethics@deakin.edu.au</a>. Alternatively, you can contact Associate Professor Gary Sacks of Deakin University at 03 9251 7105 or <a href="mailto:gary.sacks@deakin.edu.au">gary.sacks@deakin.edu.au</a></p> <p>Click NEXT to return to the survey company's website.</p> <p>Thanks again for your help.</p> 
<p><b>REDIRECT TO NIELSEN</b></p>	<p>You will now be redirected back to the survey company.</p>