UNITED KINGDOM SURVEY

2020 SURVEY (WAVE 4)

JULY 21, 2023

SUGGESTED CITATION

HAMMOND D. INTERNATIONAL FOOD POLICY STUDY: UNITED KINGDOM SURVEY – 2020 SURVEY (WAVE 4). UNIVERSITY OF WATERLOO. JULY 2023.

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LIST OF MEASURES

NIELSEN INVITATION

DOMAIN SOURCE	QUESTION
SAMPLE EMAIL INVITATION NEW 2019	We've found a survey for you! Simply click "Continue" to begin the survey. NOTE TO ETHICS: This is an email sent to panelists by Nielsen and their partner panels. If panelists select 'continue' they will be directed to a webpage showing the questions below. Partner panels will have slightly different text shown in their email invitations about panel incentives.
PANELIST AGE NEW 2019	What is your age? *[numeric]* [*If <18 or >100:* TERMINATE] NOTE TO ETHICS: This is used as a quota screener by Nielsen; data not provided to researchers.
PANELIST GENDER NEW 2019	What is your gender? Male Female NOTE TO ETHICS: This is used as a quota screener by Nielsen; data not provided to researchers.
SURVEY LENGTH CONFIRMATION REVISED 2020	You MUST complete the survey in one sitting. If you log out or leave the survey inactive for more than 30 minutes, you will NOT be able to restart or continue later. Are you willing to participate? Yes *[REDIRECT TO SURVEY]* No *[TERMINATE]*
PARENTAL STATUS NEW 2019	Please choose the options that best describe your household: [PROGRAMMER NOTE: Allow participants to select more than one of the first 3 options] I am pregnant/expecting a child within the next 9 months I have one or more children under the age of 18 living in my household I have one or more children aged 18 or older living in my household I have no children living in my household and I am not pregnant/expecting a child within the next 9 months NOTE TO ETHICS: This screen is shown by Nielsen and their partner panels to help identify panelists who should also be contacted for the related study 'International Food Policy Study – Youth'. This question is not used to determine eligibility for the present study. The data will not be provided to researchers.
CHILD AGE AND GENDER NEW 2019 REVISED 2020	*UNIVERSE: Respondents who indicated they had a child under the age of 18 living in the household.* Please indicate the age and gender of any children under the age of 18 living in your household: [PROGRAMMER NOTE: Allow participants to select more than one option] Boy under age 1 Girl under age 1 Boy age 1 Girl age 1

Boy age 2
Girl age 2
Boy age 3
Girl age 3
Boy age 4
Girl age 4
Boy age 5
Girl age 5
Boy age 6
Girl age 6
Boy age 7
Girl age 7
Boy age 8
Girl age 8
Boy age 9
Girl age 9
Boy age 10
Girl age 10
Boy age 11
Girl age 11
Boy age 12
Girl age 12
Boy age 13
Girl age 13
Boy age 14
Girl age 14
Boy age 15
Girl age 15
Boy age 16
Girl age 16
Boy age 17
Girl age 17
None of the above
NOTE TO ETHICS: This screen is shown by Nielsen and their partner panels to help identify panelists who should also be contacted for the related study 'International Food Policy Study – Youth'. This question is not used to determine eligibility for the present study. The data will not be provided to researchers.

INTRODUCTION

DOMAIN SOURCE	QUESTION
ELIGIBILITY INTRO	Before you continue to the study information, we need to confirm your eligibility with a few short questions.
AGE REVISED 2019 *AGE*	How old are you? [*numeric*] [*If <18 or >100:* "Unfortunately, you are not eligible for the study. Thank you for your time. You will now be redirected back to the survey company."]
SEX AT BIRTH CIHR SUGGESTED METHOD (GRETA BAUER, WESTERN) *SEX*	What sex were you assigned at birth, meaning on your original birth certificate? Male Female
INFO REVISED 2019 REVISED 2020	Before you start the survey, please read the following information and let us know if you agree to participate. - The survey will examine eating patterns. The study is being conducted by Professor David Hammond at the University of Waterloo, Canada. - You must be 18 years of age or older to participate in the study. - The survey has two sections: the first section will ask you questions about your diet and nutrition, the impact of the COVID-19 pandemic, and other health-related behaviours such as smoking and alcohol use. The second section will ask you about the food you ate yesterday. To complete the second section, you'll be linked to a website run by the University of Cambridge. Each section will take 20-30 minutes – about an hour for the entire survey. - You MUST complete the survey in one sitting. If you log out or leave the survey inactive for more than 30 minutes, you will NOT be able to restart or continue later. - 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. - 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 study data will be collected using Alchemer software and the Intake24 system operated by the University of Cambridge. Internet protocol (IP) addresses may be recorded by the software program 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). - The data will be stored for a minimum of 7 years on a secure University of Waterloo server in Canada. Analyses may also be conducted by international research team members, but only using de-identified data stored on password-protected computers. - This project has been reviewed and received ethics clearance through a University of Waterloo Research Ethics Committee (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 Office of Research Ethics in Canada at 001-519-888-4567, ext. 36005 or ore-ceo@uwaterloo.ca. - If you have any questions about the study, please contact Professor David Hammond of the University of Waterloo in Canada, at 001-519-888-4567 ext. 46462 or dhammond@uwaterloo.ca or Dr. Jean Adams, a local study researcher from the University of Cambridge in the United Kingdom at 01223 769142 or jma79@medschl.cam.ac.uk.
CONSENT *CONSENT*	Based on the information you received, do you agree to take part in this research study being conducted by Professor David Hammond of the University of Waterloo? Yes → [*continue to survey*] No → Thank you for your time. You will now be redirected back to the survey company. [*TERMINATE]*

System header: INTERNATIONAL FOOD POLICY STUDY 2020 – UNITED KINGDOM SURVEY

DEMOGRAPHICS

DOMAIN SOURCE	QUESTION
PREAMBLE	**First, we'd like to ask a few questions about your background.**
GENDER CIHR SUGGESTED METHOD (GRETA BAUER, WESTERN) *GENDER* *GENDER_OTEXT*	**What is your current gender identity?** Man Woman Trans male/trans man Trans female/trans woman Gender queer/gender non-conforming Different identity → Please specify: [*open-ended*] Don't know Refuse to answer
STUDENT STATUS *STUDENT*	**Are you currently a student?** No Yes, full-time Yes, part-time Don't know Refuse to answer
OCCUPATION ADAPTED FROM CCHS *OCCUP* *OCCUP_OTEXT*	**What was your <u>main</u> activity in the <u>past week</u>?** Working at a paid job or business Vacation (from paid work) Looking for paid work Going to school/college/university (including vacation from school/college/university) 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
CHILDREN – ANY *CHILD_ANY*	**Do you have any children (including step-children or adopted children)?** Yes No Don't know Refuse to answer

CHILDREN IN HOME - NUMBER BRFSS ADAPTED *CHILD_HOME*	*UNIVERSE: Respondents with children (child_any=yes)* **How many of your children <u>under the age of 18 live in your household</u> (including step-children or adopted children)?** *[dropdown with numbers up to 10]* Don't know Refuse to answer
CHILDREN IN HOME – AGES REVISED 2019 *CHILD#_AGE* *CHILD#_DKR*	*UNIVERSE: Respondents with at least 1 child <18 in household (child_home>0)* **Please enter the age[s] of your child[ren] who [is/are] <u>under 18 that live[s] in your household, in years, in the box(es) below</u>.** Child #1 Age: [*numeric, decimal allowed*] Child #2 Age: [*numeric, decimal allowed*] 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
CURRENT LIVING SITUATION REVISED 2019 *LIVE_PARENT* *LIVE_SPOUSE* *LIVE_CHILD* *LIVE_ADCHILD* *LIVE_RELATIVE* *LIVE_ROOM* *LIVE_SCHOOL* *LIVE_ALONE* *LIVE_OTHER* *LIVE_DK* *LIVE_R* *LIVE_OTEXT*	[PROGRAMER 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]. **What is your current living situation? I live with...** (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 and older Brother(s), sister(s), grandchild(ren), in-laws or other relative(s) People not related to me (flatmates or housemates) I live in accommodation provided by my school, university or college I live alone Other → Please specify: [*open-ended*] Don't know Refuse to answer

FOOD SOURCES

DOMAIN SOURCE	QUESTION
FOOD SOURCE – EATING OUT FREQUENCY NHANES adapted *EATOUT* *EATOUT_DKR*	**Next I'm going to ask you about meals. By meal, I mean BREAKFAST, LUNCH AND EVENING MEALS.** **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?** 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

FOOD SOURCE – PURCHASE LOCATIONS FOR FOOD PREPARED OUTSIDE THE HOME *EATOUT_LOC1…9* *EATOUT_LOC9_OTEXT* *EATOUT_LOC_DKR*	*UNIVERSE: Respondents who had at least 1 meal prepared away from home (eatout>0)* You said you had [#] meal(s) prepared outside the home in the past 7 days. How many of these meals did you get from each of the following locations? # of meals [*numeric*] Fast food / take-away / café (i.e., order from a counter, online, or by phone) [*numeric*] Sit-down restaurant or pub with a waiter/waitress [*numeric*] Work or school / university / college canteen (NOT including fast food chains) [*numeric*] Sandwich / Ready-meal from a supermarket [*numeric*] Burger, chip or kebab van / 'street food' [*numeric*] Convenience shop / corner shop / petrol station [*numeric*] Leisure centre, recreation, or entertainment venue [*numeric*] Vending machine [*numeric*] Some other kind of place (Please specify): Don't know Refuse to answer
FOOD SOURCE – PURCHASE FORMAT FOR FOOD PREPARED OUTSIDE THE HOME ==REVISED 2019== *FROM_DELSERV* *FROM_DELDIRECT* *FROM_NEAR* *FROM_FAR* *FROM_DKR*	*UNIVERSE: Respondents who had at least 1 meal prepared away from home (eatout>0)* You said you had [#] meal(s) prepared outside the home in the past 7 days. How many of those meals were… *[numeric]* Ordered using a food delivery service (e.g., UberEats, Just Eat, Deliveroo) and delivered to you *[numeric]* Ordered directly from a restaurant and delivered to you *[numeric]* Purchased in person at a restaurant / food outlet within 5 minutes of your home (using your usual mode of transportation, e.g., walk, drive, or public transport), excluding delivery *[numeric]* Purchased in person at a restaurant / food outlet more than 5 minutes away from your home (using your usual mode of transportation, e.g., walk, drive, or public transport), excluding delivery Don't know Refuse to answer

FOOD SOURCE – FAST FOOD FREQUENCY *FF_1… 11* *FF_11_OTEXT* *FF_DKR*	*UNIVERSE: Respondents who indicated they purchased any meals from a "Fast food / quick service / café" (eatout_loc1>0)* You told us you ate [#] meal(s) from FAST FOOD OR TAKE-AWAY RESTAURANT(S) in the past 7 days. How many of these meals did you get from each of the following types of fast food or take-away restaurants? # of meals [*numeric*] **Café / Bakery** (Pret a Manger, Starbucks, Costa, etc.) [*numeric*] **Burger / chips** (McDonald's, Burger King, etc.) [*numeric*] **Sandwich / sub** (Subway, etc.) [*numeric*] **Pizza** (Dominos, etc.) [*numeric*] **Fried chicken** (KFC, Nando's, etc.) [*numeric*] **Fish and chips** [*numeric*] **Mexican** (Chipotle, etc.) [*numeric*] **Asian / International fast food** (Indian, Chinese, kebab, shawarma, etc.) [*numeric*] **Ice cream / frozen yogurt** (Yoo-moo, ice-cream shop, etc.) [*numeric*] **Fresh food / Smoothie bar** [*numeric*] **Some other kind of place** ➔ Please specify: [*open-ended*] Don't know Refuse to answer
FOOD SOURCE – % PREPARED OUTSIDE HOME *EATOUT_PERC* *EATOUT_PERC_DKR*	Thinking about ALL THE FOOD YOU ATE during the past 7 days, INCLUDING SNACKS, what percentage was prepared outside the home? Enter percentage: _____ [*numeric percentage, 0 to 100%*] Don't know Refuse to answer
COVID IMPACT – EATING OUT NEW 2020 *COVID_EATOUT*	Has the COVID-19 pandemic affected how often you eat food PREPARED AWAY FROM HOME? I eat A LOT LESS food prepared away from home I eat A LITTLE LESS food prepared away from home No difference I eat A LITTLE MORE food prepared away from home I eat A LOT MORE food prepared away from home Don't know Refuse to answer
COVID IMPACT – RESTAURANT DELIVERY NEW 2020 *COVID_DEL*	Has the COVID-19 pandemic affected how often you have FOOD DELIVERED FROM A RESTAURANT? I have A LOT LESS food delivered I have A LITTLE LESS food delivered No difference I have A LITTLE MORE food delivered I have A LOT MORE food delivered Don't know Refuse to answer

FOOD SOURCE – AT HOME INTRO	We are now going to ask you about the food you ate during the past 7 days that was PREPARED AT HOME. 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. DO NOT include drinks.
FOOD SOURCE – PURCHASE LOCATIONS FOR FOOD PREPARED AT HOME REVISED 2019 *HS_1…6, HS_8…10, HS_14* *HS_DK* *HS_R* *HS_10_OTEXT* *HS_NONE*	Please think about the food you ate that was <u>PREPARED AT HOME DURING THE PAST 7 DAYS</u>. Where was it PURCHASED? Select all that apply. Supermarket Cash & carry (e.g., Costco) Convenience / corner shop Pharmacy Farmer's market, market stall or greengrocer Ethnic or speciality food shop Supermarket delivery (e.g., Ocado) Food bank Grown by you or someone you know Some other place → Please specify: [*open-ended*] I have not prepared any food at home in the past 7 days Don't know Refuse to answer
FOOD SOURCE – PURCHASE LOCATIONS FOR FOOD PREPARED AT HOME BY PERCENTAGE REVISED 2019 *HSP_1…6, HSP_8…10, HSP_14* *HSP_DK* *HSP_R*	*UNIVERSE: Respondents who indicated they purchased meals from any locations in the previous HS question.* Still thinking about the food PREPARED AT HOME IN THE PAST 7 DAYS, what percentage of food was purchased from each place? Enter a percentage for each source. Sources must add to 100%. [PROGRAMMER NOTE: Only show locations selected in previous question.] [*numeric*] Supermarket [*numeric*] Cash & carry (e.g., Costco) [*numeric*] Convenience / corner shop [*numeric*] Pharmacy [*numeric*] Farmer's market, market stall or greengrocer [*numeric*] Ethnic or speciality food shop [*numeric*] Supermarket delivery (e.g., Ocado) [*numeric*] Food bank [*numeric*] Grown by you or someone you know [*numeric*] [PROGRAMMER: Insert "Some other place" text from previous question] [*fill with total*] out of 100% Total Don't know Refuse to answer

FOOD SOURCE – PURCHASE METHOD FOR FOOD PREPARED AT HOME NEW 2020 PM_STORE PM_ONLINE PM_FRIEND PM_FBANK PM_GROW PM_DK PM_R	*UNIVERSE: Skip if previously selected "I have not prepared any food at home in the past 7 days" (HS14=Checked)* **Still thinking about the food PREPARED AT HOME IN THE PAST 7 DAYS, how/where did you get the food?** Select all that apply. In-store Ordered online (delivery or 'click and collect') Someone outside my household (e.g., friend, relative) purchased my groceries and delivered them Food bank Grown by you or someone you know Some other source → Please specify: [*open-ended*] Don't know Refuse to answer
FOOD SOURCE – PURCHASE METHOD FOR FOOD PREPARED AT HOME BY PERCENTAGE NEW 2020 PMP_STORE PMP_ONLINE PMP_FRIEND PMP_FBANK PMP_GROW PMP_DK PMP_R	*UNIVERSE: Respondents who indicated they purchased meals using any of the methods in the previous question.* **What percentage of the food PREPARED AT HOME IN THE PAST 7 DAYS, came from each of the following sources?** Enter a percentage for each source. Sources must add to 100%. [PROGRAMMER NOTE: Only show methods selected in previous question.] [*numeric*] In-store [*numeric*] Ordered online (delivery or 'click and collect') [*numeric*] Someone outside my household (e.g., friend, relative) purchased my groceries and delivered them [*numeric*] Food bank [*numeric*] Grown by you or someone you know [*numeric*] [PROGRAMMER: Insert "Some other place" text from previous question] [*fill with total*] out of 100% Total Don't know Refuse to answer
COVID IMPACT – ONLINE GROCERIES NEW 2020 COVID_ONLINE	**Has the COVID-19 pandemic affected how often you BUY GROCERIES ONLINE (for delivery or 'click and collect')?** I buy A LOT LESS groceries online I buy A LITTLE LESS groceries online No difference I buy A LITTLE MORE groceries online I buy A LOT MORE groceries online Don't know Refuse to answer

COVID IMPACT – CONVENIENCE STORES NEW 2020 COVID_CONV	Has the COVID-19 pandemic affected how often you BUY GROCERIES FROM CONVENIENCE/CORNER SHOPS? I buy A LOT LESS groceries from convenience/corner shops I buy A LITTLE LESS groceries from convenience/corner shops No difference I buy A LITTLE MORE groceries from convenience/corner shops I buy A LOT MORE groceries from convenience/corner shops Don't know Refuse to answer
READY-TO-EAT MEALS READY READY_DKR	UNIVERSE: Respondents who did NOT indicate they "have not prepared any food at home in the past 7 days" (HS_none not selected) Thinking about the MEALS PREPARED AT HOME in the past 7 days, what percentage was "ready-to-eat" or "ready-meals" (e.g., microwave, frozen or packaged meals)? This includes foods like frozen pizza, fish fingers, tinned soup, baking mixes, instant porridge, etc. Enter percentage: _____ [numeric percentage, 0 to 100%] Don't know Refuse to answer

BEVERAGE INTAKE

DOMAIN SOURCE	QUESTION
BEVERAGE FREQUENCY INTRO	Next, we'd like to ask you about the drinks you've had over the PAST 7 DAYS. We'll be asking you about different categories of drinks. First, we'll ask you the TOTAL NUMBER OF DRINKS you've had in each category. Second, we'll ask you about your USUAL SIZE OF DRINK in each category.

BEVERAGE FREQUENCY QUESTIONNAIRE (BFQ) – NUMBER OF DRINKS BY TYPE ADAPTED FROM SEVERAL OTHER PAPER FFQS FOR BEVERAGES. ==REVISED 2019== *BFQ_#_N* *BFQ_NONE* *BFQ_DK_N* *BFQ_R_N*	During the PAST 7 DAYS, HOW MANY DRINKS did you have in each category below? For example, if you had 2 regular fizzy drinks during the past 7 days, you would enter 2 in that box. If you had 1 regular fizzy 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] # OF DRINKS [*numeric*] Fizzy drinks (Coke, Pepsi, 7-up, Sprite, root beer, etc) *Not including diet fizzy drinks* [*numeric*] Diet fizzy drinks (Diet Pepsi, Coke Zero, etc.) [*numeric*] 100% fruit or vegetable juice (orange juice, apple juice, etc.) [*numeric*] Sweetened fruit drinks (lemonade, iced tea, SunnyD, fruit punch/cocktail, etc.) [*numeric*] Low-/no-calorie fruit drinks (diet lemonade, unsweetened iced tea, etc.) [*numeric*] Tap water [*numeric*] Plain bottled water [*numeric*] Sweetened flavoured waters or vitamin waters <u>with</u> calories (squash, cordial, Vitaminwater, etc.) [*numeric*] Low-/no-calorie flavoured waters or vitamin waters (Touch of Fruit, Perfectly Clear, etc.) [*numeric*] Regular sports drinks (Lucozade Sport, Powerade, etc.) [*numeric*] Low-/no-calorie sports drinks (Lucozade Sport Low Cal, Powerade Zero, etc.) [*numeric*] Regular energy drinks (Red Bull, Rockstar, Monster, etc.) [*numeric*] Low-/no-calorie energy drinks (Red Bull Sugarfree, etc.) [*numeric*] White milk or unsweetened milk alternatives (unsweetened soy, almond, etc.) as a beverage *NOT including milk consumed in cereal, etc*. [*numeric*] Chocolate or flavoured milk (incl. hot chocolate), or sweetened milk alternatives (sweetened soy, almond, etc.) [*numeric*] Coffee or tea, <u>with</u> sugar (with or without milk) [*numeric*] Coffee or tea, <u>no sugar</u> (with or without milk or artificial sweetener) [*numeric*] Sweetened speciality coffees or teas (mochas, frappuccinos, chai lattes, iced coffee, etc.) [*numeric*] Sweetened smoothies, protein shakes, or drinkable yogurt [*numeric*] Unsweetened smoothies, protein shakes, or drinkable yogurt [*numeric*] Beer, cider, lager [*numeric*] Wine (red, white or rose) [*numeric*] Spirits <u>with mixers</u>, cocktails that have calories (rum & coke, gin & tonic, margarita, etc.) [*numeric*] Spirits with <u>no mixers</u> or non-caloric mix (shots, whiskey on the rocks, vodka & soda, rum & diet coke, etc.) None of the above Don't know Refuse to answer
BFQ SIZE INTRO ==NEW 2019==	Now we'll ask you about your USUAL SIZE OF DRINK in each category. [PROGRAMMER NOTE: Hidden custom script identifies which drink categories were consumed and should be shown in the following usual size section]

BFQ – USUAL SIZE ADAPTED FROM SEVERAL OTHER PAPER FFQS FOR BEVERAGES. REVISED 2019 *BFQ_#_SIZE_UK* *BFQ_#_SIZE_DK_UK* *BFQ_#_SIZE_R_UK*	[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. Show each category on a separate page with the question header.] **For each type of drink, what size did you <u>USUALLY</u> have?** If you had different sizes, select the picture that is closest to the average size. **Fizzy drinks** (Coke, Pepsi, 7-Up, Sprite, root beer, etc.) *NOT including diet fizzy drinks* **Diet fizzy drinks** (Diet Pepsi, Coke Zero, etc.)

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

Less				
Less than 250 mL	250 mL	Juicebox (250 mL)	Small bottle (250 mL)	Large bottle (500 mL)

More
More than 500 mL

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

Less				
Less than 250 mL	250 mL	Juicebox (250 mL)	Can (330 mL)	Bottle (500 mL)

More
More than 500 mL

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

Less				
Less than 250 mL	250 mL	Juicebox (250 mL)	Can (330 mL)	Bottle (500 mL)

More
More than 500 mL

Tap water

Less				
Less than 250 mL	250 mL	375 mL	500 mL	Reusable bottle (750 mL)

More	
More than 750 mL	

Plain bottled water

Less				More
Less than 250 mL	Small bottle (250 mL)	Bottle (500 mL)	Large bottle (1 L)	More than 1 L

Sweetened flavoured waters or vitamin waters with calories (squash, cordial, Vitaminwater, etc.)

Less				
Less than 250 mL	250 mL	Small bottle (500 mL)	Bottle (500 mL)	Large bottle (750 mL)

	More
Extra large bottle (1 L)	More than 1 L

Low-/no-calorie flavoured waters or vitamin waters (Touch of Fruit, Perfectly Clear, etc.)

Less				
Less than 250 mL	250 mL	Small bottle (500 mL)	Bottle (500 mL)	Large bottle (750 mL)

	More
Extra large bottle (1 L)	More than 1 L

Regular sports drinks (Lucozade Sport, Powerade, etc.)

Less				**More**
Less than 250 mL	250 mL	Regular bottle (500 mL)	Large bottle (1 L)	More than 1 L

Low-/no-calorie sports drinks (Lucozade Sport Low Cal, Powerade Zero, etc.)

Less				**More**
Less than 250 mL	250 mL	Regular bottle (500 mL)	Large bottle (1 L)	More than 1 L

Regular energy drinks (Rockstar, Red Bull, Monster, etc.)

Less				
Less than 250 mL	Small can (250 mL)	Can (330 mL)	Tall can (500 mL)	XL Can (710 mL)

More
More than 710 mL

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

Less				
Less than 250 mL	Small can (250 mL)	Can (330 mL)	Tall can (500 mL)	XL Can (710 mL)

More
More than 710 mL

White milk or unsweetened milk alternatives (unsweetened soy, almond, etc.), as a beverage *NOT including milk consumed in cereal, etc.*

Less				
Less than 250 mL	250 mL	Box (250 mL)	1 Pint (570 mL)	2 Pints (1.1 L)

More
More than 1.1 L

Chocolate or flavoured milk (incl. hot chocolate), or sweetened milk alternatives (sweetened soy, almond, etc.)

Less	250 mL	Small carton (250 mL)	Bottle (400 mL)	Medium carton (500 mL)
Less than 250 mL				

Large carton (1 L)	More than 1 L

Coffee or tea, with sugar (with or without milk)

Less	Teacup (175 mL)	Small (295 mL)	Mug (375 mL)	Medium (415 mL)
Less than 175 mL				

Large (473 mL)	Extra large (591 mL)	More
		More than 591 mL

Coffee or tea, no sugar (with or without milk or artificial sweetener)

Less	Teacup (175 mL)	Small (295 mL)	Mug (375 mL)	Medium (415 mL)
Less than 175 mL				

Large (473 mL)	Extra large (591 mL)	More
		More than 591 mL

Sweetened speciality coffees or teas (mochas, frappuccinos, chai lattes, iced coffee, etc.)

Less				
Less than 175 mL	Teacup (175 mL)	Small (295 mL)	Mug (375 mL)	Medium (415 mL)

Large (473 mL)	Extra large (591 mL)	More
		More than 591 mL

Sweetened smoothies, protein shakes, or drinkable yogurt

Less				
Less than 100 mL	Small bottle (100 mL)	Box (180 mL)	Bottle (250 mL)	250 mL

		More
375mL	500 mL	710 mL	More than 710 mL

Unsweetened smoothies, protein shakes, or drinkable yogurt

Less	Small bottle (100 mL)	Box (180 mL)	Bottle (250 mL)	250 mL
Less than 100 mL				

375 mL	500 mL	710 ml	More
			More than 710 mL

Beer, cider, lager

Less	Half pint (285 mL)	Can (330 mL)	Bottle (330 mL)	Large can (440 mL)
Less than 285 mL				

Large bottle (500 mL)	Pint (570 mL)	More
		More than 570 mL

Wine (red, white or rose)

Less	125 mL glass	175 mL glass	250 mL glass	More
Less than 125 mL				More than 250 mL

Spirits with mixers, cocktails that have calories
(rum & coke, gin & tonic, margarita, etc.)

Less				
Less than 250 mL	250 mL	Can (250 mL)	375 mL	500 mL

More
More than 500 mL

Spirits with no mixers or non-caloric mix
(shots, whiskey on the rocks, vodka & soda, rum & diet coke, etc.)

	Less			
1 measure (25 mL)	Less than 250 mL	250 mL	Can (250 mL)	375 mL

	More
500 mL	More than 500 mL

Don't know [*for each type*]
Refuse to answer [*for each type*]

FOOD PREPARATION AND FOOD SKILLS

DOMAIN SOURCE	QUESTION
FOOD SHOPPING ROLE ADAPTED FROM USDA: AMERICAN TIME USE SURVEY - EATING & HEALTH MODULE 2014-2016 <mark>REVISED 2019</mark> *SHOP*	How much of the food shopping do you do in your household? Most Share equally with other(s) Some, but less than other(s) None Don't know Refuse to answer
CONFIDENCE IN 8 COOKING TECHNIQUES UK NATIONAL DIET AND NUTRITION SURVEY (NDNS) *TECH_BOIL* *TECH_STEAM* *TECH_FRY* *TECH_STIRFRY* *TECH_GRILL* *TECH_OVEN* *TECH_STEW* *TECH_MICRO*	Which, if any, of the following cooking techniques do you feel confident about using? (Select all that apply) 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
CONFIDENCE IN COOKING 10 FOODS UK NATIONAL DIET AND NUTRITION SURVEY (NDNS) – adapted pulses option *CCOK_MEAT* *COOK_CHICK* *COOK_WFISH* *COOK_OFISH* *COOK_LENTIL* *COOK_PASTA* *COOK_RICE* *COOK_POTATO* *COOK_GREEN* *COOK_ROOT*	Which, if any, of the following foods do you feel confident about cooking? (Select all that apply) Red meat Chicken White fish (cod, haddock) Oily fish (salmon) Lentils, chickpeas, dry peas, dry beans Dry pasta Rice Potatoes (not chips) Green vegetables (cabbage, spinach, broccoli) Root vegetables (carrots, parsnips) None of the above Don't know Refuse to answer

ABILITY TO PREPARE 4 TYPES OF DISHES UK NATIONAL DIET AND NUTRITION SURVEY (NDNS) REVISED 2019 (response format) *PREP_CONV* *PREP_READY_INGRED* *PREP_BASIC_INGRED* *PREP_CAKE*	Would you be able to make the following foods and dishes from beginning to end: Convenience foods and ready meals (e.g. frozen pizza, pre-packaged curry & rice) A complete meal from ready-made ingredients (e.g. ready-made sauces and pasta to make spaghetti Bolognese) A main dish from basic ingredients (raw potatoes, raw meat, onions etc.), possibly following a recipe (e.g. shepherd's pie, curry) A cake or biscuits from basic ingredients (flour, milk, eggs, etc.), possibly following a recipe [Show response options for each food item as radio button list] 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
FREQUENCY OF PREPARING MAIN MEALS UK NATIONAL DIET AND NUTRITION SURVEY (NDNS) *PREP_FREQ*	How often do you prepare a main meal for yourself or others? 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
COOKING SKILLS – GENERAL *SKILL_OVERALL*	Overall, how would you rate your cooking skills? Poor Fair Good Very good Excellent Don't know Refuse to answer

FOOD SECURITY

DOMAIN SOURCE	QUESTION
FOOD SECURITY – INTRO USDA HFSM	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.
FOOD SECURITY – HH1 USDA HFSM *HH1*	Which of these statements best describes the food eaten in your household in the last 12 months: 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
FOOD SECURITY – HH INTRO	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 <u>IN THE LAST 12 MONTHS</u> – that is since last [name of current month].
FOOD SECURITY – HH2 USDA HFSM *HH2*	You and other household members worried that food would run out before you got money to buy more. Often true Sometimes true Never true Don't know Refuse to answer
FOOD SECURITY – HH3 USDA HFSM *HH3*	The food that you and other household members bought just didn't last, and there wasn't any money to get more. Often true Sometimes true Never true Don't know Refuse to answer
FOOD SECURITY – HH4 USDA HFSM *HH4*	You and other household members couldn't afford to eat balanced meals. Often true Sometimes true Never true Don't know Refuse to answer
FIRST LEVEL SCREENING	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.

FOOD SECURITY – AD1 USDA HFSM *AD1*	*UNIVERSE: Respondents who passed first level screening* 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? Yes No Don't know Refuse to answer
FOOD SECURITY – AD1a USDA HFSM *AD1A*	*UNIVERSE: AD1=1 (yes)* How often did this happen? Almost every month Some months but not every month Only 1 or 2 months Don't know Refuse to answer
FOOD SECURITY – AD2 USDA HFSM *AD2*	*UNIVERSE: Respondents who passed first level screening* In the last 12 months, did you ever eat less than you felt you should because there wasn't enough money for food? Yes No Don't know Refuse to answer
FOOD SECURITY – AD3 USDA HFSM *AD3*	*UNIVERSE: Respondents who passed first level screening* In the last 12 months, were you ever hungry but didn't eat because there wasn't enough money for food? Yes No Don't know Refuse to answer
FOOD SECURITY – AD4 USDA HFSM *AD4*	*UNIVERSE: Respondents who passed first level screening* In the last 12 months, did you lose weight because there wasn't enough money for food? Yes No Don't know Refuse to answer
SECOND LEVEL SCREENING	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.
FOOD SECURITY – AD5 USDA HFSM *AD5*	*UNIVERSE: Respondents who passed second level screening* 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? Yes No Don't know Refuse to answer

FOOD SECURITY – **AD5a** USDA HFSM *AD5A*	*UNIVERSE: AD5=1 (yes)* How often did this happen? Almost every month Some months but not every month Only 1 or 2 months Don't know Refuse to answer
CHILD LEVEL 1 **SCREENING**	Households with no child under age 18 (child_home=0, DK/R), skip to End of Food Security Module.
FOOD SECURITY **CHILD INTRO**	*UNIVERSE: At least 1 child <18 years in household (child_home>0)* Now you will see several statements that people have made about the food situation of their children.
FOOD SECURITY – **CH1** USDA HFSM *CH1*	*UNIVERSE: At least 1 child <18 years in household (child_home>0)* 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. Often true Sometimes true Never true Don't know Refuse to answer
FOOD SECURITY – **CH2** USDA HFSM *CH2*	*UNIVERSE: At least 1 child <18 years in household (child_home>0)* You or other adults in your household couldn't feed the children a balanced meal, because you couldn't afford that. Often true Sometimes true Never true Don't know Refuse to answer
FOOD SECURITY – **CH3** USDA HFSM *CH3*	*UNIVERSE: At least 1 child <18 years in household (child_home>0)* The children were not eating enough because you or other adults in your household just couldn't afford enough food. Often true Sometimes true Never true Don't know Refuse to answer
CHILD LEVEL 2 **SCREENING**	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.
FOOD SECURITY – **CH4** USDA HFSM *CH4*	*UNIVERSE: Respondents who passed child level 2 screening* 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? Yes No Don't know Refuse to answer

FOOD SECURITY – **CH5** USDA HFSM *CH5*	*UNIVERSE: Respondents who passed child level 2 screening* **In the last 12 months, did any of the children ever skip meals because there wasn't enough money for food?** Yes No Don't know Refuse to answer
FOOD SECURITY – **CH5a** USDA HFSM *CH5A*	*UNIVERSE: CH5=1 (yes)* **How often did this happen?** Almost every month Some months but not every month Only 1 or 2 months Don't know Refuse to answer
FOOD SECURITY – **CH6** USDA HFSM *CH6*	*UNIVERSE: Respondents who passed child level 2 screening* **In the last 12 months, were the children ever hungry but you just couldn't afford more food?** Yes No Don't know Refuse to answer
FOOD SECURITY – **CH7** USDA HFSM *CH7*	*UNIVERSE: Respondents who passed child level 2 screening* **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?** Yes No Don't know Refuse to answer
FOOD SECURITY – **COVID IMPACT –** **EVER** ==NEW 2020== *COVID_FS_EVER*	**Has the COVID-19 pandemic affected whether your household has had enough food to eat?** Not at all A little A lot Don't know Refuse to answer

FOOD SECURITY – COVID IMPACT - REASON ADAPTED FROM THE [FOOD FOUNDATION YOUGOV POLL](#) NEW 2020 *COVID_FSR_MON* *COVID_FSR_SHOP* *COVID_FSR_OUT* *COVID_FSR_OTHER* *COVID_FSR_DK* *COVID_FSR_R*	*UNIVERSE: Respondents who reported that COVID-19 has affected their food security (COVID_FS_EVER=A little or a lot))* You said that since the COVID-19 pandemic started, you/others in your household have not had enough food to eat. Which, if any, of the following were your reason(s) for this? (Select all that apply). I/we did not have enough money for food I/we could not access enough food because shops did not have the supplies I/we could not access enough food because we could not go out and did not have any other way to get the food we needed Other Don't know Refuse to answer
FOOD SECURITY – COVID IMPACT – CURRENT NEW 2020 *COVID_FS_CURR*	*UNIVERSE: Respondents who reported that COVID-19 has affected their food security (COVID_FS_EVER=A little or a lot))* Is the COVID-19 pandemic <u>currently</u> affecting whether your household has enough food to eat? Not at all A little A lot Don't know Refuse to answer

DIETARY PATTERNS AND EFFORTS

DOMAIN SOURCE	QUESTION
EATING RESTRICTIONS ADAPTED (HEAVILY) FROM TNT 2015 *RESTRICT_[TYPE]* *RESTRICT_NONE* *RESTRICT_DK* *RESTRICT_R* *RESTRICT_RELTEXT*	Would you describe yourself as: (Select all that apply) Vegetarian Vegan Pescatarian Following a religious practice for eating → Please specify: [*open-ended*] None of the above Don't know Refuse to answer

DIET MODIFICATION EFFORTS	Have you made an effort to consume more or less of the following in the past year?

DIET MODIFICATION EFFORTS
ADAPTED FROM TNT 2015

REVISED 2019
REVISED 2020
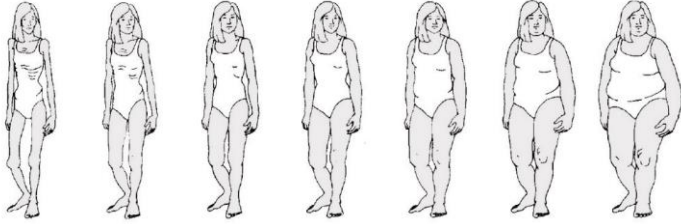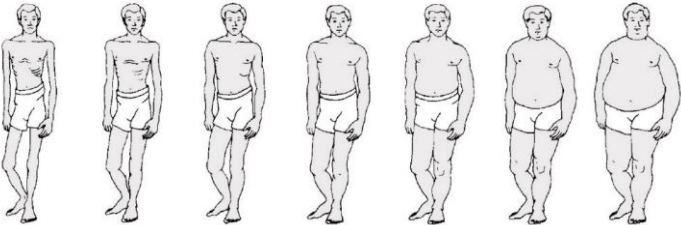
EFFORT_[TYPE]

Have you made an effort to consume more or less of the following in the past year?

	Consume LESS	Consume MORE	No effort made	Don't Know	Refuse to answer
Calories					
Fat					
Saturated fat					
Protein					
Fibre					
Sugar / added sugar					
Salt / sodium					
Fruit and vegetables					
Whole grains					
Dairy products					
All meats					
Red meat (e.g., beef, pork) only					
Sugary drinks					
100% fruit juice					
'Artificial' low-calorie sweeteners like aspartame					
'Natural' low-calorie sweeteners like stevia					
Processed foods					
Organic foods					
Local foods (food grown in your area)					
Ethically-sourced, or fair trade foods					
Foods with low greenhouse gas emissions					

[PROGRAMMER: Split on three screens, with first 9 items on screen 1, next 8 items on screen 2, and next 4 on screen 3]

WEIGHT LOSS EFFORTS, BODY PERCEPTIONS, AND WEIGHT STIGMA

DOMAIN SOURCE	QUESTION
PERCEIVED BODY SIZE 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. IMAGES FROM (COLLINS, 1991) REVISED 2020 WT_BODY_F WT_BODY_F_DK WT_BODY_F_R WT_BODY_M WT_BODY_M_DK WT_BODY_M_R	Which body is most like your own body? *UNIVERSE: gender= 2 (woman) or 4 (trans female/trans woman)* *UNIVERSE: gender= 1 (man) or 3 (trans male/trans man)* Don't know Refuse to answer
PERCEIVED WEIGHT CCHS WT_PERCEIVE	Do you consider yourself to be... Obese Overweight Underweight Just about right Don't know Refuse to answer
WEIGHT BEHAVIOUR Adapted from: NHANES, 2009-2010 WT_TRY_LOSS WT_TRY_GAIN WT_TRY_SAME WT_TRY_NOT WT_TRY_DK WT_TRY_R	During the <u>past 12 months</u> have you tried to…. (Select all that apply) SELECT ALL THAT APPLY Lose weight Gain weight Stay the same weight I have not tried to do anything about my weight Don't know Refuse to answer

WEIGHT LOSS METHODS NHANES DIET HISTORY QUESTIONNAIRE (ADAPTED) *WT_LOSS_[TYPE]* *WT_LOSS_NONE* *WT_LOSS_DK* *WT_LOSS_R* *WT_LOSS_DIETTEXT* *WT_LOSS_OTEXT* *WT_SAME_[TYPE]* *WT_SAME_NONE* *WT_SAME_DK* *WT_SAME_R* *WT_SAME_DIETTEXT* *WT_SAME_OTEXT* *WT_LOSS_SAME_[TYPE]* *WT_LOSS_SAME_NONE* *WT_LOSS_SAME_DK* *WT_LOSS_SAME_R* *WT_LOSS_SAME_DIETTEXT* *WT_LOSS_SAME_OTEXT*	*UNIVERSE: Tried to lose weight, but did not try to stay the same weight (wt_try_loss=1 and wt_try_same=0)* How did you try to lose weight <u>in the past 12 months</u>? (Select all that apply) *UNIVERSE: Did not try to lose weight, but tried to stay the same weight (wt_try_loss=0 and wt_try_same=1)* How did you try to 'stay the same weight' <u>in the past 12 months</u>? (Select all that apply) *UNIVERSE: Tried to lose weight and tried to stay the same weight (wt_try_loss=1 and wt_try_same=1)* How did you try to lose weight or 'stay the same weight' <u>in the past 12 months</u>? (Select all that apply) Skipped meals or fasted Ate less food (amount) Ate less fat Ate less sugar or sweets Ate fewer carbohydrates Ate more fruits, vegetables or salads Switched to foods with lower calories Followed a special diet or weight loss program (e.g., Atkins, Weight Watchers.) → Please specify: [*open-ended*] 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: [*open-ended*] None of the above Don't know Refuse to answer
EAT-3 BEHAVIOURAL ITEMS HAINES J, ZIYADEH NJ, FRANKO DL, MCDONALND J, MOND JM, AUSTIN SB. SCREENING HIGH SCHOOL STUDENTS FOR EATING DISORDERS: VALIDITY OF BRIEF BEHAVIORAL AND ATTITUDINAL MEASURES. JOURNAL OF SCHOOL HEALTH, 2011; 81(9):530-535. *EAT3_BINGE* *EAT3_VOMIT*	In the <u>past 3 months</u>, how often have you: … gone on eating binges? *(Eating a large amount of food while feeling out of control).* … made yourself sick (vomited) to control your weight? 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

EAT-3 ATTITUDINAL ITEM HAINES J, ZIYADEH NJ, FRANKO DL, MCDONALND J, MOND JM, AUSTIN SB. SCREENING HIGH SCHOOL STUDENTS FOR EATING DISORDERS: VALIDITY OF BRIEF BEHAVIORAL AND ATTITUDINAL MEASURES. JOURNAL OF SCHOOL HEALTH, 2011; 81(9):530-535. *EAT3_THIN*	I am preoccupied with a desire to be thinner. Always Usually Often Sometimes Rarely Never Don't know Refuse to answer
WEIGHT BIAS 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.] *WT_BIAS*	I worry about becoming fat. Strongly disagree Disagree Neutral Agree Strongly agree Don't know Refuse to answer

SUGARY DRINKS

DOMAIN SOURCE	QUESTION
POP PERCEIVED HEALTHINESS *SSB_HLTH_POP*	In your opinion, how unhealthy or healthy is this type of drink? 500 mL Very unhealthy Unhealthy A little unhealthy Neither unhealthy nor healthy A little healthy Healthy Very healthy Don't know Refuse to answer
POP ACCEPTABLE FREQUENCY FOR CHILDREN *SSB_CHILD_POP*	Imagine that you have a 10-year old child. Is it okay for them to have this type of drink… 500 mL 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

SSB PERCEPTIONS - CONDITION REVISED 2019 SSB_CONDITION	[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.] Diet fizzy drinks 100% juice Energy drink Water Speciality coffee Sports drink Chocolate milk Iced tea Milk
SSB PERCEIVED HEALTHINESS SSB_HLTH_[TYPE]	In your opinion, how unhealthy or healthy is this type of drink? [show image with mL label] Very unhealthy Unhealthy A little unhealthy Neither unhealthy nor healthy A little healthy Healthy Very healthy Don't know Refuse to answer
SSB ACCEPTABLE FREQUENCY FOR CHILDREN SSB_CHILD_[TYPE]	Imagine that you have a 10-year old child. Is it okay for them to have this type of drink… [show image with mL label] 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

SSB SUGAR AMOUNT *SSB_SUGAR_[TYPE]* *SSB_SUGAR_[TYPE]N*	A 500 mL bottle of 'regular' Coke has 53 grams of sugar. How much sugar do you think the following beverage contains? *[show image with mL label]* Enter number of grams: _____ Don't know Refuse to answer
SSB DEFINITION	The next few questions ask about <u>SUGAR AND SUGARY DRINKS</u>. Sugary drinks are drinks that contain added sugar, like non-diet fizzy drinks, fruit drinks, sports drinks, energy drinks, chocolate milk, and speciality coffees that have added sugar.
SSB SELF CONSUMPTION *SSB_SELF*	Is the amount of sugary drinks you typically have in a week… A very unhealthy amount An unhealthy amount Neither unhealthy nor healthy amount A healthy amount A very healthy amount Don't know Refuse to answer
SSB SOCIAL NORMS – Q1 *SSB_NORMS1*	People important to me <u>TRY NOT</u> to eat foods high in <u>SUGAR</u>. Strongly agree Agree Neither agree nor disagree Disagree Strongly disagree Don't know Refuse to answer
SSB SOCIAL NORMS – Q2 *SSB_NORMS2*	People important to me <u>THINK I SHOULD NOT</u> eat foods high in <u>SUGAR</u>. Strongly agree Agree Neither agree nor disagree Disagree Strongly disagree Don't know Refuse to answer

SSB SOCIAL NORMS – Q3 *SSB_NORMS3*	People important to me <u>TRY NOT</u> to drink <u>SUGARY DRINKS</u>. Strongly agree Agree Neither agree nor disagree Disagree Strongly disagree Don't know Refuse to answer
SSB SOCIAL NORMS – Q4 *SSB_NORMS4*	People important to me <u>THINK I SHOULD NOT</u> drink <u>SUGARY DRINKS</u>. Strongly agree Agree Neither agree nor disagree Disagree Strongly disagree Don't know Refuse to answer
PUBLIC TRUST *PT_HE_SUGARY_DRINKS* *PT_IND_SUGARY_DRINKS*	Please tell us whether you agree or disagree with the following: I trust messages from <u>health experts</u> on sugary drinks. Strongly agree Agree Neither agree nor disagree Disagree Strongly disagree Don't know Refuse to answer I trust messages from the <u>food and beverage industry</u> on <u>sugary drinks</u>. Strongly agree Agree Neither agree nor disagree Disagree Strongly disagree Don't know Refuse to answer

SUGAR KNOWLEDGE REVISED 2019 *SD_OBESITY* *SD_DIABETES* *SD_TOOTH*	Please rate if you feel the following are true or false: Frequently drinking sugary drinks **increases the risk of** <u>obesity</u>. Frequently drinking sugary drinks **increases the risk of** <u>diabetes</u>. Frequently drinking sugary drinks **increases the risk of** <u>tooth decay</u>. [Show response options for each item as radio button list] True False Don't know Refuse to answer
SWEETENER ACCEPTABILITY FOR CHILDREN NEW 2020 *SWT_CHILD*	Please tell us whether you agree or disagree with the following: Children should not consume foods or drinks with artificial or low-calorie sweeteners. Strongly agree Agree Neither agree nor disagree Disagree Strongly disagree Don't know Refuse to answer

NUTRITION KNOWLEDGE

DOMAIN SOURCE	QUESTION
SELF-REPORTED NUTRITION KNOWLEDGE ADAPTED FROM TNT 2015, HOBIN CFDR *NUT_KNOW*	How would you rate your nutrition knowledge? Not at all knowledgeable A little knowledgeable Somewhat knowledgeable Very knowledgeable Extremely knowledgeable Don't know Refuse to answer
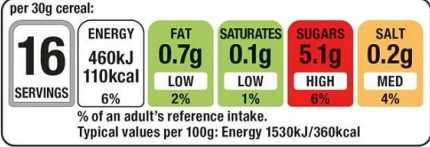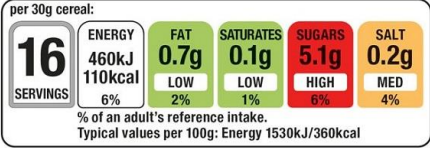
SOURCES OF NUTRITION INFORMATION

DOMAIN SOURCE	QUESTION
SOURCES OF NUTRITION INFO CCHS Food Guide module and TNT integrated content (adapted to be for 12 months rather than 6) REVISED 2019 INFO_[TYPE] INFO_NONE INFO_DK INFO_R INFO_APPTEXT INFO_OTEXT	**In the past 12 months, did you get information on food or nutrition from any of the following sources?** (Select all that apply) 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., British Heart Foundation, Cancer Research UK, British Nutrition Foundation) Fitness programs / personal trainer Weight loss programs (such as Weight Watchers) Your family, friends, or colleagues The Eatwell Plate or Eatwell Guide Government / health agency materials, websites or apps including NHS Choices Food company materials, advertisements, websites or apps Nutrition Information Tables on food products Nutrition information on the front of food packages Supermarkets Magazines, newspapers or books TV or radio General research on the internet Social media or blogs (e.g., Facebook, Twitter) Celebrities (e.g., Gwyneth Paltrow, Food Babe) Mobile app → Which app? [open-ended] Other → Please specify: [open-ended] None of the above Don't know Refuse to answer
PUBLIC EDUCATON REVISED 2020 (underline) PUBLIC_ED1	**Do you remember seeing any educational messages or campaigns on <u>healthy eating</u> from the government or health authorities in the past 12 months?** Yes No Don't know Refuse to answer
PUBLIC EDUCATON – DESCRIPTION REVISED 2019 PUBLIC_ED2 PUBLIC_ED2_DKR	*UNIVERSE: Saw public education messages (public_ed1=yes)* **Please tell us the main point(s) of the information you saw or heard.** [OPEN TEXT FIELD] I don't remember the main point(s) Refuse to answer

DOCTOR ADVICE DOCADVICE_[TYPE] DOCADVICE_NONE DOCADVICE_DK DOCADVICE_R DOCADVICE_OTEXT	**Has a doctor ever advised you to do any of the following?** (Select all that apply) 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
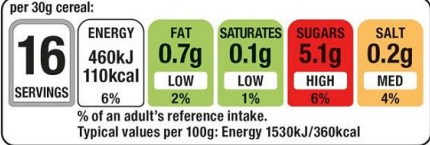
FOOD PACKAGING & LABELLING

DOMAIN SOURCE	QUESTION
NUTRITION INFO IN GROCERY STORES INFO_GROCERY	**In your opinion, is nutrition information easy or hard to find in <u>supermarkets</u>?** Very hard to find Hard to find Neither hard nor easy Easy to find Very easy to find Don't know Refuse to answer
LABEL AWARENESS LABEL_AWARE_UK	**We would now like to ask you some questions about food labels on products.** **How often have you <u>seen</u> this type of food label on packages or in stores?** Never Rarely Sometimes Often All the time Don't know Refuse to answer

LABEL USE LABEL_USE_UK	UNIVERSE: label_aware_UK = 'rarely', 'sometimes','often', or 'all the time' **How often do you <u>use</u> this type of food label <u>when deciding to buy a food product</u>?** Never Rarely Sometimes Often All the time Don't know Refuse to answer
LABEL UNDERSTANDING LABEL_UNDERSTAND_UK	**Do you find this information...** Very hard to understand Hard to understand Neither hard nor easy Easy to understand Very easy to understand Don't know Refuse to answer

NFT AWARENESS *NFT_AWARE_UK*	How often have you <u>seen</u> this type of food label on packages or in stores? Never Rarely Sometimes Often All the time Don't know Refuse to answer
NFT USE ADAPTED FROM 2014 FDA HEALTH AND DIET SURVEY *NFT_USE_UK*	*UNIVERSE: nft_aware_UK = 'rarely', 'sometimes','often', or 'all the time'* How often do you <u>use</u> this type of food label <u>when deciding to buy a food product</u>? Never Rarely Sometimes Often All the time Don't know Refuse to answer

NFT UNDERSTANDING *NFT_UNDERSTAND_UK*	Do you find this information… **Nutrition** Typical Values — Per 100 g — Per 4 cookies Energy — 1,710 kJ — 397 kJ — 410 kcal — 95 kcal Fat — 9.4 g — 2.2 g of which saturates — 1.1 g — 0.3 g Carbohydrate — 62.3 g — 14.5 g of which sugars — 14.5 g — 0.4 g Fibre — 12.0 g — 2.8 g Protein — 12.2 g — 2.8 g Salt — 1.3 g — 0.3g Reference intake of an average adult (8400 kJ/2000 kcal) Very hard to understand Hard to understand Neither hard nor easy Easy to understand Very easy to understand Don't know Refuse to answer
NFT CHANGE AWARE NEW 2020 *NFT_CNG_UK*	*UNIVERSE: nft_aware_UK = 'rarely', 'sometimes','often', or 'all the time'* In the past 12 months, have you noticed ANY CHANGES to these labels such as the type of information shown, or how the label looks? **Nutrition** Typical Values — Per 100 g — Per 4 cookies Energy — 1,710 kJ — 397 kJ — 410 kcal — 95 kcal Fat — 9.4 g — 2.2 g of which saturates — 1.1 g — 0.3 g Carbohydrate — 62.3 g — 14.5 g of which sugars — 14.5 g — 0.4 g Fibre — 12.0 g — 2.8 g Protein — 12.2 g — 2.8 g Salt — 1.3 g — 0.3g Reference intake of an average adult (8400 kJ/2000 kcal) Yes No Don't know Refuse to answer

NFT INFLUENCE *LABEL_OVERALL*	Overall, how much do food labels influence what you eat? No influence at all A little influence Some influence A lot of influence Very strong influence Don't know Refuse to answer
FOP LABEL SUPPORT NEW 2020 *LABEL_SUPPORT_UK*	*UNIVERSE: Australia and UK only* In the United Kingdom, food companies can choose which products display this type of nutrition label. Would you support or oppose a government policy to show this type of nutrition label on ALL food products? [PROGRAMMER NOTE: Show traffic light label in UK] Support Neutral Oppose Don't know Refuse to answer
DISCUSS LABELS NEW 2020 *LABEL_DISCUSS*	In the last month, how often have you talked to others about nutrition labels on foods or beverages? Not at all Once A few times Often Very often Don't know Refuse to answer

FOOD PROCESSING KNOWLEDGE

REVISED 2019
REVISED 2020

HLTH1… HLTH15
HLTH1_DKR…HLTH15_DKR
HLTH1V…HLTH15V
HLTH_ORDER
HLTH_ORDER_V

Note: 2019 replaced deli ham with deli chicken in 2019. 2020 corrected juice serving size and kJ, deleted "Quaker" from oat ingredients, added fish products.

[PROGRAMMER NOTE: Randomize order of 15 food products, and record order of randomization. Prevent respondents from using back button to return to previous questions in set. Show scale horizontally on computer browsers, and vertically on smartphone and tablet browsers.]

Overall, how healthy is this food product?

Please answer on a scale from 0 to 10, where 0 = Not at all healthy, and 10 = Extremely healthy.

0　1　2　3　4　5　6　7　8　9　10

Not at all healthy   Extremely healthy

Don't know
Refuse to answer

SMITH'S Unsweetened Apple — Nutrition, Typical Values, Per 100 g, 1 box (111 mL)

	Per 100 g	1 box (111 mL)
Energy	209 kJ / 50 kcal	232 kJ / 55.5 kcal
Fat	0 g	0 g
of which saturates	0 g	0 g
Carbohydrate	13.0 g	14.4 g
of which sugars	11.0 g	12.2 g
Fibre	2 g	2.2 g
Protein	0 g	0 g
Salt	0.0 g	0.0 g

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

GOLDEN VALLEY apple — Nutrition, Typical Values, Per 100 mL, 1 cup (250 mL)

	Per 100 mL	1 cup (250 mL)
Energy	195 kJ / 47 kcal	487 kJ / 120 kcal
Fat	0 g	0 g
of which saturates	0 g	0 g
Carbohydrate	10.9 g	27.3 g
of which sugars	10.7 g	26.8 g
Fibre	0 g	0 g
Protein	0 g	0 g
Salt	0.0 g	0.0 g

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

MURPHY'S QUICK OATS — Nutrition, Typical Values, Per 100 g, 1/3 cup (30 g)

	Per 100 g	1/3 cup (30 g)
Energy	1674 kJ / 400 kcal	502 kJ / 120 kcal
Fat	6.7 g	2.0 g
of which saturates	1.3 g	0.4 g
Carbohydrate	66.6 g	20.0 g
of which sugars	0 g	0 g
Fibre	10.0 g	5.0 g
Protein	12.0 g	4.0 g
Salt	0 g	0 g

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

CRUNCHY O'S — Nutrition, Typical Values, Per 100 g, 1 cup (28 g)

	Per 100 g	1 cup (28 g)
Energy	1494 kJ / 357 kcal	502 kJ / 120 kcal
Fat	7.1 g	2.0 g
of which saturates	1.4 g	0.4 g
Carbohydrate	71.4 g	20.0 g
of which sugars	3.6 g	1.0 g
Fibre	14.3 g	4.0 g
Protein	10.7 g	3.0 g
Salt	0.6 g	0.2 g

INGREDIENTS: WHOLE GRAIN OATS (INCLUDES THE OAT BRAN), MODIFIED CORN STARCH, SUGAR, SALT, TRIPOTASSIUM PHOSPHATE, WHEAT STARCH, VITAMIN E (MIXED TOCOPHEROLS) ADDED TO PRESERVE FRESHNESS. VITAMINS AND MINERALS: CALCIUM CARBONATE, IRON AND ZINC (MINERAL NUTRIENTS), VITAMIN C (SODIUM ASCORBATE), A B VITAMIN (NIACINAMIDE), VITAMIN B6 (PYRIDOXINE HYDROCHLORIDE), VITAMIN A (PALMITATE), VITAMIN B2 (RIBOFLAVIN), VITAMIN B1 (THIAMIN MONONITRATE), A B VITAMIN (FOLIC ACID), VITAMIN B12, VITAMIN D3.

GOLDEN MEADOW (Breakfast bar) — Nutrition, Typical Values, Per 100 g, 1 bar (50 g)

	Per 100 g	1 bar (50 g)
Energy	1506 kJ / 360 kcal	753 kJ / 180 kcal
Fat	10.0 g	5.0 g
of which saturates	4.0 g	2.0 g
Carbohydrate	66.0 g	33.0 g
of which sugars	30.0 g	15.0 g
Fibre	10.0 g	5.0 g
Protein	8.0 g	4.0 g
Salt	0.3 g	0.2 g

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 FIBER, ISOLATED SOY PROTEIN, MALTODEXTRIN, ACACIA GUM, GLYCERIN, CELLULOSE, WHEAT GLUTEN, MOLASSES, NATURAL FLAVOUR, LEAVENING (BAKING SODA, SODIUM ACID PYROPHOSPHATE), SALT, SOY LECITHIN, BHT (PRESERVATIVE), PEANUT FLOUR, NONFAT MILK. FILLING: INVERT SUGAR, CORN SYRUP, STRAWBERRY PUREE CONCENTRATE, GLYCERIN, SUGAR, MODIFIED CORN STARCH, SODIUM ALGINATE, CITRIC ACID, DICALCIUM PHOSPHATE, METHYLCELLULOSE, NATURAL AND ARTIFICIAL FLAVOR, CARAMEL COLOR, MALIC ACID, RED 40.

DAIRY FRESH 1% Milk — Nutrition, Typical Values, Per 100 mL, 1 cup (250 mL)

	Per 100 mL	1 cup (250 mL)
Energy	1672 kJ / 40 kcal	4180 kJ / 100 kcal
Fat	1.0 g	2.5 g
of which saturates	0.6 g	1.5 g
Carbohydrate	4.8 g	12.0 g
of which sugars	4.4 g	11.0 g
Fibre	0 g	0 g
Protein	3.6 g	9.0 g
Salt	0 g	0.1 g

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

MEADOW FARMS CHEESE — Nutrition, Typical Values, Per 100 g, 1/4" cube (30 g)

	Per 100 g	1/4" cube (30 g)
Energy	1531 kJ / 366 kcal	460 kJ / 110 kcal
Fat	26.6 g	8.0 g
of which saturates	16.7 g	5.0 g
Carbohydrate	3.3 g	1.0 g
of which sugars	0 g	0 g
Fibre	0 g	0 g
Protein	26.7 g	8.0 g
Salt	0.8 g	0.2 g

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

JACK'S (cheese slice) — Nutrition, Typical Values, Per 100 g, 1 slice (21 g)

	Per 100 g	1 slice (21 g)
Energy	1197 kJ / 286 kcal	251 kJ / 60 kcal
Fat	21.5 g	4.5 g
of which saturates	12.0 g	2.5 g
Carbohydrate	9.5 g	2.0 g
of which sugars	9.5 g	2.0 g
Fibre	0 g	0 g
Protein	19.1 g	4.0 g
Salt	1.2 g	0.2 g

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

COUNTRY FARMS chicken breast fillets — Nutrition, Typical Values, Per 100 g, 1 serving (112 g)

	Per 100 g	1 serving (112 g)
Energy	448 kJ / 107 kcal	502 kJ / 120 kcal
Fat	1.3 g	1.5 g
of which saturates	0 g	0 g
Carbohydrate	0 g	0 g
of which sugars	0 g	0 g
Fibre	0 g	0 g
Protein	26.0 g	29.1 g
Salt	0.1 g	0.1 g

PHIL'S chicken Nuggets — Nutrition, Typical Values, Per 100 g, 4 nuggets (100 g)

	Per 100 g	4 nuggets (100 g)
Energy	1004 kJ / 240 kcal	1004 kJ / 240 kcal
Fat	13 g	13 g
of which saturates	1.5 g	1.5 g
Carbohydrate	21 g	21 g
of which sugars	1.0 g	1.0 g
Fibre	2.0 g	2.0 g
Protein	11.0 g	11.0 g
Salt	0.5 g	0.5 g

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

DeliFresh CHICKEN BREAST — Nutrition, Typical Values, Per 100 g, 1 serving (56 g)

	Per 100 g	1 serving (56 g)
Energy	448 kJ / 110 kcal	251 kJ / 60 kcal
Fat	1.8 g	1.0 g
of which saturates	0.4 g	0.2 g
Carbohydrate	1.8 g	1.0 g
of which sugars	0.0 g	0.0 g
Fibre	0 g	0 g
Protein	21.4 g	12.0 g
Salt	1.2 g	2.1 g

INGREDIENTS: CHICKEN, WATER, SEA SALT, POTATO STARCH, VINEGAR, CANE SUGAR.

RETAIL ENVIRONMENT

DOMAIN SOURCE	QUESTION
SUPERMARKET POLICIES ==REVISED 2019 (response format)== ==REVISED 2020 (show all items)== *POL_AISLE* *POL_CHECKOUT* *POL_SHELF*	[PROGRAMMER NOTE: RANDOMIZE ORDER OF ITEM PRESENTATION. HIDE BACK BUTTON. SHOW RESPONSE OPTIONS FOR EACH ITEM AS RADIO BUTTON LIST.] **Would you support or oppose the following practices in supermarkets …** Fewer end-of-aisle displays containing unhealthy foods or soft drinks Checkouts with <u>only</u> healthy products (e.g., no soft drinks, chocolate, sweets) More shelf space for fresh and healthier foods such as fruits and vegetables Support Neutral Oppose Don't know Refuse to answer
PRICE PROMOTIONS	[PROGRAMMER NOTE: Randomize each respondent to answer 1 of the following 2 price promotion questions (i.e., each respondent will either complete the 'Price Promotions Experiment', or the 'Impact of Discounts' measure)]
PRICE PROMOTIONS – EXPERIMENT ==NEW 2020== *PROMO_1A-1D/2A-2D*	**If you saw this type of breakfast cereal at your supermarket, how likely is it that you would buy it?** [PROGRAMMER NOTE: Randomly assign respondent to view one of 8 product images] 1. *Healthy breakfast cereal* A. No price promotion B. 30% discount C. Multi-buy '2 for $X' (that equals 30% off) D. Everyday low price (same price as option A with no promo)

| £2.80 500g | Was £2.80 **Now £1.95** 500g **30% OFF** | Buy 1 for £2.80 **Buy 2 for £3.90** 500g **2 FOR £3.90** | Everyday low price £2.80 500g **LOW PRICE** |

2. _Unhealthy breakfast cereal_
A. No price promotion
B. 30% discount
C. Multi-buy '2 for $X' (that equals 30% off)
D. Everyday low price (same price as option A with no promo)

| £2.80 500g | Was £2.80 **Now £1.95** 500g **30% OFF** | Buy 1 for £2.80 **Buy 2 for £3.90** 500g **2 FOR £3.90** | Everyday low price £2.80 500g **LOW PRICE** |

	Very unlikely to buy it Unlikely to buy it May or may not buy it Likely to buy it Very likely to buy it Don't know Refuse to answer
PRICE PROMOTIONS - IMPACT OF DISCOUNTS NEW 2020 *PROMO_IMP1-6*	[PROGRAMMER NOTE: HIDE BACK BUTTON] **This next question is about price discounts / 'special offers' (e.g. 30% off, buy-one-get-one-free) at supermarkets.** **When do you buy these products?** Please select one of the options for each product listed. [PROGRAMMER NOTE: Show radio button list for each item. Randomize order of products.] **Soft drink** (e.g. cola) **Diet soft drink** (e.g. diet cola) **Potato crisps** **Biscuits** **Canned vegetables and beans** (e.g. baked beans) **Nuts** Regularly, whether it's 'on special offer' or not Sometimes, but more likely to when it's 'on special offer' Only when it's 'on special offer' Rarely or never, even if it's 'on special' Don't know Refuse to answer

MENU LABELLING

DOMAIN SOURCE	QUESTION
LAST RESTAURANT VISIT FCMS *REST_VISIT*	[PROGRAMMER NOTE: HIDE BACK BUTTON] **When was the last time you visited a restaurant (including a fast-food outlet or coffee shop)?** 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
MENU LABELLING – NOTICING FCMS (ADAPTED) *REST_INFO*	*UNIVERSE: Visited restaurant within last 6 months (rest_visit=1-5)* **The last time you visited a restaurant, did you notice any nutrition information?** Yes No Don't know Refuse to answer
MENU LABELLING – NOTICING LOCATION *REST_INFO_[TYPE]* *REST_INFO_DK* *REST_INFO_R* *REST_INFO_OTEXT*	*UNIVERSE: Noticed nutrition info (rest_info=yes)* **Where was this information located?** (Select all that apply) 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: [*open-ended*] Don't know Refuse to answer
MENU LABELLING – ORDER INFLUENCE FCMS *REST_INFO_INFL*	*UNIVERSE: Noticed nutrition info (rest_info=yes)* **Did the nutrition information influence what you ordered?** Yes No Don't know Refuse to answer
MENU LABELLING – IMPACT FCMS	*UNIVERSE: Visited restaurant within last 6 months (rest_visit=1-5)* **In the past 6 months, have you done any of the following because of nutrition information in restaurants?** (Select all that apply) Ordered something different

REST_ACT_[TYPE] *REST_ACT_NONE* *REST_ACT_DK* *REST_ACT_R*	Eaten less of the food you ordered Changed which restaurants you visit Eaten at restaurants less often None of the above Don't know Refuse to answer
NUTRITION INFO IN RESTAURANTS NEW 2020 *REST_INFO_EASE*	In your opinion, is nutrition information easy or hard to find in restaurants? Very hard to find Hard to find Neither hard nor easy Easy to find Very easy to find Don't know Refuse to answer

FOOD GUIDE / DIETARY RECOMMENDATIONS

DOMAIN SOURCE	QUESTION
FOOD GUIDE – LAST USE OTTAWA AND CFDR (ADAPTED TIME ANCHORS) REVISED 2019 *FG_LOOK*	When was the <u>last time</u> you looked at the Eatwell Plate or Eatwell Guide, if ever? 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
FOOD GUIDE – USE CCHS FOOD GUIDE MODULE (ADAPTED RESPONSE OPTIONS TO SIMPLIFY YOU/HOUSEHOLD) REVISED 2019 *FG_USE_[TYPE]* *FG_USE_NONE* *FG_USE_DK* *FG_USE_R* *FG_USE_OTEXT*	*UNIVERSE: Ever looked at food guide (fg_look ≠ 5)* Have you <u>ever</u> used information from the Eatwell Plate or Eatwell Guide... (Select all that apply) To choose foods To determine how much you need to eat every day To plan meals or to help with food 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: [*open-ended*] None of the above Don't know Refuse to answer

FOOD GUIDE – MESSAGES NEW 2019 *FG_MSG1-5* *FG_MSG_DKR*	*UNIVERSE: Ever looked at food guide (fg_look ≠ 5)* **The Eatwell Plate and Eatwell Guide have information about healthy eating.** **Please write as many main points from the Eatwell Plate or Eatwell Guide as you can remember.** [5 open text boxes] I don't remember the main points Refuse to answer
FOOD GUIDE – TRUST NEW 2019 *FG_TRUST*	*UNIVERSE: Ever looked at food guide (fg_look ≠ 5)* **Please tell us whether you agree or disagree with the following statement:** **I trust the information in the Eatwell Plate and Eatwell Guide.** Strongly agree Agree Neither agree nor disagree Disagree Strongly disagree Don't know Refuse to answer

FOOD MARKETING

DOMAIN SOURCE	QUESTION
EXPOSURE TO UNHEALTHY FOOD MARKETING - LOCATION REVISED 2019 *MKTG_LOC_[TYPE]* *MKTG_LOC_NONE* *MKTG_LOC_DK* *MKTG_LOC_R* *MKTG_LOC_OTEXT*	**In the last 30 days, have you seen or heard advertisements or promotions for 'unhealthy foods' in the following places?** (Select all that apply) *Unhealthy foods include processed foods high in sugar, salt, or saturated fat, such as fizzy drinks, fast food, crisps, sugary cereals, cookies and chocolate bars.* 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 films or at the cinema At school/college/university Signs or displays in supermarkets, convenience shops or restaurants At a recreation/community centre Sports event, concert or community event

	Giveaways, samples or special offers Other → Please specify: [*open-ended*] I haven't seen any advertising or promotions for unhealthy food in the last 30 days Don't know Refuse to answer
EXPOSURE TO UNHEALTHY FOOD MARKETING - FREQUENCY REVISED 2019 *MKTG_FREQ_SD* *MKTG_FREQ_FF* *MKTG_FREQ_CEREAL* *MKTG_FREQ_SNACK* *MKTG_FREQ_DESSERT* *MKTG_FREQ_CANDY*	**In the last 30 days, <u>how often</u> did you see or hear advertisements or promotions for the following?** **Ads for sugary drinks** **Ads for fast food / take-away** **Ads for sugary cereals** **Ads for snacks such as crisps** **Ads for desserts such as cakes, biscuits, and ice cream** **Ads for sweets or chocolate bars** [Show response options for each item as radio button list] Never Less than once a week Once a week A few times a week Every day More than once a day Don't know Refuse to answer
EXPOSURE TO MARKETING STRATEGIES *MKTG_LICENCED* *MKTG_COMPANY* *MKTG_CELEB* *MKTG_PROSPORT* *MKTG_RECSPORT* *MKTG_CULTURE* *MKTG_NONE* *MKTG_DK* *MKTG_R*	[PROGRAMMER NOTE: show note in grey font] *Remember: Unhealthy foods include processed foods high in sugar, salt, or saturated fat, such as fizzy drinks, fast food, crisps, sugary cereals, cookies and chocolate bars.* **In the last 30 days, have you seen any of the following?** (Select all that apply) 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 Don't know Refuse to answer

CHILD ASK - MARKETING STRATEGIES REVISED 2019 (response format) *ASK_LICENCED* *ASK_COMPANY*	*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 fizzy drinks, fast food, crisps, sugary cereals, cookies and chocolate bars.* In the last 30 days, have your <u>children asked you to buy</u> any <u>unhealthy</u> food or drinks with… Characters from movies or TV (e.g., Star Wars, Disney characters) Characters created by food companies (e.g., Tony the Tiger, Ronald McDonald) [Show response options for each item as radio button list] Yes No Don't know Refuse to answer
PARENT BUY- MARKETING STRATEGIES REVISED 2019 (response format) *BUY_LICENCED* *BUY_COMPANY*	*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 fizzy drinks, fast food, crisps, sugary cereals, cookies and chocolate bars.* In the last 30 days, <u>did you buy</u> your children any <u>unhealthy</u> food or drinks with… Characters from movies or TV (e.g., Star Wars, Disney characters) Characters created by food companies (e.g., Tony the Tiger, Ronald McDonald) [Show response options for each item as radio button list] Yes No Don't know Refuse to answer
PESTER POWER NEW 2020 *PESTER*	*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 fizzy drinks, fast food, crisps, sugary cereals, cookies and chocolate bars.* How often do your children ask you to buy unhealthy food or drinks they've seen advertised? Never Only for special occasions Less than once a week Some days Every day Don't know Refuse to answer

UNHEALTHY FOOD CONSUMPTION FREQUENCY REVISED 2019 (response format) *EAT_SD* *EAT_FF* *EAT_CEREAL* *EAT_SNACK* *EAT_DESSERT* *EAT_CANDY*	*UNIVERSE: At least 1 child <18 years in household (child_home>0)* In a typical week, how often <u>do your children eat or drink</u>… Sugary drinks Fast food / take-away Sugary cereals Snacks such as crisps Desserts such as cakes, biscuits, and ice cream Sweets or chocolate bars [Show response options for each item as radio button list] 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
CHILD – PRODUCTS *MKTG_CHILD_PRODUCT*	*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 fizzy drinks, fast food, crisps, sugary cereals, cookies 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
CHILD – TOY *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' toys or other toys</u> from fast-food restaurants? Yes No Don't know Refuse to answer
CONCERN ABOUT CHILD'S EXPOSURE TO MARKETING *MKTG_CHILD_CONCERN*	*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
SUGAR TAX <mark>REVISED 2019</mark> *DRINKS_COST*	**Do drinks with sugar (e.g., Coke) cost more than drinks without sugar (e.g., Diet Coke) in the UK?** No Yes – a little more Yes – a lot more Don't know Refuse to answer
SUGAR TAX - **AWARENESS** *TAX_AWARENESS*	*UNIVERSE: UK, Mexico and USA only.* **Is there a special tax on sugary drinks in the UK that makes them more expensive to buy?** No Yes Don't know Refuse to answer
SUGAR TAX - IMPACT *TAX_[TYPE]*	*UNIVERSE: UK, Mexico and USA only; and aware of tax on sugary drinks (tax.awareness=yes)* [PROGRAMMER NOTE: use table format] **Has the tax changed whether you buy the following drinks for you or your family?** Fizzy drinks Diet fizzy drinks 100% fruit or vegetable juice Sweetened fruit drinks Low-/no-calorie fruit drinks Plain bottled water Regular flavoured waters or vitamin waters <u>with</u> calories Low-/no-calorie flavoured waters or vitamin waters Regular sports drinks Low-/no-calorie sports drinks Regular energy drinks Low-/no-calorie energy drinks White milk or unsweetened milk alternatives Chocolate or flavoured milk, or sweetened milk alternatives Buy less Buy more No change Don't know Refuse to answer

POLICY SUPPORT

DOMAIN SOURCE	QUESTION
POLICY SUPPORT (items in second list from Policy Interventions to Reduce Obesity – Knowledge, Attitudes and Beliefs Survey of the Public (Raine)) <mark>REVISED 2019</mark> *POL_CAL_REST* *POL_TAX_SSB* *POL_TAX_SUB* *POL_TAX_SUGAR* *POL_FV_SUB* *POL_BAN_CHECKOUT* *POL_MAX_SALT* *POL_ADDED* *POL_SCH_PROG* *POL_SCH_STND* *POL_ZONE_FF* *POL_BAN_UNHLTH* *POL_RESTR_SPONS* *POL_BAN_TOYFF* *POL_BAN_DISC*	[PROGRAMMER NOTE: HIDE BACK BUTTON.] **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.** **Would you support or oppose a government policy that would require…** Support Neutral Oppose Don't know Refuse to answer [PROGRAMMER NOTE: SHOW 8 RANDOMLY SELECTED ITEMS TO EACH PARTICIPANT; RANDOMIZE ORDER OF ITEM PRESENTATION. SHOW RESPONSE OPTIONS FOR EACH ITEM AS RADIO BUTTON LIST] Calorie amounts on menus of chain restaurants Taxes on sugary drinks Taxes on sugary drinks IF the money was spent on subsidising 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, crisps, chocolate) at supermarket checkouts A maximum limit on salt levels 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 A ban on marketing unhealthy food and beverages to children 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')

PERCEIVED EFFECTIVENESS OF FISCAL POLICIES – SUPPORT	*UNIVERSE: UK only* [PROGRAMMER NOTE: Hide back button.] In April 2018 a new sugary drink tax was introduced in the UK. This aims to encourage manufacturers to reduce the sugar in drinks. The money will be spent on breakfast clubs, and sports in primary schools.
TAX_SUPPORT	Do you support or oppose this policy? Strongly oppose Oppose Support Strongly support Don't know Refuse to answer

HEALTH LITERACY

DOMAIN SOURCE	QUESTION
NEWEST VITAL SIGN PFIZER	This information is on the back of a container of ice cream. **Nutrition** Servings per container: 4 | Typical Values	Per 100 mL	1 serving (125 mL)
---	---	---
Energy	837 kJ	1046 kJ
	200 kcal	250 kcal
Fat	10.4 g	13.0 g
of which saturates	7.2 g	9.0 g
Carbohydrate	24.0 g	30.0 g
of which sugars	18.4 g	23.0 g
Fibre	1.6 g	2.0 g
Protein	3.2 g	4.0 g
Salt	0.1 g	0.1 g	 **Reference intake of an average adult** (8400 kJ/2000 kcal) Ingredients: Cream, Skim milk, Liquid sugar, Water, Egg yolks, Brown sugar, Milkfat, Peanut oil, Sugar, Butter, Salt, Carrageenan, Vanilla extract [PROGRAMMER NOTE: show above NFT and text above each of the following NVS questions]

NVS_CAL NVS_CAL_N	**If you eat the entire container, how many calories (kcal) will you eat?** Enter number of calories (kcal): [*open-ended*] Don't know Refuse to answer [*Answer: Any of the following is correct: 1000 cal, 4184 kJ, or range from 4000-4200 kJ*]
NVS_CARB NVS_CARB_N	**If you are allowed to eat 60 grams of carbohydrates as a snack, how much ice cream could you have?** Enter number of mililitres (mL): [*open-ended*] Don't know Refuse to answer [*Answer: Any of the following is correct: 250mL, 2 servings, "half the container", or "half" ("cups" are not used as units in the UK so not confused with ½ cup)*]
NVS_SAT NVS_SAT_N	**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?** Enter number of grams: [*open-ended*] Don't know Refuse to answer [*Answer: 33 is the only correct answer*]
NVS_DV NVS_DV_N	**If you usually eat 2,500 calories in a day, what percentage of your daily value of energy will you be eating if you eat one serving?** Enter percentage: [*numeric percentage*] Don't know Refuse to answer [*Answer: 10% is the only correct answer*]
NVS_ALG NVS_ALG_WHY NVS_ALG_WHYTEXT	**Pretend that you are allergic to the following substances: penicillin, peanuts, latex gloves, and bee stings.** **Is it safe for you to eat this ice cream?** Yes No Don't know Refuse to answer [*Answer: No*] [If "no", ask:] **Why not?** Enter reason*: [open-ended*] Don't know Refuse to answer [*Answer: Because it has peanut oil or because you might have an allergic reaction*]

GENERAL HEALTH STATUS

DOMAIN SOURCE	QUESTION
FRUIT CONSUMPTION BRFSS *FRUIT_PREFER* *FRUIT_DAY_NUM* *FRUIT_DAY_DK_R* *(DAY/WEEK/MONTH)*	Now think about the foods you ate or drank during the past month, that is, the past 30 days, including meals and snacks. **Not including juices, how often did you eat fruit?** *Include fresh, frozen or canned fruit. Do not include dried fruits.* **Do you prefer to answer by the number of times per day, week or month?** Day Week Month Don't know Refuse to answer *[Programmer: Show if "Day" is selected.]* **Enter the number of times you eat fruit per day:** ___ per day Don't know Refuse to answer *[Programmer: Show if "Week" is selected.]* **Enter the number of times you eat fruit per week:** ___ per week Don't know Refuse to answer *[Programmer: Show if "Month" is selected.]* **Enter the number of times you eat fruit per month:** ___ per month Don't know Refuse to answer
FRUIT JUICE CONSUMPTION BRFSS *JUICE_PREFER* *JUICE_DAY_NUM* *JUICE_DAY_DK_R* *(DAY/WEEK/MONTH)*	**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?** *Do not include fruit-flavored drinks with added sugar.* *Include only 100% pure juices or 100% juice blends.* **Do you prefer to answer by the number of times per day, week or month?** Day Week Month

	Don't know Refuse to answer *[Programmer: Show if "Day" is selected.]* **Enter the number of times you drink 100% fruit juice per day:** ___ per day Don't know Refuse to answer *[Programmer: Show if "Week" is selected.]* **Enter the number of times you drink 100% fruit juice per week:** ___ per week Don't know Refuse to answer *[Programmer: Show if "Month" is selected.]* **Enter the number of times you drink 100% fruit juice per month:** ___ per month Don't know Refuse to answer
SALAD CONSUMPTION BRFSS *SALAD_PREFER* *SALAD_DAY_NUM* *SALAD_DAY_DK_R* *(DAY/WEEK/MONTH)*	**How often did you eat a green leafy or lettuce salad, with or without vegetables?** *Include spinach salads.* **Do you prefer to answer by the number of times per day, week or month?** Day Week Month Don't know Refuse to answer *[Programmer: Show if "Day" is selected.]* **Enter the number of times you eat a salad per day:** ___ per day Don't know Refuse to answer *[Programmer: Show if "Week" is selected.]* **Enter the number of times you eat a salad per week:** ___ per week Don't know Refuse to answer

	[Programmer: Show if "Month" is selected.] **Enter the number of times you eat a salad per month:** ___ per month Don't know Refuse to answer
FRIED POTATO CONSUMPTION BRFSS *POTATO_PREFER* *POTATO_DAY_NUM* *POTATO_DAY_DK_R* *(DAY/WEEK/MONTH)*	**How often did you eat any kind of prepared potatoes products like chips, hash brown, potato waffles?** *Do not include crisps.* **Do you prefer to answer by the number of times per day, week or month?** Day Week Month *[Programmer: Show if "Day" is selected.]* **Enter the number of times you eat prepared potatoes products per day:** ___ per day Don't know Refuse to answer *[Programmer: Show if "Week" is selected.]* **Enter the number of times you eat prepared potatoes products per week:** ___ per week Don't know Refuse to answer *[Programmer: Show if "Month" is selected.]* **Enter the number of times you eat prepared potatoes products per month:** ___ per month Don't know Refuse to answer
OTHER POTATO CONSUMPTION BRFSS *OTH_POT_PREFER* *OTH_POT_DAY_NUM* *OTH_POT_DAY_DK_R* *(DAY/WEEK/MONTH)*	**How often did you eat any other kind of potatoes, or sweet potatoes, such as baked, boiled, mashed potatoes, or potato salad?** *Include all types of potatoes except fried. Include potatoes au gratin and scalloped potatoes.* **Do you prefer to answer by the number of times per day, week or month?** Day Week Month Don't know Refuse to answer

	[Programmer: Show if "Day" is selected.] **Enter the number of times you eat other kinds of potatoes per day:** ___ per day Don't know Refuse to answer *[Programmer: Show if "Week" is selected.]* **Enter the number of times you eat other kinds of potatoes per week:** ___ per week Don't know Refuse to answer *[Programmer: Show if "Month" is selected.]* **Enter the number of times you eat other kinds of potatoes per month:** ___ per month Don't know Refuse to answer
OTHER VEGETABLE CONSUMPTION BRFSS *VEG_PREFER* *VEG_DAY_NUM* *VEG_DAY_DK_R* *(DAY/WEEK/MONTH)*	**Not including lettuce salads and potatoes, how often did you eat other vegetables?** *Include tomatoes, peas, mushrooms, green beans, carrots, sweetcorn, cabbage, bean sprouts, and broccoli.* *Include raw, cooked, canned, or frozen vegetables.* *Do not include rice.* **Do you prefer to answer by the number of times per day, week or month?** Day Week Month Don't know Refuse to answer *[Programmer: Show if "Day" is selected.]* **Enter the number of times you eat other types of vegetables per day:** ___ per day Don't know Refuse to answer *[Programmer: Show if "Week" is selected.]* **Enter the number of times you eat other types of vegetables per week:** ___ per week Don't know Refuse to answer

	[Programmer: Show if "Month" is selected.] **Enter the number of times you eat other types of vegetables per month:** ___ per month Don't know Refuse to answer
GENERAL HEALTH CCHS BRFSS CHMS *HLTH_GENERAL*	**In general, would you say your health is...** Poor Fair Good Very good Excellent Don't know Refuse to answer
OVERALL DIET NHANES AND USED IN FCMS *DIET*	**In general, how healthy is your overall diet?** Poor Fair Good Very good Excellent Don't know Refuse to answer
MENTAL HEALTH CCHS AND CHMS *MENTAL*	**In general, would you say your mental health is...** Poor Fair Good Very good Excellent Don't know Refuse to answer
STRESS CHMS *STRESS*	**Thinking about the amount of stress in your life, would you say that most days are...** Not at all stressful Not very stressful A bit stressful Very stressful Extremely stressful Don't know Refuse to answer

ORAL HEALTH ADAPTED FROM AUSTRALIA NATIONAL STUDY OF ADULT ORAL HEALTH (NSAOH) 2017/2018 NEW 2020 *ORAL*	**How would you rate your overall oral and dental health (teeth, gums, mouth or denture)?** Poor Fair Good Very good Excellent Don't know Refuse to answer
COVID IMPACT – PHYSICAL HEALTH NEW 2020 *COVID_HLTH*	**Compared to before the COVID-19 pandemic, my PHYSICAL HEALTH is…** A lot worse A little worse No difference A little better A lot better Don't know Refuse to answer
COVID IMPACT – DIET QUALITY NEW 2020 *COVID_DIET*	**Compared to before the COVID-19 pandemic, my OVERALL DIET is…** A lot less healthy A little less healthy No difference A little more healthy A lot more healthy Don't know Refuse to answer
COVID IMPACT – MENTAL HEALTH NEW 2020 *COVID_MENTAL*	**Compared to before the COVID-19 pandemic, my MENTAL HEALTH is…** A lot worse A little worse No difference A little better A lot better Don't know Refuse to answer
COVID ILLNESS NEW 2020 *COVID_ILL*	**Have you had COVID-19?** No Yes – confirmed by test I believe I had COVID-19, but was not tested Don't know [valid response] Refuse to answer

OTHER HEALTH BEHAVIOURS

DOMAIN SOURCE	QUESTION
DATA QUALITY CHECK – MONTH *DQ_MONTH*	What is the current month? January February March April May June July August September October November December Don't know Refuse to answer
SMOKING – PAST 30 DAYS CTADS *SMK_30*	Have you smoked cigarettes in the past 30 days? No Yes, occasionally Yes, every day Don't know Refuse to answer
MARIJUANA USE – FREQUENCY CSTADS *MJ_USE*	In the last 12 months, how often did you use marijuana or cannabis (a joint, pot, weed, hash)? 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

MARIJUANA USE – DRIVEN CSTADS ADAPTED *MJ_DRIVE*	*UNIVERSE: Ever used marijuana (mj_use ≠ 1)* Have you ever <u>driven</u> a vehicle within 2 hours of using marijuana? No, never Yes, in the last 30 days Yes, more than 30 days ago Don't know Refuse to answer
MARIJUANA USE – PASSENGER CSTADS ADAPTED *MJ_PASS*	Have you ever been a <u>passenger</u> in a vehicle driven by someone who had been using marijuana in the last 2 hours? No, never Yes, in the last 30 days Yes, more than 30 days ago Don't know Refuse to answer
ALCOHOL USE – FREQUENCY CSTADS *ALC_FREQ*	In the last 12 months, how often did you have a drink of alcohol that was more than just a sip? *A DRINK means: 1 regular sized bottle, can, or glass of beer; 1 glass of wine; 1 bottle or can of alcopop; 1 measure of spirits (rum, whisky, etc.); or 1 mixed drink (1 measure of spirits with fizzy drink, juice, energy drink, etc.).* 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 *[valid answer]* Refuse to answer

ALCOHOL USE – BINGE DRINKING CSTADS *ALC_SEX* *ALC_BINGE*	*UNIVERSE: Drank more than a sip of alcohol in last 12 months (alc_freq=4-10); do not ask if DK/R* **In the last 12 months, how often did you have ["5" if male / "4" if female] drinks of alcohol or more on one occasion?** *A DRINK means: 1 regular sized bottle, can, or glass of beer; 1 glass of wine; 1 bottle or can of alcopop; 1 measure of spirits (rum, whisky, etc.); or 1 mixed drink (1 measure of spirits with fizzy drink, juice, energy drink, etc.).* 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 *[valid answer]* Refuse to answer
COVID IMPACT – ALCOHOL <mark>NEW 2020</mark> *COVID_ALC*	**Has the COVID-19 pandemic affected how much alcohol you drink?** I drink A LOT LESS alcohol I drink A LITTLE LESS alcohol No difference I drink A LITTLE MORE alcohol I drink A LOT MORE alcohol Not applicable Don't know Refuse to answer
COVID IMPACT – PHYSICAL ACTIVITY <mark>NEW 2020</mark> *COVID_PA*	**Has the COVID-19 pandemic affected your level of physical activity?** I am A LOT LESS physically active I am A LITTLE LESS physically active No difference I am A LITTLE MORE physically active I am A LOT MORE physically active Don't know Refuse to answer

SOCIODEMOGRAPHIC MEASURES

DOMAIN SOURCE	QUESTION
ETHNICITY ADAPTED FROM UK 2011 CENSUS *ETH_UK_WHITE* *ETH_UK_WHITE_OTEXT* *ETH_UK_MIXED* *ETH_UK_MIXED_OTEXT* *ETH_UK_ASIAN* *ETH_UK_ASIAN_OTEXT* *ETH_UK_BLACK* *ETH_UK_BLACK_OTEXT* *ETH_UK_OTHER* *ETH_UK_OTHER_OTEXT*	**Which of the following best describes your ethnic or racial background?** WHITE 1. English / Welsh / Scottish / Northern Irish / British 2. Irish 3. Gypsy or Irish Traveller 4. Any other White background (please specify): _____ MIXED / MULTIPLE ETHNIC GROUPS 1. White and Black Caribbean 2. White and Black African 3. White and Asian 4. Any other Mixed / Multiple ethnic background (please specify): _____ ASIAN / ASIAN BRITISH 1. Indian 2. Pakistani 3. Bangladeshi 4. Chinese 5. Any other Asian background (please specify): _____ BLACK / AFRICAN / CARIBBEAN / BLACK BRITISH 1. African 2. Caribbean 3. Any other Black / African / Caribbean background (please specify): _____ OTHER ETHNIC GROUP 1. Arab 2. Any other ethnic group (please specify): _____ -77 Don't know -88 Refuse to answer
COUNTRY OF BIRTH *BIRTH_UK*	**Were you born in the United Kingdom?** Yes No Don't know Refuse to answer

HIGHEST EDUCATION UK 2011 CENSUS *EDUC_COMP_UK_1…11* *EDUC_COMP_UK_OTHER* *EDUC_COMP_UK_OTEXT* *EDUC_COMP_UK_NONE* *EDUC_COMP_UK_DK* *EDUC_COMP_UK_R*	**What is the highest level of formal education that you have <u>completed</u>?** - Tick every box that applies if you have any of the qualifications listed - If your UK qualification is not listed, tick the box that contains its nearest equivalent - If you have qualifications gained outside the UK, tick the 'Foreign qualifications' box and the nearest UK equivalents (if known) ☐ 1 – 4 O levels/CSEs/GCSEs (any grades), Entry Level, Foundation Diploma ☐ NVQ Level 1, Foundation GSVQ, Basic Skills ☐ 5+ O levels (passes)/CSEs (grade 1)/GCSEs (grades A*-C/9-4), School Certificate, 1 A level/2-3 AS levels/VCEs, Higher Diploma ☐ NVQ Level 2, Intermediate GNVQ, City and Guilds Craft, BTEC First/General Diploma, RSA Diploma ☐ Apprenticeship ☐ 2+ A levels/VCEs, 4+ AS levels, Higher School Certificate, Progression/Advanced Diploma ☐ NVQ Level 3, Advanced GNVQ, City and Guilds Advanced Craft, ONC, OND, BTEC National, RSA Advanced Diploma ☐ Degree (for example BA, BSc), Higher Degree (for example MA, PhD, PGCE) ☐ NVQ Level 4-5, HNC, HND, RSA Higher Diploma, BTEC Higher Level ☐ Professional qualifications (for example teaching, nursing, accountancy) ☐ Other vocational / work-related qualifications [open-ended] ☐ Foreign qualifications ☐ No qualifications Don't know Refuse to answer
PERCEIVED INCOME ADEQUACY LITWIN & SAPIR 2009 *INCOME_ADEQ*	**Thinking about your total monthly income, how difficult or easy is it for you to make ends meet?** Very difficult Difficult Neither easy nor difficult Easy Very easy Don't know Refuse to answer
HOUSEHOLD SIZE ADAPTED FROM NHANES; FCMS; ONTARIO HEALTH STUDY (OHS) COVID-19 QUESTIONNAIRE, 2020; WATERLOO REGION MATTERS SURVEY – COVID-19 EDITION <mark>NEW 2020</mark> *HHLDSIZE_CH* *HHLDSIZE_AD*	How many children (under 18 years of age) currently live in your household? [*dropdown with numbers from 0 to 10, more than 10, DK/R*] Don't know Refuse to answer How many adults (age 18 or older), including yourself, currently live in your household? [*dropdown with numbers from 1 to 10, more than 10, DK/R*] Don't know Refuse to answer Include all family members who live with you all or most of the time. Do NOT include housemates unless you share income.

HOUSEHOLD INCOME ADAPTED FROM CANADIAN COMMUNITY HEALTH SURVEY (CCHS) 2020; US CPS CURRENT POPULATION SURVEY (CPS); UK NATIONAL DIET AND NUTRITION SURVEY (NDNS) YEAR 8; INTERNATIONAL CANNABIS POLICY STUDY (ICPS) 2020 NEW 2020 *INCOME_UK*	What was your total household income, from all sources, before taxes, over the past 12 months? *Include income from work, investments, pensions or government.* *Include income from all family members living with you all, or most of the time. Do NOT include housemates unless you share income.* Less than £5,000 £5,000 to less than 10,000 £10,000 to less than £15,000 £15,000 to less than £20,000 £20,000 to less than £25,000 £25,000 to less than £30,000 £30,000 to less than £35,000 £35,000 to less than £40,000 £40,000 to less than £45,000 £45,000 to less than £50,000 £50,000 to less than £75,000 £75,000 to less than £100,000 £100,000 and over Don't know Refuse to answer
COVID IMPACT – FINANCES ADAPTED FROM CANADIAN PERSPECTIVE SURVEY SERIES – IMPACTS OF COVID-19 NEW 2020 *COVID_FINANCE*	Has the COVID-19 pandemic affected your ability to meet <u>financial obligations or essential needs</u>, such as rent or mortgage payments, utilities and groceries? Major impact Moderate impact Minor impact No impact Too soon to tell Don't know Refuse to answer

SUBJECTIVE SOCIAL STATUS MACARTHUR SCALES OF SUBJECTIVE SOCIAL STATUS (Bradshaw et al, 2017) REVISED 2019 (response format) *SOC_STATUS*	Think of this ladder as representing where people stand in the United Kingdom. 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. 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 the United Kingdom. [SHOW RESPONSE OPTIONS FOR EACH ITEM AS RADIO BUTTON LIST] 10 – Best off 9 8 7 6 5 4 3 2 1 – Worst off Don't know Refuse to answer
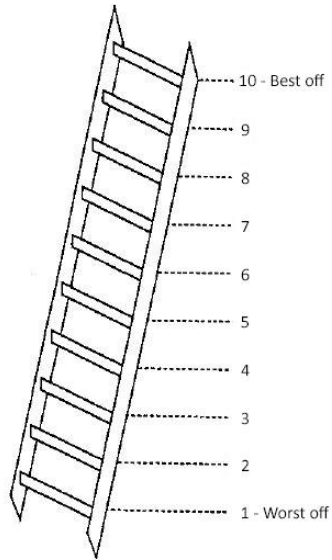
REGION ASH YOUTH SURVEY ADAPTED *REGION_UK* *REGION_UK_OTEXT*	What region do you live in? North East North West Yorkshire and the Humber East Midlands West Midlands East of England London South East South West Scotland Wales Northern Ireland Other (please specify): _____ Don't know Refuse to answer
POSTAL CODE *POSTAL* *POSTAL_TEXT_UK*	Please enter your postcode: *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.* Enter: _____ [format 8 digits max] Don't know Refuse to answer
SELF-REPORTED HEIGHT *HT_UNIT* *HT_FT* *HT_IN* *HT_CM*	It is helpful to know the height and weight of survey participants. How tall are you without shoes? Would you rather answer in: Feet and inches Centimetres Don't know Refuse to answer [PROGRAMMER NOTE: show based on response to above] *UNIVERSE: ht_unit=feet and inches* *Enter feet*: _____ ft [numeric, 2-7] AND *Enter inches*: _____ in [numeric, 0-11] *UNIVERSE: ht_unit= centimetres* *Enter centimetres*: _____ cm [numeric, 60-250]

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

	Enter pounds: _____ lb [numeric, 0-13] *UNIVERSE: wt_unit= pounds* *Enter pounds*: _____ lb [numeric] *UNIVERSE: wt_unit=kilograms* *Enter kilograms*: _____ kg [numeric]
SELF-REPORTED WEIGHT CONFIRMATION *WT_STLB_CONF* *WT_LB_CONF* *WT_KG_CONF*	*UNIVERSE: wt_unit= stones and pounds (st/lb)* **You entered [X] stones and [X] pounds. Is that correct?** Yes No – I need to make a correction Don't know Refuse to answer *UNIVERSE: wt_unit= pounds* **You entered [X] pounds. Is that correct?** Yes No – I need to make a correction Don't know Refuse to answer *UNIVERSE: wt_unit=kilograms* **You entered [X] kilograms. Is that correct?** Yes No – I need to make a correction Don't know Refuse to answer
SELF-REPORTED WEIGHT CORRECTION *WTC_UNIT* *WTC_STLB* *WTC_LB* *WTC_KG*	*UNIVERSE: wt_stlb_conf, wt_lb_conf, or wt_kg_conf= No – I need to make a correction* **How much do you weigh without clothes or shoes?** Would you rather answer in: Stones and pounds (st/lb) Pounds (lb) Kilograms (kg) Don't know Refuse to answer [PROGRAMMER NOTE: show based on response to above] *UNIVERSE: wtc_unit= stones and pounds (st/lb)* *Enter stones*: _____ st [numeric] AND *Enter pounds*: _____ lb [numeric]

	UNIVERSE: wtc_unit= pounds *Enter pounds*: _____ lb [numeric] *UNIVERSE: wtc_unit=kilograms* *Enter kilograms*: _____ kg [numeric]
COVID IMPACT – WEIGHT NEW 2020 *COVID_WT*	Has the COVID-19 pandemic affected your weight? I have LOST A LOT of weight I have LOST A LITTLE weight No difference I have GAINED A LITTLE weight I have GAINED A LOT of weight Don't know Refuse to answer

DIETARY RECALL
RESPONDENT WILL BE REDIRECTED TO INTAKE24.

DOMAIN SOURCE	ENGLISH
PANDA NEW 2020	[PROGRAMMER NOTE: AUSTRALIA, CANADA, UK, USA] Getting tired of the survey? Don't give up, there's just one more section!

ASA24-REDIRECT NEW 2020	[PROGRAMMER NOTE: CANADA/AUSTRALIA/UK/USA ONLY] To complete the next section of the survey, click on the link below. The link will take you to a website run by the University of Cambridge which asks about the food you ate yesterday. Typically, this takes 15-30 minutes. After you have finished telling us about the food you ate, you will be redirected to this website for a few final study details. Click HERE to continue to the next section of the survey. **NOTE: Once you start the next section of the survey, you MUST complete it in one sitting. If you log out or leave the survey inactive for more than 30 minutes, you will NOT be able to restart or continue later.** [PROGRAMMER NOTE: REDIRECT RESPONDENT TO INTAKE24.]

WELCOME	Welcome back! To record your progress, please click NEXT.
INCOMPLETE NEW 2020	If ASAstatus=incomplete: It looks like you didn't finish the last section (i.e., entering your food information). Unfortunately, you are not eligible to continue the survey. The survey company will be notified that you did NOT finish the survey. Thank you for your time. You will now be redirected back to the survey company.
END SCREEN REVISED 2019	If ASAstatus= complete: **You're finished—thank you!** As a reminder, this study has been reviewed by and received ethics clearance through a University of Waterloo Research Ethics Committee (ORE #30829). If you have any comments or concerns resulting from your involvement please contact the Office of Research Ethics in Canada at 001-519-888-4567, ext. 36005 or ore-ceo@uwaterloo.ca, or Professor David Hammond from the University of Waterloo in Canada at 001-519-888-4567 ext. 46462 or dhammond@uwaterloo.ca or Dr. Jean Adams, a local study researcher from the University of Cambridge in the United Kingdom at 01223 769142 or jma79@medschl.cam.ac.uk. **Click NEXT to return to the survey company's website.** Thanks again for your help.

Thank you fur finishing the survey!

REDIRECT TO NIELSEN	You will now be redirected back to the survey company.