



AUSTRALIA SURVEY

2021 SURVEY (WAVE 5)

JULY 21, 2023



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SUGGESTED CITATION

HAMMOND D. INTERNATIONAL FOOD POLICY STUDY: AUSTRALIA SURVEY – 2021 SURVEY (WAVE 5). UNIVERSITY OF WATERLOO. JULY 2023.

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NIELSEN INVITATION

DOMAIN SOURCE	QUESTION
SAMPLE EMAIL INVITATION NEW 2019	<p>We've found a survey for you!</p> <p>Simply click “Continue” to begin the survey.</p> <p>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.</p>
PANELIST AGE NEW 2019	<p>What is your age?</p> <p>[numeric]</p> <p>[If <18 or >100: TERMINATE]</p> <p>NOTE TO ETHICS: This is used as a quota screener by Nielsen; data not provided to researchers.</p>
PANELIST SEX NEW 2019 REVISED 2021	<p>What sex were you assigned at birth, meaning on your original birth certificate?</p> <p>Male</p> <p>Female</p> <p>NOTE TO ETHICS: This is used as a quota screener by Nielsen; data not provided to researchers.</p>
SURVEY LENGTH CONFIRMATION NEW 2020	<p>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?</p> <p>Yes [REDIRECT TO SURVEY]</p> <p>No [TERMINATE]</p>
PARENTAL STATUS NEW 2019	<p>Please choose the options that best describe your household:</p> <p>[PROGRAMMER NOTE: Allow participants to select more than one of the first 3 options]</p> <p>I am pregnant/expecting a child within the next 9 months</p> <p>I have one or more children under the age of 18 living in my household</p> <p>I have one or more children aged 18 or older living in my household</p> <p>I have no children living in my household and I am not pregnant/expecting a child within the next 9 months</p> <p>PROGRAMMER NOTE: If no children under age of 18 living in household show: “Thank you for your interest, unfortunately you do not qualify for this study. We appreciate your participation and thank you for your time. You have earned [panel incentive].”</p> <p>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.</p>
CHILD AGE AND GENDER NEW 2019 REVISED 2020	<p><i>UNIVERSE: Respondents who indicated they had a child under the age of 18 living in the household.</i></p> <p>Please indicate the age and gender of any children under the age of 18 living in your household:</p> <p>[PROGRAMMER NOTE: Allow participants to select more than one option]</p> <p>Boy under age 1</p>

<p>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</p> <p>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.</p>

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 REVISED 2021	Before you start the survey, please read the following information and let us know if you agree to participate. <ul style="list-style-type: none"> - 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 US National Institutes of Health. 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 ASA24 system operated by the U.S. National Institutes of Health. Internet protocol (IP) addresses may be recorded by the software programs used for this study to avoid duplicate responses in the dataset, but this information will not be used by the researchers or the owners of the programs to identify you personally. 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 Board (REB #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 0011-1-519-888-4567 ext. 36005 or reb@uwaterloo.ca. - If you have any other questions about the study, please contact Professor David Hammond of the University of Waterloo in Canada at 0011-1-519-888-4567 ext. 46462 or dhammond@uwaterloo.ca or Associate Professor Gary Sacks, a local study researcher from Deakin University in Australia at 03 9251 7105 or gary.sacks@deakin.edu.au.
CONSENT REVISED 2021 CONSENT	Based on the information you received, do you agree to take part in this research study? Yes → [continue to survey] No → Thank you for your time. You will now be redirected back to the survey company. [TERMINATE]

DEMOGRAPHICS

DOMAIN SOURCE	QUESTION
PREAMBLE REVISED 2020	First, we'd like to ask a few questions about your background.
GENDER CIHR SUGGESTED METHOD (GRETA BAUER, WESTERN) <i>GENDER</i> <i>GENDER_OTEXT</i>	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: <i>[open-ended]</i> Don't know Refuse to answer
STUDENT STATUS <i>STUDENT</i>	Are you currently a student? No Yes, full-time Yes, part-time Don't know Refuse to answer
OCCUPATION ADAPTED FROM CCHS <i>OCCUP</i> <i>OCCUP_OTEXT</i>	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 (including vacation from school) Caring for children Household work Retired Maternity/paternity leave Long term illness Volunteering Caregiving other than for children Other (please specify): _____ Don't know Refuse to answer
CHILDREN – ANY <i>CHILD_ANY</i>	Do you have any children (including step-children or adopted children)? Yes No Don't know Refuse to answer

CHILDREN IN HOME - NUMBER BRFS ADAPTED CHILD_HOME	UNIVERSE: Respondents with children (child_any=yes) How many of your children under the age of 18 live in your household (including step-children or adopted children)? <i>[dropdown with numbers up to 10]</i> 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] under 18 that live[s] in your household, in years, in the box(es) below. Child #1 Age: <i>[numeric, decimal allowed]</i> Child #2 Age: <i>[numeric, decimal allowed]</i> Child #... [PROGRAMMER NOTE: add rows based on response to number of children living in household, up to 10 children] Don't know Refuse to answer
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	[PROGRAMMER NOTE: Only display "My child(ren) under the age of 18" if child_home>0. Only display "My child(ren) age 18 or older" if child_any=yes] 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 or older Brother(s), sister(s), grandchild(ren), in-laws or other relative(s) People not related to me (roommates or housemates) I live in a residence at school, university or college I live alone Other → Please specify: <i>[open-ended]</i> Don't know Refuse to answer

FOOD SOURCES

DOMAIN	QUESTION
FOOD SOURCE – EATING OUT FREQUENCY NHANES adapted EATOUT EATOUT_DKR	<p>Next, I'm going to ask you about meals. By meal, I mean BREAKFAST, LUNCH AND DINNER.</p> <p>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?</p> <p>Only include snacks if they counted as your meal. Do NOT include today.</p> <p>Enter number: _____ meals [numeric 0-21] Don't know Refuse to answer</p>

<p>FOOD SOURCE – PURCHASE LOCATIONS FOR FOOD PREPARED OUTSIDE THE HOME</p> <p><i>EATOUT_LOC1...9 EATOUT_LOC9_OTEXT EATOUT_LOC_DKR</i></p>	<p><i>UNIVERSE: Respondents who had at least 1 meal prepared away from home (eatout>0)</i></p> <p>You said you had [#] meal(s) prepared outside the home in the past 7 days.</p> <p>How many of these meals did you get from each of the following locations?</p> <p># of meals</p> <p>[numeric] Fast food / take-away / café (i.e., order from a counter, online, or by phone)</p> <p>[numeric] Sit-down restaurant or pub with a waiter/waitress</p> <p>[numeric] Work or school / university / hospital canteen (NOT including fast food chains)</p> <p>[numeric] Sandwich / ready-meal from a supermarket</p> <p>[numeric] Food truck / market food stall / 'street food'</p> <p>[numeric] Convenience store / petrol station</p> <p>[numeric] Leisure centre, recreation, or entertainment venue</p> <p>[numeric] Vending machine</p> <p>[numeric] Some other kind of place (Please specify):</p> <p>Don't know</p> <p>Refuse to answer</p>
<p>FOOD SOURCE – PURCHASE FORMAT FOR FOOD PREPARED OUTSIDE THE HOME</p> <p>REVISED 2019</p> <p><i>FROM_DELSERV FROM_DELDIRECT FROM_NEAR FROM_FAR FROM_DKR</i></p>	<p><i>UNIVERSE: Respondents who had at least 1 meal prepared away from home (eatout>0)</i></p> <p>You said you had [#] meal(s) prepared outside the home in the past 7 days.</p> <p>How many of those meals were...</p> <p>[numeric] Ordered using a food delivery service (e.g., UberEats, Foodora, Deliveroo) and delivered to you</p> <p>[numeric] Ordered directly from a restaurant and delivered to you</p> <p>[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</p> <p>[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</p> <p>Don't know</p> <p>Refuse to answer</p>
<p>FOOD SOURCE – PERCENTAGE EAT OUT% PREPARED OUTSIDE HOME</p> <p><i>EATOUT_PERC EATOUT_PERC_DKR</i></p>	<p>Thinking about ALL THE FOOD YOU ATE during the past 7 days, INCLUDING SNACKS, what percentage was prepared outside the home?</p> <p>Enter percentage: _____ [numeric percentage, 0 to 100%]</p> <p>Don't know</p> <p>Refuse to answer</p>

<p>COVID IMPACT – EATING OUT</p> <p>NEW 2020 REVISED 2021</p> <p>COVID_EATOUT</p>	<p>In the last 12 months, has the COVID-19 pandemic affected how often you eat food PREPARED AWAY FROM HOME?</p> <p>I ate A LOT LESS food prepared away from home I ate A LITTLE LESS food prepared away from home No difference I ate A LITTLE MORE food prepared away from home I ate A LOT MORE food prepared away from home Don't know Refuse to answer</p>
<p>FOOD SOURCE – AT HOME INTRO</p>	<p>We are now going to ask you about the food you ate during the past 7 days that was PREPARED AT HOME.</p> <p>For example: If you made lunch at home and brought it to work or school, this would be "prepared at home". If your food came from home - even if it needed little or no preparation (e.g., an apple or crackers) - that counts as "prepared at home". Include food prepared by you or someone else at home.</p> <p>DO NOT include drinks.</p>
<p>FOOD SOURCE – PURCHASE LOCATIONS FOR FOOD PREPARED AT HOME</p> <p>REVISED 2019</p> <p>HS_1...3, HS_5...6, HS_8...14 HS_DK HS_R HS_10_OTEXT HS_NONE</p>	<p>Please think about the food you ate that was PREPARED AT HOME DURING THE PAST 7 DAYS. Where was it PURCHASED? Select all that apply.</p> <p>Supermarket Fruit and veg shop Butcher Deli Fresh food market or farmer's market Convenience / corner store Warehouse club (e.g., Costco) Ethnic or specialty food store/market (e.g., Asian grocer) Farm box delivery (e.g., Farmers Direct, HelloFresh) 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</p>

<p>FOOD SOURCE – PURCHASE LOCATIONS FOR FOOD PREPARED AT HOME BY PERCENTAGE</p> <p>REVISED 2019</p> <p>HSP_1...3, HSP_5...6, HSP_8...14 HSP_DK HSP_R</p>	<p><i>UNIVERSE: Respondents who indicated they purchased meals from any locations in the previous HS question.</i></p> <p>Still thinking about the food PREPARED AT HOME IN THE PAST 7 DAYS, what percentage of food was purchased from each place?</p> <p>Enter a percentage for each source. Sources must add to 100%.</p> <p>[PROGRAMMER NOTE: Only show locations selected in previous question.]</p> <p>[numeric] Supermarket [numeric] Fruit and veg shop [numeric] Butcher [numeric] Deli [numeric] Fresh food market or farmer’s market [numeric] Convenience / corner store [numeric] Warehouse club (e.g., Costco) [numeric] Ethnic or specialty food store / market (e.g., Asian grocer) [numeric] Farm box delivery (e.g., Farmers Direct, HelloFresh) [numeric] Food bank [numeric] Grown by you or someone you know [numeric] [PROGRAMMER: Insert “Some other place” text from previous question]</p> <p>[fill with total] out of 100% Total</p> <p>Don’t know Refuse to answer</p>
<p>FOOD SOURCE – PURCHASE METHOD FOR FOOD PREPARED AT HOME</p> <p>NEW 2020</p> <p>PM_STORE PM_ONLINE PM_FRIEND PM_BANK PM_GROW PM_OTHER PM_OTEXT PM_DK PM_R</p>	<p><i>UNIVERSE: Skip if previously selected “I have not prepared any food at home in the past 7 days” (HS14=Checked)</i></p> <p>Still thinking about the food PREPARED AT HOME IN THE PAST 7 DAYS, how/where did you get the food?</p> <p>Select all that apply.</p> <p>In-store Ordered online (delivery or pick-up) 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</p>

<p>FOOD SOURCE – PURCHASE METHOD FOR FOOD PREPARED AT HOME BY PERCENTAGE</p> <p>NEW 2020</p> <p>PMP_STORE PMP_ONLINE PMP_FRIEND PMP_FBANK PMP_GROW PMP_OTHER PMP_DK PMP_R</p>	<p><i>UNIVERSE: Respondents who indicated they purchased meals using any of the methods in the previous question.</i></p> <p>What percentage of the food PREPARED AT HOME IN THE PAST 7 DAYS came from each of the following sources?</p> <p>Enter a percentage for each source. Sources must add to 100%.</p> <p>[PROGRAMMER NOTE: Only show methods selected in previous question.]</p> <p>[<i>numeric</i>] In-store</p> <p>[<i>numeric</i>] Ordered online (delivery or pick-up)</p> <p>[<i>numeric</i>] Someone outside my household (e.g., friend, relative) purchased my groceries and delivered them</p> <p>[<i>numeric</i>] Food bank</p> <p>[<i>numeric</i>] Grown by you or someone you know</p> <p>[<i>numeric</i>] [PROGRAMMER: Insert “Some other source” text from previous question]</p> <p>[<i>fill with total</i>] out of 100% Total</p> <p>Don’t know</p> <p>Refuse to answer</p>
<p>READY-TO-EAT MEALS</p> <p>READY READY_DKR</p>	<p><i>UNIVERSE: Respondents who did NOT indicate they “have not prepared any food at home in the past 7 days” (HS_none not selected)</i></p> <p>Thinking about the MEALS PREPARED AT HOME in the past 7 days, what percentage was “ready-to-eat” or “box food” (e.g., microwave, frozen or packaged meals)?</p> <p>This includes foods like frozen pizza, chicken nuggets, frozen dinner, 2 minute noodles, canned soup, baking mixes, instant oats, etc.</p> <p>Enter percentage: _____ [<i>numeric percentage, 0 to 100%</i>]</p> <p>Don’t know</p> <p>Refuse to answer</p>

BEVERAGE INTAKE

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

<p>BEVERAGE FREQUENCY QUESTIONNAIRE (BFQ) – NUMBER OF DRINKS BY TYPE</p> <p>ADAPTED FROM SEVERAL OTHER PAPER FFQS FOR BEVERAGES.</p> <p>REVISED 2019</p> <p>BFQ_#_N BFQ_NONE BFQ_DK_N BFQ_R_N</p>	<p>During the PAST 7 DAYS, HOW MANY DRINKS did you have in each category below?</p> <p>For example, if you had 2 regular soft drinks during the past 7 days, you would enter 2 in that box. If you had 1 regular soft drink EACH day, you would enter 7 in that box. [PROGRAMMER NOTE: Responses must be numeric and between 0-100; only allow participant to select 1 of none of the above, DK or R]</p> <p>[numeric] Regular soft drink (Coke, Pepsi, Fanta, Sprite, ginger beer, etc.) <i>*Not including diet soft drink</i></p> <p>[numeric] Diet soft drink (Pepsi Max, Diet Coke, etc.)</p> <p>[numeric] 100% fruit or vegetable juice (orange juice, apple juice, etc.)</p> <p>[numeric] Sweetened fruit drinks (Prima, fruit punch/cocktail, iced tea, etc.)</p> <p>[numeric] Low-/no-calorie fruit drinks (diet lemonade, unsweetened iced tea, etc.)</p> <p>[numeric] Tap water</p> <p>[numeric] Plain bottled water</p> <p>[numeric] Regular flavoured waters or vitamin waters with calories (cordial, Vitaminwater, Pump flavoured water)</p> <p>[numeric] Low-/no-calorie flavoured waters or vitamin waters (diet cordial, LQD+, Cottees Squirtz, etc.)</p> <p>[numeric] Regular sports drinks (Gatorade, Powerade, etc.)</p> <p>[numeric] Low-/no-calorie sports drinks (G2, Powerade Zero, etc.)</p> <p>[numeric] Regular energy drinks (Red Bull, V, Mother, etc.)</p> <p>[numeric] Low-/no-calorie energy drinks (Red Bull Sugarfree, etc.)</p> <p>[numeric] Dairy milk or unsweetened milk alternatives (unsweetened soy, almond, etc.) as a beverage <i>*NOT including milk consumed in cereal, etc.</i></p> <p>[numeric] Flavoured milk, incl. chocolate milk and hot chocolate, or sweetened milk alternatives (sweetened soy, almond, etc.)</p> <p>[numeric] Coffee or tea, with sugar (with or without milk)</p> <p>[numeric] Coffee or tea, no sugar (with or without milk or artificial sweetener)</p> <p>[numeric] Sweetened specialty coffees or teas (mochas, frappuccinos, chai lattes, iced coffee, etc.)</p> <p>[numeric] Sweetened smoothies, protein shakes, or drinkable yogurt</p> <p>[numeric] Unsweetened smoothies, protein shakes, or drinkable yogurt</p> <p>[numeric] Beer, cider, alcopop</p> <p>[numeric] Wine (red, white or sparkling)</p> <p>[numeric] Spirits with mixer, cocktails that have calories/sugar (rum & coke, gin & tonic, margarita, martini, etc.)</p> <p>[numeric] Spirits with no mixer or diet/non-caloric mix (shots, whiskey on the rocks, vodka & soda, rum & diet coke, etc.)</p> <p>None of the above Don't know Refuse to answer</p>
<p>BFQ SIZE INTRO</p> <p>NEW 2019</p>	<p>Now we'll ask you about your USUAL SIZE OF DRINK in each category.</p> <p>[PROGRAMMER NOTE: Hidden custom script identifies which drink categories were consumed and should be shown in the following usual size section]</p>

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

REVISED 2019








BFQ_#_SIZE_AUS
BFQ_#_SIZE_DK_AUS
BFQ_#_SIZE_R_AUS

[PROGRAMMER NOTE: For each category that there was at least one drink consumed, ask size question - images should only be shown for beverage categories selected above. Show each category on a separate page with the question header.]








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

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






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

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



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

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

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

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





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

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


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

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






Tap water

Less				
Less than 250 mL	1 cup (250 mL)	1.5 cups (375 mL)	2 cups (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

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

Less				
Less than 250 mL	1 cup (250 mL)	Small bottle (330 mL)	Can (375 mL)	Bottle (600 mL)
	More			
Extra large bottle (1 L)	More than 1 L			

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

Less				
Less than 250 mL	1 cup (250 mL)	Small bottle (330 mL)	Can (375 mL)	Bottle (600 mL)
	More			
Extra large bottle (1 L)	More than 1 L			






Regular sports drinks (Gatorade, Powerade, etc.)

Less				More
Less than 250 mL	1 cup (250 mL)	Bottle (600 mL)	XL Bottle (1 L)	More than 1 L






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

Less				More
Less than 250 mL	1 cup (250 mL)	Bottle (600 mL)	XL Bottle (1 L)	More than 1 L






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

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






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

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






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

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






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

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


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

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







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

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







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

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







Sweetened smoothies, protein shakes, or drinkable yogurt

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

Unsweetened smoothies, protein shakes, or drinkable yogurt

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

Beer, cider, alcopop

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




Wine (red, white or sparkling)

Less			More
Less than 150 mL	150 mL glass	250 mL glass	More than 250 mL

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

Less				
Less than 250 mL	1 cup (250 mL)	Can (375 mL)	1.5 cups (375 mL)	2 cups (500 mL)
More				
More than 500 mL				

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

 Shot (30 mL)	Less Less than 250 mL	 1 cup (250 mL)	 Can (375 mL)	 1.5 cups (375 mL)
 2 cups (500mL)	More 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 REVISED 2019 <i>SHOP</i>	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
FREQUENCY OF PREPARING MAIN MEALS UK NATIONAL DIET AND NUTRITION SURVEY (NDNS) <i>PREP_FREQ</i>	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 <i>SKILL_OVERALL</i>	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	<i>UNIVERSE: Respondents who passed first level screening</i> 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

	<p>Don't know Refuse to answer</p>
<p>FOOD SECURITY – AD1a USDA HFSM AD1A</p>	<p><i>UNIVERSE: AD1=1 (yes)</i> 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</p>
<p>FOOD SECURITY – AD2 USDA HFSM AD2</p>	<p><i>UNIVERSE: Respondents who passed first level screening</i> 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</p>
<p>FOOD SECURITY – AD3 USDA HFSM AD3</p>	<p><i>UNIVERSE: Respondents who passed first level screening</i> 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</p>
<p>FOOD SECURITY – AD4 USDA HFSM AD4</p>	<p><i>UNIVERSE: Respondents who passed first level screening</i> 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</p>
<p>SECOND LEVEL SCREENING</p>	<p>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.</p>
<p>FOOD SECURITY – AD5 USDA HFSM AD5</p>	<p><i>UNIVERSE: Respondents who passed second level screening</i> 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</p>
<p>FOOD SECURITY – AD5a USDA HFSM AD5A</p>	<p><i>UNIVERSE: AD5=1 (yes)</i> 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</p>

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	<i>UNIVERSE: At least 1 child <18 years in household (child_home>0)</i> Now you will see several statements that people have made about the food situation of their children.
FOOD SECURITY – CH1 USDA HFSSM CH1	<i>UNIVERSE: At least 1 child <18 years in household (child_home>0)</i> 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 HFSSM CH2	<i>UNIVERSE: At least 1 child <18 years in household (child_home>0)</i> 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 HFSSM CH3	<i>UNIVERSE: At least 1 child <18 years in household (child_home>0)</i> 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 HFSSM CH4	<i>UNIVERSE: Respondents who passed child level 2 screening</i> 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 HFSSM CH5	<i>UNIVERSE: Respondents who passed child level 2 screening</i> 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 HFSSM CH5A	<i>UNIVERSE: CH5=1 (yes)</i> How often did this happen? Almost every month Some months but not every month

	<p>Only 1 or 2 months Don't know Refuse to answer</p>
<p>FOOD SECURITY – CH6 USDA HFSM</p> <p>CH6</p>	<p><i>UNIVERSE: Respondents who passed child level 2 screening</i></p> <p>In the last 12 months, were the children ever hungry but you just couldn't afford more food?</p> <p>Yes No Don't know Refuse to answer</p>
<p>FOOD SECURITY – CH7 USDA HFSM</p> <p>CH7</p>	<p><i>UNIVERSE: Respondents who passed child level 2 screening</i></p> <p>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?</p> <p>Yes No Don't know Refuse to answer</p>
<p>FOOD SECURITY – COVID IMPACT – 12M</p> <p>NEW 2020 REVISED 2021</p> <p>COVID_FS_12M</p>	<p>In the last 12 months, has the COVID-19 pandemic affected whether your household has had enough food to eat?</p> <p>Not at all A little A lot Don't know Refuse to answer</p>
<p>FOOD SECURITY – COVID IMPACT - REASON</p> <p>ADAPTED FROM THE FOOD FOUNDATION YOUNGOV POLL</p> <p>NEW 2020 REVISED 2021</p> <p>COVID_FSR_MON COVID_FSR_SHOP COVID_FSR_OUT COVID_FSR_OTHER COVID_FSR_DK COVID_FSR_R</p>	<p><i>UNIVERSE: Respondents who reported that COVID-19 has affected their food security (COVID_FS_12M=A little or a lot)</i></p> <p>You said that in the last 12 months, the COVID-19 pandemic has affected whether you/others in your household have had enough food to eat.</p> <p>Which, if any, of the following were your reason(s) for this? (Select all that apply).</p> <p>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</p>
<p>FOOD SECURITY – COVID IMPACT – CURRENT</p> <p>NEW 2020 REVISED 2021 (universe)</p> <p>COVID_FS_CURR</p>	<p><i>UNIVERSE: Respondents who reported that COVID-19 has affected their food security (COVID_FS_12M=A little or a lot)</i></p> <p>Is the COVID-19 pandemic <u>currently</u> affecting whether your household has enough food to eat?</p> <p>Not at all A little A lot Don't know Refuse to answer</p>

DIETARY PATTERNS AND EFFORTS

DOMAIN SOURCE	QUESTION
BODY IMAGE AND WEIGHT INTRO	The following questions are about eating behaviours, body image and weight. If this raises issues for you, please call The Butterfly Foundation on 1800 334 673 or Lifeline on 13 11 14.
EATING RESTRICTIONS ADAPTED (HEAVILY) FROM TNT 2015 <i>RESTRICT_[TYPE]</i> <i>RESTRICT_NONE</i> <i>RESTRICT_DK</i> <i>RESTRICT_R</i> <i>RESTRICT_RELTEXT</i>	Would you describe yourself as: (Select all that apply) Vegetarian Vegan Pescatarian Following a religious practice for eating → Please specify: <i>[open-ended]</i> None of the above Don't know Refuse to answer

DIET MODIFICATION EFFORTS

ADAPTED FROM TNT 2015

REVISED 2019
REVISED 2020

EFFORT_[TYPE]

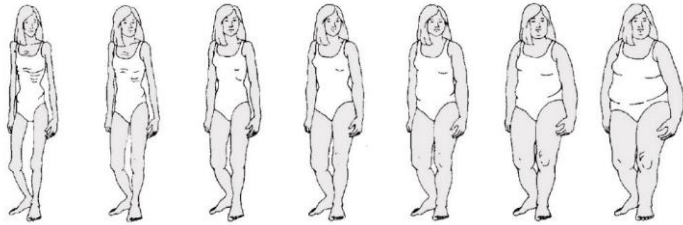
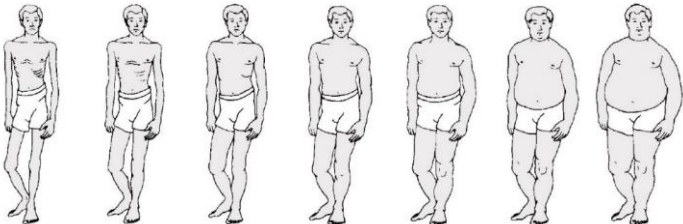
Have you made an effort to consume more or less of the following in the past year?

	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, lamb) 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]

<p>PLANT BASED PROTEIN EFFORTS</p> <p>NEW 2021</p> <p>PLANT</p>	<p>In the past year, have you made an effort to consume more or less <u>plant-based protein foods</u>, like beans, lentils, nuts, seeds, or soy products like tofu?</p> <p>Consume less Consume more No effort made Don't know Refuse to answer</p>
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WEIGHT LOSS EFFORTS, BODY PERCEPTIONS, AND WEIGHT STIGMA

<p>DOMAIN</p> <p>SOURCE</p>	<p>QUESTION</p>
<p>PERCEIVED BODY SIZE</p> <p>K. MAXIMOVA ET AL. THE ROLE OF UNDERESTIMATING BODY SIZE FOR SELF-ESTEEM AND SELF-EFFICACY AMONG GRADE FIVE CHILDREN IN CANADA. ANNALS OF EPIDEMIOLOGY 2015; 25:753-759.</p> <p>IMAGES FROM (COLLINS, 1991) REVISED 2020</p> <p>WT_BODY_F WT_BODY_F_DK WT_BODY_F_R</p> <p>WT_BODY_M WT_BODY_M_DK WT_BODY_M_R</p>	<p>Which body is most like your own body?</p> <p><i>UNIVERSE: gender= 2 (woman) or 4 (trans female/trans woman)</i></p>  <p><i>UNIVERSE: gender= 1 (man) or 3 (trans male/trans man)</i></p>  <p>Don't know Refuse to answer</p>
<p>PERCEIVED WEIGHT</p> <p>CCHS</p> <p>WT_PERCEIVE</p>	<p>Do you consider yourself to be...</p> <p>Obese Overweight Underweight Just about right Don't know Refuse to answer</p>

<p>WEIGHT BEHAVIOUR Adapted from: NHANES, 2009-2010</p> <p>WT_TRY_LOSS WT_TRY_GAIN WT_TRY_SAME WT_TRY_NOT WT_TRY_DK WT_TRY_R</p>	<p>During the <u>past 12 months</u> have you tried to.... (Select all that apply)</p> <p>Select all that apply</p> <p>Lose weight</p> <p>Gain weight</p> <p>Stay the same weight</p> <p>I have not tried to do anything about my weight</p> <p>Don't know</p> <p>Refuse to answer</p>
<p>WEIGHT LOSS METHODS NHANES DIET HISTORY QUESTIONNAIRE (ADAPTED)</p> <p>WT_LOSS_[TYPE] WT_LOSS_NONE WT_LOSS_DK WT_LOSS_R WT_LOSS_DIETTEXT WT_LOSS_OTEXT</p> <p>WT_SAME_[TYPE] WT_SAME_NONE WT_SAME_DK WT_SAME_R WT_SAME_DIETTEXT WT_SAME_OTEXT</p> <p>WT_LOSS_SAME_[TYPE] WT_LOSS_SAME_NONE WT_LOSS_SAME_DK WT_LOSS_SAME_R WT_LOSS_SAME_DIETTEXT WT_LOSS_SAME_OTEXT</p>	<p><i>UNIVERSE: Tried to lose weight, but did not try to stay the same weight (wt_try_loss=1 and wt_try_same=0)</i></p> <p>How did you try to lose weight <u>in the past 12 months</u>? (Select all that apply)</p> <p><i>UNIVERSE: Did not try to lose weight, but tried to stay the same weight (wt_try_loss=0 and wt_try_same=1)</i></p> <p>How did you try to 'stay the same weight' <u>in the past 12 months</u>? (Select all that apply)</p> <p><i>UNIVERSE: Tried to lose weight and tried to stay the same weight (wt_try_loss=1 and wt_try_same=1)</i></p> <p>How did you try to lose weight or 'stay the same weight' <u>in the past 12 months</u>? (Select all that apply)</p> <p>Skipped meals or fasted</p> <p>Ate less food (amount)</p> <p>Ate less fat</p> <p>Ate less lollies, sugar or sweets</p> <p>Ate fewer carbohydrates</p> <p>Ate more fruits, vegetables or salads</p> <p>Switched to foods with lower calories/kilojoules</p> <p>Followed a special diet or weight loss program (e.g., Atkins, Weight Watchers.) → Please specify: [open-ended]</p> <p>Used a liquid diet formula such as Slimfast or Optifast</p> <p>Did a cleanse or detox diet</p> <p>Exercised</p> <p>Drank a lot of water</p> <p>Got help from a health professional</p> <p>Took diet pills prescribed by a doctor</p> <p>Took other pills, medicines, herbs, or supplements not needing a prescription</p> <p>Took laxatives or vomited</p> <p>Started to smoke or began to smoke again</p> <p>Other → Please specify: [open-ended]</p> <p>None of the above</p> <p>Don't know</p> <p>Refuse to answer</p>
<p>EAT-3 BEHAVIOURAL ITEMS HAINES J, ZIYADEH NJ, FRANKO DL, MCDONALD J, MOND JM, AUSTIN SB.</p>	<p>In the <u>past 3 months</u>, how often have you:</p> <p>... gone on eating binges? (<i>Eating a large amount of food while feeling out of control</i>).</p> <p>... made yourself sick (vomited) to control your weight?</p> <p>Never</p> <p>Less than 1 time a month</p>

<p>SCREENING HIGH SCHOOL STUDENTS FOR EATING DISORDERS: VALIDITY OF BRIEF BEHAVIORAL AND ATTITUDINAL MEASURES. J SCH HEALTH, 2011; 81(9):530-535. <i>EAT3_BINGE</i> <i>EAT3_VOMIT</i></p>	<p>1 to 3 times a month Once a week 2 to 6 times a week Once a day More than once a day Don't know Refuse to answer</p>
<p>EAT-3 ATTITUDINAL ITEM HAINES J, ZIYADEH NJ, FRANKO DL, MCDONALD J, MOND JM, AUSTIN SB. SCREENING HIGH SCHOOL STUDENTS FOR EATING DISORDERS: VALIDITY OF BRIEF BEHAVIORAL AND ATTITUDINAL MEASURES. J SCH HEALTH, 2011; 81(9):530-535. <i>EAT3_THIN</i></p>	<p>I am preoccupied with a desire to be thinner. Always Usually Often Sometimes Rarely Never Don't know Refuse to answer</p>
<p>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.] <i>WT_BIAS</i></p>	<p>I worry about becoming fat. Strongly disagree Disagree Neutral Agree Strongly agree Don't know Refuse to answer</p>

SUGARY DRINKS

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

<p>SSB PERCEPTIONS - CONDITION</p> <p>REVISED 2019</p> <p>SSB_CONDITION</p>	<p><i>[PROGRAMMER NOTE: Randomize each respondent to view one beverage and answer the following set of 3 questions with the same beverage image on screen for each question.]</i></p> <p>Diet soft drink 100% juice Energy drink Water Specialty Sports drink Chocolate milk Iced tea Milk</p> 
<p>SSB PERCEIVED HEALTHINESS</p> <p>SSB_HLTH_[TYPE]</p>	<p>In your opinion, how unhealthy or healthy is this type of drink?</p> <p><i>[show image with mL label]</i></p> <p>Very unhealthy Unhealthy A little unhealthy Neither unhealthy nor healthy A little healthy Healthy Very healthy Don't know Refuse to answer</p>
<p>SSB ACCEPTABLE FREQUENCY FOR CHILDREN</p> <p>SSB_CHILD_[TYPE]</p>	<p>Imagine that you have a 10-year old child. Is it okay for them to have this type of drink...</p> <p><i>[show image with mL label]</i></p> <p>Never Once per month A few times per month Once per week A few times per week Once per day As often as they would like Don't know Refuse to answer</p>

<p>SSB SUGAR AMOUNT</p> <p>REVISED 2020</p> <p><i>SSB_SUGAR_[TYPE]</i> <i>SSB_SUGAR_[TYPE]N</i></p>	<p>A 600 mL bottle of ‘regular’ Coke has 64 grams of sugar.</p> <p>How much sugar do you think the following beverage contains? <i>[show image with mL label]</i></p> <p>Enter number of grams: _____</p> <p>Don’t know</p> <p>Refuse to answer</p>
<p>SSB DEFINITION</p>	<p>The next few questions ask about <u>SUGAR AND SUGARY DRINKS</u>.</p> <p>Sugary drinks are drinks that contain added sugar, like soft drinks, fruit drinks, sports drinks, energy drinks, chocolate milk, and specialty coffees that have added sugar.</p>
<p>SSB SELF CONSUMPTION</p> <p><i>SSB_SELF</i></p>	<p>Is the amount of sugary drinks you typically have in a week...</p> <p>A very unhealthy amount</p> <p>An unhealthy amount</p> <p>Neither unhealthy nor healthy amount</p> <p>A healthy amount</p> <p>A very healthy amount</p> <p>Don’t know</p> <p>Refuse to answer</p>
<p>SSB SOCIAL NORMS – Q3</p> <p>REVISED 2021</p> <p><i>SSB_NORMS3</i></p>	<p><u>PEOPLE IMPORTANT TO ME</u> try <u>not</u> to drink sugary drinks.</p> <p>Strongly agree</p> <p>Agree</p> <p>Neither agree nor disagree</p> <p>Disagree</p> <p>Strongly disagree</p> <p>Don’t know</p> <p>Refuse to answer</p>
<p>SSB SOCIAL NORMS – Q4</p> <p>REVISED 2021</p> <p><i>SSB_NORMS4</i></p>	<p><u>PEOPLE IMPORTANT TO ME</u> think I should <u>not</u> drink sugary drinks.</p> <p>Strongly agree</p> <p>Agree</p> <p>Neither agree nor disagree</p> <p>Disagree</p> <p>Strongly disagree</p> <p>Don’t know</p> <p>Refuse to answer</p>

<p>SWEETENER ACCEPTABILITY FOR CHILDREN</p> <p>NEW 2020</p> <p><i>SWT_CHILD</i></p>	<p>Please tell us whether you agree or disagree with the following:</p> <p>Children should not consume foods or drinks with artificial or low-kilojoule sweeteners.</p> <p>Strongly agree Agree Neither agree nor disagree Disagree Strongly disagree Don't know Refuse to answer</p>
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NUTRITION KNOWLEDGE


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

SOURCES OF NUTRITION INFORMATION

DOMAIN SOURCE	QUESTION
<p>SOURCES OF NUTRITION INFO CCHS FOOD GUIDE module and TNT integrated content (adapted to be for 12 months rather than 6)</p> <p>REVISED 2019</p> <p><i>INFO_[TYPE]</i> <i>INFO_NONE</i> <i>INFO_DK</i> <i>INFO_R</i> <i>INFO_APPTTEXT</i> <i>INFO_OTEXT</i></p>	<p>In the past 12 months, did you get information on food or nutrition from any of the following sources? (Select all that apply)</p> <p>Health professional (e.g., family doctor, nurse, or dietitian)</p> <p>Alternative health practitioner (e.g., Chiropractor, naturopath, homeopath, holistic nutritionist)</p> <p>Health association materials or website (e.g., Heart Foundation, Cancer Council, Diabetes Australia)</p> <p>Fitness programs / personal trainer</p> <p>Weight loss programs (such as Weight Watchers)</p> <p>Your family, friends, or colleagues</p> <p>Australian Dietary Guidelines</p> <p>Government / health agency materials, websites or apps</p> <p>Food company materials, advertisements, websites or apps</p> <p>Nutrition Information Panel on food products</p> <p>Nutrition information on the front of food packages</p> <p>Grocery store or pharmacy</p> <p>Magazines, newspapers or books</p> <p>TV or radio</p> <p>General research on the internet</p> <p>Social media or blogs (e.g., Facebook, Twitter)</p> <p>Celebrities (e.g., Sarah Wilson, Mamamia, Kayla Itsines)</p> <p>Mobile app → Which app? <i>[open-ended]</i></p> <p>Other → Please specify: <i>[open-ended]</i></p> <p>None of the above</p> <p>Don't know</p> <p>Refuse to answer</p>
<p>PUBLIC EDUCATON</p> <p>REVISED 2020 (underline)</p> <p><i>PUBLIC_ED1</i></p>	<p>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?</p> <p>Yes</p> <p>No</p> <p>Don't know</p> <p>Refuse to answer</p>
<p>PUBLIC EDUCATON – DESCRIPTION</p> <p>REVISED 2019</p> <p><i>PUBLIC_ED2</i> <i>PUBLIC_ED2_DKR</i></p>	<p><i>UNIVERSE: Saw public education messages (public_ed1=yes)</i></p> <p>Please tell us the main point(s) of the information you saw or heard.</p> <p>[OPEN TEXT FIELD]</p> <p>I don't remember the main point(s)</p> <p>Refuse to answer</p>

FOOD PACKAGING & LABELLING

DOMAIN SOURCE	QUESTION
NUTRITION INFO IN GROCERY STORES <i>INFO_GROCERY</i>	<p>In your opinion, is nutrition information easy or hard to find in <u>supermarkets</u>?</p> <p>Very hard to find Hard to find Neither hard nor easy Easy to find Very easy to find Don't know Refuse to answer</p>
LABEL AWARENESS <i>LABEL_AWARE_AUS</i>	<p>We would now like to ask you some questions about food labels on products.</p> <p>How often have you <u>seen</u> this type of food label on packages or in stores?</p>  <p>Never Rarely Sometimes Often All the time Don't know Refuse to answer</p>
LABEL USE <i>LABEL_USE_AUS</i>	<p><i>UNIVERSE: label_aware_AUS= 'rarely', 'sometimes', 'often', or 'all the time'</i></p> <p>How often do you <u>use</u> this type of food label <u>when deciding to buy a food product</u>?</p>  <p>Never Rarely Sometimes</p>

	<p>Often All the time Don't know Refuse to answer</p>																																
<p>LABEL UNDERSTANDING <i>LABEL_UNDERSTAND_AUS</i></p>	<p>Do you find this information...</p>  <p>Very hard to understand Hard to understand Neither hard nor easy Easy to understand Very easy to understand Don't know Refuse to answer</p>																																
<p>NFT AWARENESS <i>NFT_AWARE_AUS</i></p>	<p>How often have you <u>seen</u> this type of food label on packages or in stores?</p> <div data-bbox="352 849 772 1193" style="border: 1px solid black; padding: 5px;"> <p style="text-align: center;">Nutrition Information</p> <p>SERVINGS PER PACKAGE: 11 SERVING SIZE: 23.2 g (4 BISCUITS)</p> <table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th></th> <th style="text-align: center;">AVG QUANTITY PER SERVING</th> <th style="text-align: center;">% DAILY INTAKE * (PER SERVING)</th> <th style="text-align: center;">AVG QUANTITY PER 100 g</th> </tr> </thead> <tbody> <tr> <td>ENERGY</td> <td style="text-align: center;">397 kJ</td> <td style="text-align: center;">5%</td> <td style="text-align: center;">1,710 kJ</td> </tr> <tr> <td>PROTEIN</td> <td style="text-align: center;">2.8 g</td> <td style="text-align: center;">6%</td> <td style="text-align: center;">12.2 g</td> </tr> <tr> <td>FAT, TOTAL</td> <td style="text-align: center;">2.2 g</td> <td style="text-align: center;">3%</td> <td style="text-align: center;">9.4 g</td> </tr> <tr> <td>-SATURATED</td> <td style="text-align: center;">0.3 g</td> <td style="text-align: center;">1%</td> <td style="text-align: center;">1.1 g</td> </tr> <tr> <td>CARBOHYDRATE</td> <td style="text-align: center;">14.5 g</td> <td style="text-align: center;">5%</td> <td style="text-align: center;">62.3 g</td> </tr> <tr> <td>-SUGARS</td> <td style="text-align: center;">0.4 g</td> <td style="text-align: center;">1%</td> <td style="text-align: center;">1.8 g</td> </tr> <tr> <td>SODIUM</td> <td style="text-align: center;">105 mg</td> <td style="text-align: center;">5%</td> <td style="text-align: center;">452 mg</td> </tr> </tbody> </table> <p style="font-size: small;">*Percentage daily intakes are based on an average adult diet of 8700 kJ</p> </div> <p>Never Rarely Sometimes Often All the time Don't know Refuse to answer</p>		AVG QUANTITY PER SERVING	% DAILY INTAKE * (PER SERVING)	AVG QUANTITY PER 100 g	ENERGY	397 kJ	5%	1,710 kJ	PROTEIN	2.8 g	6%	12.2 g	FAT, TOTAL	2.2 g	3%	9.4 g	-SATURATED	0.3 g	1%	1.1 g	CARBOHYDRATE	14.5 g	5%	62.3 g	-SUGARS	0.4 g	1%	1.8 g	SODIUM	105 mg	5%	452 mg
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<p>NFT USE ADAPTED FROM 2014 FDA HEALTH AND DIET SURVEY</p> <p><i>NFT_USE_AUS</i></p>	<p><i>UNIVERSE: nft_aware_AUS= 'rarely', 'sometimes', 'often', or 'all the time'</i></p> <p>How often do you use this type of food label when deciding to buy a food product?</p> <div data-bbox="338 220 751 561" style="border: 1px solid black; padding: 5px;"> <p style="text-align: center;">Nutrition Information</p> <p>SERVINGS PER PACKAGE: 11 SERVING SIZE: 23.2 g (4 BISCUITS)</p> <table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th></th> <th style="text-align: center;">AVG QUANTITY PER SERVING</th> <th style="text-align: center;">% DAILY INTAKE * (PER SERVING)</th> <th style="text-align: center;">AVG QUANTITY PER 100 g</th> </tr> </thead> <tbody> <tr><td>ENERGY</td><td style="text-align: center;">397 kJ</td><td style="text-align: center;">5%</td><td style="text-align: center;">1,710 kJ</td></tr> <tr><td>PROTEIN</td><td style="text-align: center;">2.8 g</td><td style="text-align: center;">6%</td><td style="text-align: center;">12.2 g</td></tr> <tr><td>FAT, TOTAL</td><td style="text-align: center;">2.2 g</td><td style="text-align: center;">3%</td><td style="text-align: center;">9.4 g</td></tr> <tr><td>-SATURATED</td><td style="text-align: center;">0.3 g</td><td style="text-align: center;">1%</td><td style="text-align: center;">1.1 g</td></tr> <tr><td>CARBOHYDRATE</td><td style="text-align: center;">14.5 g</td><td style="text-align: center;">5%</td><td style="text-align: center;">62.3 g</td></tr> <tr><td>-SUGARS</td><td style="text-align: center;">0.4 g</td><td style="text-align: center;">1%</td><td style="text-align: center;">1.8 g</td></tr> <tr><td>SODIUM</td><td style="text-align: center;">105 mg</td><td style="text-align: center;">5%</td><td style="text-align: center;">452 mg</td></tr> </tbody> </table> <p style="font-size: small;">*Percentage daily intakes are based on an average adult diet of 8700 kJ</p> </div> <p>Never Rarely Sometimes Often All the time Don't know Refuse to answer</p>		AVG QUANTITY PER SERVING	% DAILY INTAKE * (PER SERVING)	AVG QUANTITY PER 100 g	ENERGY	397 kJ	5%	1,710 kJ	PROTEIN	2.8 g	6%	12.2 g	FAT, TOTAL	2.2 g	3%	9.4 g	-SATURATED	0.3 g	1%	1.1 g	CARBOHYDRATE	14.5 g	5%	62.3 g	-SUGARS	0.4 g	1%	1.8 g	SODIUM	105 mg	5%	452 mg
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<p>NFT CHANGE AWARE</p> <p>NEW 2020</p> <p><i>NFT_CNG_AUS</i></p>	<p><i>UNIVERSE: nft_aware_AUS = 'rarely', 'sometimes', 'often', or 'all the time'</i></p> <p>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?</p> <div style="border: 1px solid black; padding: 5px; margin: 10px 0;"> <p style="text-align: center;">Nutrition Information</p> <p>SERVINGS PER PACKAGE: 11</p> <p>SERVING SIZE: 23.2 g (4 BISCUITS)</p> <table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th></th> <th style="text-align: center;">AVG QUANTITY PER SERVING</th> <th style="text-align: center;">% DAILY INTAKE * (PER SERVING)</th> <th style="text-align: center;">AVG QUANTITY PER 100 g</th> </tr> </thead> <tbody> <tr> <td>ENERGY</td> <td style="text-align: center;">397 kJ</td> <td style="text-align: center;">5%</td> <td style="text-align: center;">1,710 kJ</td> </tr> <tr> <td>PROTEIN</td> <td style="text-align: center;">2.8 g</td> <td style="text-align: center;">6%</td> <td style="text-align: center;">12.2 g</td> </tr> <tr> <td>FAT, TOTAL</td> <td style="text-align: center;">2.2 g</td> <td style="text-align: center;">3%</td> <td style="text-align: center;">9.4 g</td> </tr> <tr> <td>-SATURATED</td> <td style="text-align: center;">0.3 g</td> <td style="text-align: center;">1%</td> <td style="text-align: center;">1.1 g</td> </tr> <tr> <td>CARBOHYDRATE</td> <td style="text-align: center;">14.5 g</td> <td style="text-align: center;">5%</td> <td style="text-align: center;">62.3 g</td> </tr> <tr> <td>-SUGARS</td> <td style="text-align: center;">0.4 g</td> <td style="text-align: center;">1%</td> <td style="text-align: center;">1.8 g</td> </tr> <tr> <td>SODIUM</td> <td style="text-align: center;">105 mg</td> <td style="text-align: center;">5%</td> <td style="text-align: center;">452 mg</td> </tr> </tbody> </table> <p style="font-size: small; margin-top: 5px;">*Percentage daily intakes are based on an average adult diet of 8700 kJ</p> </div> <p>Yes</p> <p>No</p> <p>Don't know</p> <p>Refuse to answer</p>		AVG QUANTITY PER SERVING	% DAILY INTAKE * (PER SERVING)	AVG QUANTITY PER 100 g	ENERGY	397 kJ	5%	1,710 kJ	PROTEIN	2.8 g	6%	12.2 g	FAT, TOTAL	2.2 g	3%	9.4 g	-SATURATED	0.3 g	1%	1.1 g	CARBOHYDRATE	14.5 g	5%	62.3 g	-SUGARS	0.4 g	1%	1.8 g	SODIUM	105 mg	5%	452 mg
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<p>NFT INFLUENCE</p> <p><i>LABEL_OVERALL</i></p>	<p>Overall, how much do food labels influence what you eat?</p> <p>No influence at all</p> <p>A little influence</p> <p>Some influence</p> <p>A lot of influence</p> <p>Very strong influence</p> <p>Don't know</p> <p>Refuse to answer</p>																																
<p>DISCUSS LABELS</p> <p>NEW 2020</p> <p><i>LABEL_DISCUSS</i></p>	<p>In the last month, how often have you talked to others about nutrition labels on foods or beverages?</p> <p>Not at all</p> <p>Once</p> <p>A few times</p> <p>Often</p> <p>Very often</p> <p>Don't know</p> <p>Refuse to answer</p>																																

FOOD PROCESSING KNOWLEDGE

REVISED 2019
REVISED 2020

HLTH1...HLTH15
HLTH1_DKR...HLTH15_DKR
HLTH1V...HLTH15V
HLTH_ORDER
HLTH_ORDER_V

Note: 2019 corrected error from 2018 in fat content in milk NFT; and replaced ham deli meat with chicken deli meat. 2020 corrected juice serving size and kj; deleted "Quaker" from oats ingredient list; corrected milk saturated fat, fat %DV and kj per 100g; 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



Nutrition Information			
SERVINGS PER PACKAGE: 1			
SERVING SIZE: 111 g (1 BOX)			
AVG QUANTITY PER SERVING	% DAILY INTAKE* (PER SERVING)	AVG QUANTITY PER 100 g	
ENERGY	232 kJ	3%	209 kJ
PROTEIN	0 g	0%	0 g
FAT TOTAL	0 g	0%	0 g
-SATURATED	0 g	0%	0 g
CARBOHYDRATE	14.4 g	5%	13.0 g
-SUGARS	12.2 g	14%	11.0 g
SODIUM	0 mg	0%	0 mg

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

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



Nutrition Information			
SERVINGS PER PACKAGE: 4			
SERVING SIZE: 250 mL (1 CLIP)			
AVG QUANTITY PER SERVING	% DAILY INTAKE* (PER SERVING)	AVG QUANTITY PER 100 mL	
ENERGY	487 kJ	6%	195 kJ
PROTEIN	0 g	0%	0 g
FAT TOTAL	0 g	0%	0 g
-SATURATED	0 g	0%	0 g
CARBOHYDRATE	27.3 g	9%	10.9 g
-SUGARS	20.8 g	30%	10.7 g
SODIUM	0 mg	0%	0 mg

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

INGREDIENTS: WATER, RECONSTITUTED APPLE JUICE (2%), SUGAR, FOOD ACIDS (MALIC ACID, POTASSIUM CITRATE), FLAVOUR, VITAMIN C.



Nutrition Information			
SERVINGS PER PACKAGE: 33			
SERVING SIZE: 30 g			
AVG QUANTITY PER SERVING	% DAILY INTAKE* (PER SERVING)	AVG QUANTITY PER 100 g	
ENERGY	502 kJ	6%	1,674 kJ
PROTEIN	4.0 g	8%	12.0 g
FAT TOTAL	2.0 g	3%	6.7 g
-SATURATED	0.4 g	2%	1.3 g
CARBOHYDRATE	20.0 g	6%	66.6 g
-SUGARS	0 g	0%	0 g
SODIUM	0 mg	0%	0 mg

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

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



Nutrition Information			
SERVINGS PER PACKAGE: 11			
SERVING SIZE: 28 g (1 CUP)			
AVG QUANTITY PER SERVING	% DAILY INTAKE* (PER SERVING)	AVG QUANTITY PER 100 g	
ENERGY	418 kJ	5%	1,494 kJ
PROTEIN	3.0 g	6%	10.7 g
FAT TOTAL	2.0 g	3%	7.1 g
-SATURATED	0 g	2%	0 g
CARBOHYDRATE	20.0 g	6%	71.4 g
-SUGARS	1.0 g	1%	3.6 g
SODIUM	160 mg	7%	571 mg

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

INGREDIENTS: WHOLE GRAIN OATS (INCLUDES THE OAT BRAN), MODIFIED CORN STARCH, SUGAR, SALT, POTASSIUM PHOSPHATE, WHEAT STARCH, VITAMIN E (MIXED TERCIOPHENOLS) ADDED TO PRESERVE FRESHNESS, VITAMINS AND MINERALS: CALCIUM CARBONATE, IRON AND ZINC (GENERAL), NUTRIENTS: VITAMIN C (ASCORBIC ACID), VITAMIN A (RACEMIC), VITAMIN B6 (PYRIDOXINE HYDROCHLORIDE), VITAMIN A (PALMATE), VITAMIN E2 (BIOID), VITAMIN B1 (THIAMIN MONONITRATE), A B VITAMIN (FOLIC ACID), VITAMIN B12, VITAMIN D3.



Nutrition Information			
SERVINGS PER PACKAGE: 5			
SERVING SIZE: 50 g (1 BAR)			
AVG QUANTITY PER SERVING	% DAILY INTAKE* (PER SERVING)	AVG QUANTITY PER 100 g	
ENERGY	753 kJ	9%	1,506 kJ
PROTEIN	4.0 g	8%	8.0 g
FAT TOTAL	5.0 g	7%	10.0 g
-SATURATED	2.0 g	3%	4.0 g
CARBOHYDRATE	33.0 g	11%	66.0 g
-SUGARS	15.0 g	17%	30.0 g
SODIUM	160 mg	7%	320 mg

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

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



Nutrition Information			
SERVINGS PER PACKAGE: 8			
SERVING SIZE: 250 mL (1 CUP)			
AVG QUANTITY PER SERVING	% DAILY INTAKE* (PER SERVING)	AVG QUANTITY PER 100 mL	
ENERGY	418 kJ	5%	167 kJ
PROTEIN	9.0 g	18%	3.6 g
FAT TOTAL	2.5 g	4%	1.0 g
-SATURATED	1.5 g	6%	0.6 g
CARBOHYDRATE	12.0 g	4%	4.8 g
-SUGARS	11.0 g	12%	4.4 g
SODIUM	115 mg	5%	46 mg

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

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



Nutrition Information			
SERVINGS PER PACKAGE: 30			
SERVING SIZE: 50 g (1 1/4" CUBE)			
AVG QUANTITY PER SERVING	% DAILY INTAKE* (PER SERVING)	AVG QUANTITY PER 100 g	
ENERGY	460 kJ	5%	1,531 kJ
PROTEIN	8.0 g	16%	26.7 g
FAT TOTAL	8.0 g	11%	26.0 g
-SATURATED	5.0 g	21%	16.7 g
CARBOHYDRATE	1.0 g	0%	3.3 g
-SUGARS	0 g	0%	0 g
SODIUM	230 mg	10%	767 mg

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







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



Nutrition Information			
SERVINGS PER PACKAGE: 16			
SERVING SIZE: 21 g (1 SLICE)			
AVG QUANTITY PER SERVING	% DAILY INTAKE* (PER SERVING)	AVG QUANTITY PER 100 g	
ENERGY	251 kJ	3%	1,197 kJ
PROTEIN	4.0 g	8%	19.1 g
FAT TOTAL	4.5 g	6%	21.5 g
-SATURATED	2.5 g	10%	12.0 g
CARBOHYDRATE	2.0 g	1%	9.5 g
-SUGARS	2.0 g	2%	9.5 g
SODIUM	220 mg	10%	1,040 mg

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

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

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RETAIL ENVIRONMENT

<p>DOMAIN SOURCE</p>	<p>QUESTION</p>
<p>SUPERMARKET POLICIES</p> <p>REVISED 2019 (response format) REVISED 2020 (show all items)</p> <p>POL_AISLE POL_CHECKOUT POL_SHELF</p>	<p>[PROGRAMMER NOTE: RANDOMIZE ORDER OF ITEM PRESENTATION. HIDE BACK BUTTON. SHOW RESPONSE OPTIONS FOR EACH ITEM AS RADIO BUTTON LIST.]</p> <p>Would you support or oppose the following practices in supermarkets...</p> <p>Fewer end-of-aisle displays containing unhealthy foods or soft drinks</p> <p>Checkouts with <u>only</u> healthy products (e.g., no soft drinks, chocolate, confectionery)</p> <p>More shelf space for fresh and healthier foods such as fruits and vegetables</p> <p>Support Neutral Oppose Don't know Refuse to answer</p>

MENU LABELLING

DOMAIN SOURCE	QUESTION
LAST RESTAURANT VISIT FCMS <i>REST_VISIT</i>	[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) <i>REST_INFO</i>	<i>UNIVERSE: Visited restaurant within last 6 months (rest_visit=1-5)</i> 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 <i>REST_INFO_[TYPE]</i> <i>REST_INFO_DK</i> <i>REST_INFO_R</i> <i>REST_INFO_OTEXT</i>	<i>UNIVERSE: Noticed nutrition info (rest_info=yes)</i> 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: [<i>open-ended</i>] Don't know Refuse to answer
MENU LABELLING – ORDER INFLUENCE FCMS <i>REST_INFO_INFL</i>	<i>UNIVERSE: Noticed nutrition info (rest_info=yes)</i> Did the nutrition information influence what you ordered? Yes No Don't know Refuse to answer

MENU LABELLING – IMPACT FCMS REST_ACT_[TYPE] REST_ACT_NONE REST_ACT_DK REST_ACT_R	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 Ate less of the food you ordered Changed which restaurants you visit Ate at restaurants less often None of the above Don't know Refuse to answer
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
CALORIE LABELLING – AWARENESS NEW 2021 COUNTRY SPECIFIC WORDING REST_CAL	In your state or territory, do chain restaurants have to display kilojoule (kJ) information on menus? Yes No Don't know [valid answer] Refuse to answer

FOOD GUIDE / DIETARY RECOMMENDATIONS

DOMAIN	QUESTION
SOURCE FOOD GUIDE – LAST USE OTTAWA AND CFDR (ADAPTED TIME ANCHORS) FG_LOOK	When was the <u>last time</u> you looked at the Australian Dietary Guidelines, 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

<p>FOOD GUIDE – USE CCHS FOOD GUIDE MODULE (ADAPTED RESPONSE OPTIONS TO SIMPLIFY YOU/HOUSEHOLD)</p> <p><i>FG_USE_[TYPE]</i> <i>FG_USE_NONE</i> <i>FG_USE_DK</i> <i>FG_USE_R</i> <i>FG_USE_OTEXT</i></p>	<p><i>UNIVERSE: Ever looked at food guide (fg_look ≠ 5)</i></p> <p>Have you <u>ever</u> used information from the Australian Dietary Guidelines... (Select all that apply)</p> <p>To choose foods To determine how much you need to eat every day To plan meals or to help with grocery shopping To assess how well you are eating To manage your weight To help make healthy choices when eating away from home Other → Please specify: <i>[open-ended]</i> None of the above Don't know Refuse to answer</p>
<p>FOOD GUIDE – TRUST</p> <p>NEW 2019</p> <p><i>FG_TRUST</i></p>	<p><i>UNIVERSE: Ever looked at food guide (fg_look ≠ 5)</i></p> <p>Please tell us whether you agree or disagree with the following statement:</p> <p>I trust the information in the Australian Dietary Guidelines.</p> <p>Strongly agree Agree Neither agree nor disagree Disagree Strongly disagree Don't know Refuse to answer</p>

FOOD MARKETING

DOMAIN SOURCE	QUESTION
<p>EXPOSURE TO UNHEALTHY FOOD MARKETING - LOCATION</p> <p>REVISED 2019</p> <p><i>MKTG_LOC_[TYPE]</i> <i>MKTG_LOC_NONE</i> <i>MKTG_LOC_DK</i> <i>MKTG_LOC_R</i> <i>MKTG_LOC_OTEXT</i></p>	<p>In the last 30 days, have you seen or heard advertisements or promotions for '<u>unhealthy foods</u>' in the following places? (Select all that apply)</p> <p><i>Unhealthy foods include processed foods high in sugar, salt, or saturated fat, such as soft drinks, fast food, chips, sugary cereals, biscuits and chocolate bars.</i></p> <p>TV Radio Online / internet Mobile app / video game Social media (e.g., Twitter, Facebook, Instagram) In a text message Magazine or newspaper Billboard or outdoor sign (e.g., posters)</p>

	<p>On buses, bus stops and other public transport In movies or at movie theatres At school / on campus Signs or displays in supermarkets, convenience stores or restaurants At a recreation/community centre Sports event, concert or community event Giveaways, samples or special offers Other → Please specify: <i>[open-ended]</i> I haven't seen any advertising or promotions for unhealthy food in the last 30 days Don't know Refuse to answer</p>
<p>EXPOSURE TO UNHEALTHY FOOD MARKETING - FREQUENCY</p> <p>REVISED 2019</p> <p><i>MKTG_FREQ_SD</i> <i>MKTG_FREQ_FF</i> <i>MKTG_FREQ_CEREAL</i> <i>MKTG_FREQ_SNACK</i> <i>MKTG_FREQ_DESSERT</i> <i>MKTG_FREQ_CANDY</i></p>	<p>In the last 30 days, <u>how often</u> did you see or hear advertisements or promotions for the following?</p> <p>Ads for sugary drinks Ads for fast food / take-away Ads for sugary cereals Ads for snacks such as chips Ads for desserts such as cakes, biscuits, and ice cream Ads for lollies or chocolate bars</p> <p>[Show response options for each item as radio button list]</p> <p>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</p>

<p>EXPOSURE TO MARKETING STRATEGIES</p> <p>MKTG_LICENCED MKTG_COMPANY MKTG_CELEB MKTG_PROSPORT MKTG_RECSPORT MKTG_CULTURE MKTG_NONE MKTG_DK MKTG_R</p>	<p>[PROGRAMMER NOTE: show note in grey font] <i>Remember: Unhealthy foods include processed foods high in sugar, salt, or saturated fat, such as soft drinks, fast food, chips, sugary cereals, biscuits and chocolate bars.</i></p> <p>In the last 30 days, have you seen any of the following? (Select all that apply)</p> <p>Unhealthy food or drinks promoted using characters from movies or TV (e.g., Star Wars, Disney characters) Unhealthy food or drinks with characters created by food companies (e.g., Tony the Tiger, Ronald McDonald) Celebrity endorsements of unhealthy food/drinks Professional sport teams or sporting events sponsored by unhealthy food/drink companies Children’s/community sports teams sponsored by unhealthy food/drink companies Cultural or community events sponsored by unhealthy food/drink companies None of the above [Programming note: only allow to select if no other options selected] Don’t know Refuse to answer</p>
<p>CHILD ASK - MARKETING STRATEGIES</p> <p>REVISED 2019 (response format)</p> <p>ASK_LICENCED ASK_COMPANY</p>	<p><i>UNIVERSE: At least 1 child <18 years in household (child_home>0)</i> [PROGRAMMER NOTE: show note in grey font] <i>Remember: Unhealthy foods include processed foods high in sugar, salt, or saturated fat, such as soft drinks, fast food, chips, sugary cereals, biscuits and chocolate bars.</i></p> <p>In the last 30 days, have your <u>children asked you to buy any unhealthy</u> food or drinks with...</p> <p>Characters from movies or TV (e.g., Star Wars, Disney characters) Characters created by food companies (e.g., Tony the Tiger, Ronald McDonald)</p> <p>[Show response options for each item as radio button list] Yes No Don’t know Refuse to answer</p>

<p>PARENT BUY-MARKETING STRATEGIES</p> <p>REVISED 2019 (response format)</p> <p>BUY_LICENCED BUY_COMPANY</p>	<p>UNIVERSE: <i>At least 1 child <18 years in household (child_home>0)</i> [PROGRAMMER NOTE: show note in grey font]</p> <p><i>Remember: Unhealthy foods include processed foods high in sugar, salt, or saturated fat, such as soft drinks, fast food, chips, sugary cereals, biscuits and chocolate bars.</i></p> <p>In the last 30 days, did you buy your children any <u>unhealthy</u> food or drinks with...</p> <p>Characters from movies or TV (e.g., Star Wars, Disney characters) Characters created by food companies (e.g., Tony the Tiger, Ronald McDonald)</p> <p>[Show response options for each item as radio button list]</p> <p>Yes No Don't know Refuse to answer</p>
<p>PESTER POWER</p> <p>NEW 2020 REVISED 2021 (underlining)</p> <p>PESTER</p>	<p>UNIVERSE: <i>At least 1 child <18 years in household (child_home>0)</i> [PROGRAMMER NOTE: show note in grey font]</p> <p><i>Remember: Unhealthy foods include processed foods high in sugar, salt, or saturated fat, such as soft drinks, fast food, chips, sugary cereals, biscuits and chocolate bars.</i></p> <p>How often do your children <u>ask</u> you to buy unhealthy food or drinks they've seen <u>advertised</u>?</p> <p>Never Only for special occasions Less than once a week Some days Every day Don't know Refuse to answer</p>

<p>UNHEALTHY FOOD CONSUMPTION FREQUENCY</p> <p>REVISED 2019 (response format)</p> <p>EAT_SD EAT_FF EAT_CEREAL EAT_SNACK EAT_DESSERT EAT_CANDY</p>	<p>UNIVERSE: At least 1 child <18 years in household (child_home>0)</p> <p>In a typical week, how often <u>do your children eat or drink...</u></p> <p>Sugary drinks Fast food / take-away Sugary cereals Snacks such as chips Desserts such as cakes, biscuits, and ice cream Lollies or chocolate bars</p> <p>[Show response options for each item as radio button list]</p> <p>More than once a day Every day A few times a week, but not every day Once a week Only on special occasions Never Don't know Refuse to answer</p>
<p>CHILD – PRODUCTS</p> <p>MKTG_CHILD_PRODUCT</p>	<p>UNIVERSE: At least 1 child <18 years in household (child_home>0)</p> <p>[PROGRAMMER NOTE: show note in grey font]</p> <p><i>Remember: Unhealthy foods include processed foods high in sugar, salt, or saturated fat, such as soft drinks, fast food, chips, sugary cereals, biscuits and chocolate bars.</i></p> <p>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>?</p> <p>Yes No Don't know Refuse to answer</p>
<p>CHILD – TOY</p> <p>MKTG_CHILD_TOY</p>	<p>UNIVERSE: At least 1 child <18 years in household (child_home>0)</p> <p>Do any of your children own any <u>'Happy Meal' toys or other toys</u> from fast-food restaurants?</p> <p>Yes No Don't know Refuse to answer</p>
<p>CONCERN ABOUT CHILD'S EXPOSURE TO MARKETING</p> <p>MKTG_CHILD_CONCERN</p>	<p>UNIVERSE: At least 1 child <18 years in household (child_home>0)</p> <p>Are you concerned about the amount of marketing for sugary drinks and fast food that your children see?</p> <p>Not at all concerned A little concerned Somewhat concerned Very concerned Don't know Refuse to answer</p>

<p>CHILD MEDIA CHANNELS – TIME ON WEEKDAY</p> <p>NEW 2021</p> <p>MEDIA_WD_YTB MEDIA_WD_SOC MEDIA_WD_SHOW MEDIA_WD_GAME MEDIA_WD_WEB</p>	<p>UNIVERSE: At least 1 child <18 years in household (child_home>0)</p> <p>On a normal weekday, how much time does your youngest (or only) child spend:</p> <p>Watching YouTube On social media (including messaging, posting, or liking posts) Watching TV shows, series, or movies Playing games on smartphones, computers, or game consoles Browsing, reading websites, Googling, etc.</p> <p>[PROGRAMMER NOTE: Show options for each as radio buttons]</p> <p>0 hours (none) Up to 15 minutes Up to 30 minutes Up to 1 hour Up to 2 hours Up to 3 hours Up to 4 hours More than 4 hours Don't know Refuse to answer</p>
<p>CHILD SOCIAL MEDIA PLATFORM USE</p> <p>NEW 2021</p> <p>MEDIA_SOC_FB MEDIA_SOC_IG MEDIA_SOC_TIK MEDIA_SOC_TWT MEDIA_SOC_SC MEDIA_SOC_TWITCH MEDIA_SOC_NONE MEDIA_SOC_DK MEDIA_SOC_R</p>	<p>UNIVERSE: At least 1 child <18 years in household (child_home>0)</p> <p>Does your youngest (or only) child use...?</p> <p>Select all that apply.</p> <p>Facebook Instagram TikTok Twitter Snapchat Twitch None of the above Don't know Refuse to answer</p>

PRICE / TAXATION

DOMAIN SOURCE	QUESTION
<p>SUGAR TAX</p> <p>REVISED 2019</p> <p>DRINKS_COST</p>	<p>Do drinks with sugar (e.g., Coke) cost more than drinks without sugar (e.g., Diet Coke) in Australia?</p> <p>No Yes – a little more Yes – a lot more Don't know Refuse to answer</p>

<p>SUGAR TAX - AWARENESS</p> <p>NEW 2021</p> <p>TAX_AWARENESS</p>	<p>Is there a special tax on sugary drinks in Australia that makes them more expensive to buy?</p> <p>No</p> <p>Yes</p> <p>Don't know</p> <p>Refuse to answer</p>
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POLICY SUPPORT

DOMAIN SOURCE	QUESTION
<p>POLICY SUPPORT (items in second list from Policy Interventions to Reduce Obesity – Knowledge, Attitudes and Beliefs Survey of the Public (Raine))</p> <p>REVISED 2019 REVISED 2021</p> <p>POL_CAL_REST POL_TAX_SSB POL_TAX_SUB POL_TAX_SUGAR POL_SCH_PROG POL_ZONE_FF POL_BAN_UNHLTH POL_RESTR_SPONS POL_BAN_TOYFF POL_BAN_ONLINE POL_BAN_TV POL_BAN_OUT POL_BAN_CHAR</p>	<p>[PROGRAMMER NOTE: HIDE BACK BUTTON.]</p> <p>We are interested in your opinion about food policies. For each statement, please indicate whether you would support or oppose the policy.</p> <p>Would you support or oppose a government policy that would require...</p> <p>Support</p> <p>Neutral</p> <p>Oppose</p> <p>Don't know</p> <p>Refuse to answer</p> <p>[PROGRAMMER NOTE: SHOW FIRST 6 ITEMS TO EACH PARTICIPANT, AND 2 RANDOMLY SELECTED ITEMS OF 7 MARKETING MEASURES. RANDOMIZE ORDER OF ITEM PRESENTATION. SHOW RESPONSE OPTIONS FOR EACH ITEM AS RADIO BUTTON LIST.]</p> <p>Calorie or kilojoule amounts on menus of chain restaurants</p> <p>Taxes on sugary drinks</p> <p>Taxes on sugary drinks IF the money was spent on subsidizing healthy foods</p> <p>Taxes on foods with high sugar</p> <p>Free breakfast or lunch programs in schools</p> <p>Planning laws to restrict the number of fast food restaurants near schools</p> <p>A ban on marketing unhealthy food and beverages to children</p> <p>Restrictions on sponsorship of sporting events and teams by food companies such as Coca Cola and McDonalds</p> <p>A ban on the use of toys, vouchers or competitions as part of children's meals at fast-food restaurants</p> <p>A ban on marketing of unhealthy food and beverages online/on the internet</p> <p>A ban on advertising of unhealthy food and beverages on TV before 9pm</p> <p>A ban on outdoor advertisements (e.g., at bus stops and billboards) for unhealthy food and beverages</p> <p>A ban on the use of cartoon characters and other elements that may appeal to children on the packaging of unhealthy foods</p>

HEALTH LITERACY

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

<p>NVS_DV NVS_DV_N</p>	<p>If you usually eat 10,000 kilojoules (kJ) in a day, what percentage of your daily value of energy will you be eating if you eat one serving? Enter percentage: <i>[numeric percentage]</i> Don't know Refuse to answer</p> <p><i>[Answer: 10% is the correct answer; 11% is also accepted as correct in Australia only.]</i></p>
<p>NVS_ALG NVS_ALG_WHY NVS_ALG_WHYTEXT</p>	<p>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</p> <p><i>[Answer: No]</i></p> <p>[If "no", ask:] Why not? Enter reason: <i>[open-ended]</i> Don't know Refuse to answer</p> <p><i>[Answer: Because it has peanut oil or because you might have an allergic reaction]</i></p>

GENERAL HEALTH STATUS

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

	<p><i>[Programmer: Show if “Day” is selected.]</i> Enter the number of times you eat fruit per day: ___ per day Don’t know Refuse to answer</p> <p><i>[Programmer: Show if “Week” is selected.]</i> Enter the number of times you eat fruit per week: ___ per week Don’t know Refuse to answer</p> <p><i>[Programmer: Show if “Month” is selected.]</i> Enter the number of times you eat fruit per month: ___ per month Don’t know Refuse to answer</p>
<p>FRUIT JUICE CONSUMPTION BRFS5</p> <p>JUICE_PREFER JUICE_DAY_NUM JUICE_DAY_DK_R</p> <p>(DAY/WEEK/MONTH/YEAR)</p>	<p>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? <i>Do not include fruit-flavored drinks with added sugar like cranberry classic, Cotties cordial, lemon crush, Pop Tops, Gatorade, Ribena, and tropical punch. Include only 100% pure juices or 100% juice blends.</i></p> <p>Do you prefer to answer by the number of times per day, week or month? Day Week Month Don’t know Refuse to answer</p> <p><i>[Programmer: Show if “Day” is selected.]</i> Enter the number of times you drink 100% fruit juice per day: ___ per day Don’t know Refuse to answer</p> <p><i>[Programmer: Show if “Week” is selected.]</i> Enter the number of times you drink 100% fruit juice per week: ___ per week Don’t know Refuse to answer</p>

	<p><i>[Programmer: Show if “Month” is selected.]</i></p> <p>Enter the number of times you drink 100% fruit juice per month: ___ per month Don't know Refuse to answer</p>
<p>SALAD CONSUMPTION BRFSS</p> <p>SALAD_PREFER SALAD_DAY_NUM SALAD_DAY_DK_R</p> <p>(DAY/WEEK/MONTH/YEAR)</p>	<p>How often did you eat a green leafy or lettuce salad, with or without vegetables? <i>Include spinach salads.</i></p> <p>Do you prefer to answer by the number of times per day, week or month? Day Week Month Don't know Refuse to answer</p> <p><i>[Programmer: Show if “Day” is selected.]</i></p> <p>Enter the number of times you eat a salad per day: ___ per day Don't know Refuse to answer</p> <p><i>[Programmer: Show if “Week” is selected.]</i></p> <p>Enter the number of times you eat a salad per week: ___ per week Don't know Refuse to answer</p> <p><i>[Programmer: Show if “Month” is selected.]</i></p> <p>Enter the number of times you eat a salad per month: ___ per month Don't know Refuse to answer</p>
<p>FRIED POTATO CONSUMPTION BRFSS</p> <p>POTATO_PREFER POTATO_DAY_NUM POTATO_DAY_DK_R</p> <p>(DAY/WEEK/MONTH/YEAR)</p>	<p>How often did you eat any kind of fried potatoes, including french fries, cook at home chips, or hash browns? <i>Do not include potato chips such as Smiths Chips.</i></p> <p>Do you prefer to answer by the number of times per day, week or month? Day Week Month Don't know Refuse to answer</p>

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

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

OVERALL DIET NHANES AND USED IN FCMS <i>DIET</i>	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 <i>MENTAL</i>	In general, would you say your mental health is... Poor Fair Good Very good Excellent Don't know Refuse to answer
STRESS CHMS <i>STRESS</i>	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

OTHER HEALTH BEHAVIOURS

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

	<p>November December Don't know Refuse to answer</p>
<p>SMOKING – PAST 30 DAYS CTADS <i>SMK_30</i></p>	<p>Have you smoked cigarettes in the past 30 days? No Yes, occasionally Yes, every day Don't know Refuse to answer</p>
<p>MARIJUANA USE – FREQUENCY CSTADS <i>MJ_USE</i></p>	<p>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</p>
<p>MARIJUANA USE – DRIVEN CSTADS ADAPTED <i>MJ_DRIVE</i></p>	<p><i>UNIVERSE: Ever used marijuana (mj_use ≠ 1)</i> 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</p>
<p>MARIJUANA USE – PASSENGER CSTADS ADAPTED <i>MJ_PASS</i></p>	<p>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</p>

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

SOCIODEMOGRAPHIC MEASURES

DOMAIN	QUESTION
SOURCE ABORIGINAL STATUS ADAPTED FROM AUSTRALIAN CENSUS REVISED 2020 ABORIG_AUS_1 ABORIG_AUS_2 ABORIG_AUS_3 ABORIG_AUS_DK ABORIG_AUS_R	Are you of Aboriginal or Torres Strait Islander origin? <i>If you are of both Aboriginal and Torres Strait Islander origin, please select both 'Yes' options.</i> No Yes, Aboriginal Yes, Torres Strait Islander Don't know Refuse to answer
ETHNICITY ITC 4C ADAPTED ETH_AUS ETH_AUS_LANG1...7 ETH_AUS_LANG_OTEXT ETH_AUS_LANG_DK ETH_AUS_LANG_R	Do you speak a language other than English in the home? Yes No Don't know Refuse to answer [If yes:] What language is that? (Select all that apply) Italian Greek Cantonese Mandarin Arabic Vietnamese Other (please specify): _____ Don't know Refused
COUNTRY OF BIRTH BIRTH_AUS	Were you born in Australia? Yes No Don't know Refuse to answer

<p>HIGHEST EDUCATION ADAPTED FROM NHANES 2015-2016, CCHS 2014</p> <p>EDUC_COMP_AUS</p>	<p>What is the highest level of formal education that you have <u>completed</u>?</p> <p>Did not complete secondary school Year 12 or equivalent Trade certificate or diploma from a technical/vocational school or apprenticeship training Diploma or certificate from CAE (other than trades certificates or diplomas) Some university, or university certificate/diploma below the bachelor's level Bachelor's degree (e.g., BA, BSc) University degree above the bachelor's level (e.g., Master's, professional school, doctorate) Don't know Refuse to answer</p>
<p>PERCEIVED INCOME ADEQUACY LITWIN & SAPIR 2009</p> <p>INCOME_ADEQ</p>	<p>Thinking about your total monthly income, how difficult or easy is it for you to make ends meet?</p> <p>Very difficult Difficult Neither easy nor difficult Easy Very easy Don't know Refuse to answer</p>
<p>HOUSEHOLD SIZE ADAPTED FROM NHANES; FCMS; ONTARIO HEALTH STUDY (OHS) COVID-19 QUESTIONNAIRE, 2020; WATERLOO REGION MATTERS SURVEY – COVID-19 EDITION</p> <p>NEW 2020</p> <p>HHLDSIZE_CH HHLDSIZE_AD</p>	<p>How many children (under 18 years of age) currently live in your household? <i>[dropdown with numbers from 0 to 10, more than 10, DK/R]</i></p> <p>Don't know Refuse to answer</p> <p>How many adults (age 18 or older), including yourself, currently live in your household? <i>[dropdown with numbers from 1 to 10, more than 10, DK/R]</i></p> <p>Don't know Refuse to answer</p> <p>Include all family members who live with you all or most of the time. Do NOT include roommates unless you share income.</p>

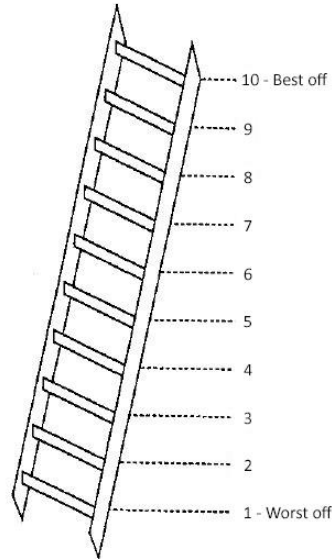
<p>HOUSEHOLD INCOME ADAPTED FROM CANADIAN COMMUNITY HEALTH SURVEY (CCHS) 2020; US CPS CURRENT POPULATION SURVEY (CPS); AUSTRALIAN CENSUS 2016; INTERNATIONAL CANNABIS POLICY STUDY (ICPS) 2020</p> <p>NEW 2020 REVISED 2021 (underlining)</p> <p><i>INCOME_AUS</i></p>	<p>What was your <u>total household income</u>, from all sources, before taxes, over the past 12 months?</p> <p><i>Include income from work, investments, pensions or government.</i></p> <p><i>Include income from all family members living with you all, or most of the time. Do NOT include roommates unless you share income.</i></p> <p>1= Less than \$10,000 2= \$10,000 to less than \$20,000 3= \$20,000 to less than \$30,000 4= \$30,000 to less than \$40,000 5= \$40,000 to less than \$50,000 6= \$50,000 to less than \$60,000 7= \$60,000 to less than \$70,000 8= \$70,000 to less than \$80,000 9= \$80,000 to less than \$90,000 10= \$90,000 to less than \$100,000 11= \$100,000 to less than \$150,000 12= \$150,000 and over -77= Don't know -88= Refuse to answer</p>
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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 Australia. At the top of the ladder (step 10) are the people who have the most money and education, and the most respected jobs. At the bottom of the ladder (step 1) are the people who have the least money and education, and the least respected jobs or no job.



Where would you place yourself on this ladder? Pick the number for the step that shows where you think you stand at this time in your life, relative to other people in Australia.

[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 <i>REGION_AUS</i> <i>REGION_AUS_OTEXT</i>	What state or territory do you live in? New South Wales Victoria Queensland Western Australia South Australia Tasmania Australian Capital Territory Northern Territory Other (please specify): _____ Don't know Refused
POSTAL CODE <i>POSTAL</i> <i>POSTAL_TEXT_AUS</i>	Please enter your postcode: <i>Postcodes help us to understand the food environment where you live. As a reminder, all information you provide will be kept strictly confidential and will never be shared.</i> Enter: _____ [format 4 numeric digits] Don't know Refuse to answer
SELF-REPORTED HEIGHT <i>HT_UNIT</i> <i>HT_CM</i> <i>HT_FT</i> <i>HT_IN</i>	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] <i>UNIVERSE: ht_unit=feet and inches</i> Enter feet: _____ ft [numeric, 2-7] AND Enter inches: _____ in [numeric, 0-11] <i>UNIVERSE: ht_unit= centimetres</i> Enter centimetres: _____ cm [numeric, 60-250]


<p>SELF-REPORTED HEIGHT CONFIRMATION</p> <p><i>HT_FTIN_CONF</i> <i>HT_CM_CONF</i></p>	<p><i>UNIVERSE: ht_unit=feet and inches</i> You entered [X] feet and [X] inches. Is that correct? Yes No – I need to make a correction Don't know Refuse to answer</p> <p><i>UNIVERSE: ht_unit= centimetres</i> You entered [X] centimetres. Is that correct? Yes No – I need to make a correction Don't know Refuse to answer</p>
<p>SELF-REPORTED HEIGHT CORRECTION</p> <p><i>HTC_UNIT</i> <i>HTC_FT</i> <i>HTC_IN</i> <i>HTC_CM</i></p>	<p><i>UNIVERSE: ht_ftin_conf, or ht_cm_conf= No – I need to make a correction</i> How tall are you without shoes? Would you rather answer in: Feet and inches Centimetres Don't know Refuse to answer</p> <p>[PROGRAMMER NOTE: show based on response to above]</p> <p><i>UNIVERSE: htc_unit=feet and inches</i> <i>Enter feet: _____ ft [numeric, 2-7]</i> AND <i>Enter inches: _____ in [numeric, 0-11]</i></p> <p><i>UNIVERSE: htc_unit= centimetres</i> <i>Enter centimetres: _____ cm [numeric, 60-250]</i></p>

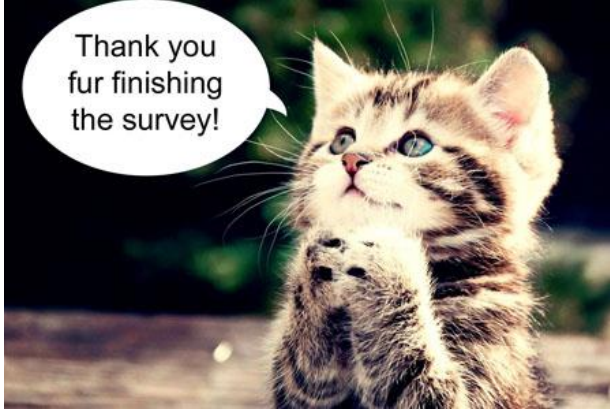
<p>SELF-REPORTED WEIGHT</p> <p>WT_UNIT WT_KG WT_LB WT_ST WT_STLB</p>	<p>How much do you weigh without clothes or shoes?</p> <p>Would you rather answer in:</p> <p>Kilograms (kg) Pounds (lb) Stones and pounds (st/lb) Don't know Refuse to answer</p> <p>[PROGRAMMER NOTE: show based on response to above]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

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

RESPONDENT WILL BE REDIRECTED TO ASA24-AUSTRALIA-2016.

DOMAIN SOURCE	ENGLISH
PANDA NEW 2020	<p>[PROGRAMMER NOTE: AUSTRALIA, CANADA, UK, USA ONLY]</p> <p>Getting tired of the survey? Don't give up, there's just one more section!</p> 
ASA24-REDIRECT NEW 2020	<p>[PROGRAMMER NOTE: CANADA/AUSTRALIA/UK/USA ONLY]</p> <p>To complete the next section of the survey, click on the link below. The link will take you to a website run by the US National Institutes of Health which asks about the food you ate yesterday. Typically, this takes 15-30 minutes.</p> <p>After you have finished telling us about the food you ate, you will be redirected to this website for a few final study details.</p> <p>Click HERE to continue to the next section of the survey.</p> <p>**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.**</p> <p>[PROGRAMMER NOTE: REDIRECT RESPONDENT TO ASA24-AUSTRALIA-2016]</p>
WELCOME NEW 2020	<p>Welcome back! To record your progress, please click NEXT.</p>

<p>INCOMPLETE</p> <p>NEW 2020</p>	<p>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.</p> <p>The survey company will be notified that you did NOT finish the survey.</p> <p>Thank you for your time.</p> <p>You will now be redirected back to the survey company.</p>
<p>END SCREEN</p> <p>REVISED 2019</p> <p>REVISED 2021</p>	<p>If ASastatus= complete: You're finished—thank you!</p> <p>As a reminder, this study has been reviewed by and received ethics clearance through a University of Waterloo Research Ethics Board (REB #30829). If you have any comments or concerns resulting from your involvement please contact the Office of Research Ethics in Canada at 0011-1-519-888-4567, ext. 36005 or reb@uwaterloo.ca, or Professor David Hammond of the University of Waterloo in Canada at 0011-1-519-888-4567 ext. 46462 or dhammond@uwaterloo.ca, or Associate Professor Gary Sacks, a local study researcher from Deakin University in Australia at 03 9251 7105 or gary.sacks@deakin.edu.au.</p> <p>Click NEXT to return to the survey company's website.</p> <p>Thanks again for your help.</p> 
<p>REDIRECT TO NIELSEN</p>	<p>You will now be redirected back to the survey company.</p>