

WA Nutrition Monitoring Survey Series 2022 Survey Questionnaire

Programming notes: this survey document covers both the CATI and online versions.
Unless indicated otherwise, the version shown is CATI, and the online is the same except does not include any of the following:
1. Any interviewer notes of any kind (these are always in blue text). This includes things like "(Don't read)", "(Read out)", "(Multiple response)", "If asked why this is necessary, explain that..", etc. Occasionally, there will need to be need for an instruction for online respondents as to how to answer a question, this will be indicated via online specific extra text like so <Extra wording for online: "Enter answer as either days or weeks or..>"
2. Any 'unlikely prompts' (also always blue) such as "(Unlikely response 9 - 12)". Answers in the 'unlikely' range will, for the online survey, just be accepted without a prompt.
In order to avoid unnecessary clutter, these 'generic' online vs CATI differences mentioned above will not be indicated in the body of the survey document / on a per question basis.
More specific differences / once off differences will be indicated as needed in body of survey document / per question. For example letter1 has the programming note <always skipped for online version>

< Wording for CATI version of intro: "Hello. My name is [Name of Interviewer], I am calling from the Edith Cowan University, Survey Research Centre on behalf of the Western Australian Department of Health regarding a health survey. May I please speak to [First name, last name of respondent]?"

Re-introduce if needed, then read the below when talking to respondent

ONLY INTERVIEW THE NAMED RESPONDENT - NO ONE ELSE

Previously you participated in the Department of Health's, Health and Wellbeing Survey and we thank you for that. When you did that survey, you agreed to be contacted to help with other important research initiatives. We are currently conducting the Nutrition Monitoring Survey. The Department would like you to take part in this nutrition survey so that up-to-date information on the nutrition of Western Australians is available to plan and develop health services.

(IF ASKED:) It will take about 20 to 30 minutes. WA Department of Health's Human Research Ethics Committee has approved this study.

(Answering machine script) Hello, my name is [Name of Interviewer], I am calling on behalf of the WA Department of Health regarding a nutrition survey. Sorry to have missed you. We will call again later, or if you would like to make an appointment for us to call, please telephone 6304 2100 during business hours. Thank you.">

< Wording for ONLINE version of intro: "Welcome to the Western Australian Department of Health Nutrition Monitoring Survey 2022. Thank you for participating in this survey. Your responses will be used to provide up-to-date information on the nutrition of Western Australians, and will help the Department to plan and develop health services.">

Preamble

[Read to All Respondents]

Edith Cowan University Survey Research Centre abides by the Australian Privacy Principles. Before you begin, I want to assure you of confidentiality for any answers you may give <extra wording for CATI only: "and let you know that parts of the survey may be recorded and listened to for training and quality control purposes">. The answers from all people <CATI wording: "interviewed". Online wording: "surveyed"> will be gathered together and no individual answers will be published or passed on. On average the survey takes 20 to 30 minutes and participation is voluntary. You may withdraw from the survey at any time and may refuse to answer any questions as you wish.

Data is collected for health system monitoring and research purposes and retained by Edith Cowan University Survey Research Centre for a period of two years after completion of the project. Names or identifiable details are permanently deleted from our databases after 3 months. Data collected will not be used for other purposes. Should you wish to discuss any aspect of this questionnaire with someone or provide confidential feedback, please call (08) 9222 2369 and ask for the Senior Policy Officer for the Nutrition Monitoring Survey.

letter

Letter <always skipped for online version> We recently sent you a letter telling you about the survey. Did you receive the letter we sent you?

(Single Response)

- 0 No
- 1 Yes
- 998 (Don't read) Unsure
- 999 (Don't read) Refused

[only read out basic explanation if Letter is NOT 1 (yes)]

Basic explanation

The letter invited you to take part in an important survey on nutrition being conducted by the Western Australian Department of Health. It was sent to your household to let you know that we would be contacting you by phone to participate in this survey.

age

dem2 Based on your age last birthday, what age are you?

Single Response. If respondent refuses to provide or does not know their age last birthday please thank the person and terminate the interview)

Enter age____(Type answer directly in here) <allow 10 to 105 but screens out if under 18 or over 64>

Interviewer note: If asked why this is necessary, explain that the results need to be reflective of the WA community and age and sex are used to weight the information so that a 'true picture' is formed about nutrition in WA.

- 998 (Don't read) Unsure (screens out)
- 999 (Don't read) Refused (screens out)

Sex

dem3 As some questions and statistics relate to a certain sex only, would you mind telling me what sex you are?

(Read out. Single Response)

- 0 Female
- 1 Male
- 2 Other

Interviewer note: If asked why this is necessary, explain that the results need to be reflective of the WA community and age and sex are used to weight the information so that a 'true picture' is formed about nutrition in WA.

PART 1 – YOUR FOOD AND DRINK INTAKE

u_frtserves

con1 How many serves of fresh, frozen, canned or dried fruit do you usually eat each day?

One serve of fruit is equal to one medium or two small pieces of fruit, one cup of diced fruit, four dried apricots, or 1 and a half tablespoons of sultanas. 1 Cup is equal to household metric cup, which is 250mL.

Include fruit added to smoothies. Do not include fruit juice.

(Read out IF needed. Single response)

- 0 None
- 1 Half a serve per day
- 2 1 serve per day
- 3 1 and a half serves per day

	4	2 serves per day
	5	More than 2 serves per day
	998	(Don't read) Unsure
	999	(Don't read) Refused
frtserves		con2 How many serves of <i>fruit</i> did you eat <i>yesterday</i> ? Include fruit added to smoothies. Do not include fruit juice. Remind if necessary that a serve of fruit is equal to one medium piece of fruit, two small pieces of fruit, one cup of diced fruit, four dried apricots, or 1 and a half teaspoons of sultanas. 1 cup is equal to a household metric cup, which is 250mL. (Read out IF needed. Single response)
	0	None
	1	Half a serve
	2	1 serve
	3	1 and a half serves
	4	2 serves
	5	More than 2 serves
	998	(Don't read) Unsure
	999	(Don't read) Refused
Frtserve		know1 For someone of <i>your age and sex</i> , what is the recommended number of serves of fruit that should be eaten each day? Remind if necessary that a serve of fruit is equal to one medium piece of fruit, two small pieces of fruit, one cup of diced fruit, four dried apricots, or 1 and a half teaspoons of sultanas. 1 cup is equal to a household metric cup, which is 250mL. (Single response.)
		_____serves per day (Type answer directly in here) <allow 0 to 20> (Unlikely response 5-20)
	998	(Don't read) Unsure
	999	(Don't read) Refused
u_vegserves		con3 How many serves of fresh, frozen or canned <i>vegetables</i> do you <i>usually</i> eat each day? One serve of vegetables is equal to half a cup of cooked vegetables, 1 cup of salad vegetables, half a medium potato either mashed, boiled or baked. Do not include hot potato chips, wedges, gems or hash browns. (Read out IF needed. Single response)
	0	None
	1	Half a serve per day
	2	1 serve per day
	3	1 and a half serves per day
	4	2 serves per day
	5	2 and a half serves per day
	6	3 serves per day
	7	3 and a half serves per day
	8	4 serves per day
	9	4 and a half serves per day
	10	5 serves per day
	11	5 and a half serves per day
	12	6 serves per day
	13	More than 6 serves per day
	998	(Don't read) Unsure
	999	(Don't read) Refused
vegservesyest		con4 How many serves of <i>vegetables</i> did you eat <i>yesterday</i> ? Do not include hot potato chips, wedges, gems or hash browns. Remind if necessary that a serve of vegetables is equal to half a cup of cooked vegetables, 1 cup of salad vegetables, half a medium potato either mashed, boiled or baked. (Read out IF needed. Single response)
	0	None
	1	Half a serve
	2	1 serve
	3	1 and a half serves
	4	2 serves
	5	2 and a half serves
	6	3 serves
	7	3 and a half serves
	8	4 serves
	9	4 and a half serves
	10	5 serves
	11	5 and a half serves
	12	6 serves
	13	More than 6 serves
	998	(Don't read) Unsure
	999	(Don't read) Refused
vegserves2		know2 For someone of <i>your age and sex</i> , what is the recommended number of serves of vegetables that should be eaten each day? Remind if necessary that a serve of vegetables is equal to half a cup of cooked vegetables, 1 cup of salad vegetables, half a medium potato either mashed, boiled or baked. (Single response.)
		_____serves per day (Type answer directly in here) <allow 0 to 20> (Unlikely response 6-20)
	998	(Don't read) Unsure
	999	(Don't read) Refused
		How often do you <i>usually</i> eat bread or bread rolls? Include flat bread, wraps, bagels, Turkish bread, focaccia and English muffins. Include gluten free breads and bread rolls. <Online only text: "Please answer in number of times per day, OR times per week, OR times per month - whichever you prefer or describes your situation best.>
		(Enter an answer into days OR weeks OR months OR select a code. If the respondent requires prompting ask "For example, how many times per day, per week or per month?") <Programming note: for all questions like this, do not allow an answer in multiple parts. For example, do not allow an answer for days and also for months, or an answer in months combined with a code being picked - block survey from going to next page if this happens.>
u_breadserves_day		con5_day _____ times per day (Type answer directly in here) <allow 1 to 12> (Unlikely response 9 - 12)
		OR
u_breadserves_week		con5_week _____ times per week (Type answer directly in here) <allow 1 to 85> (Unlikely response 65-85)
		OR
u_breadserves_month		con5_month _____ times per month (Type answer directly in here) <allow 1 to 370> (Unlikely response 280 - 370)
u_breadserves_codes	996	con5_codes (Don't read) Less than once a month
	997	(Don't read) Never
	998	(Don't read) Unsure
	999	(Don't read) Refused
breadtype4		<SKIP IF CONS_CODES=997 NEVER> con6 Which of the following types of bread or bread rolls do you mainly eat? Include all types of breads and bread rolls such as sourdough, spelt and gluten free varieties. (If respondent says 'spelt' or 'sourdough' or 'gluten free', ask if the bread is white, wholemeal, rye, multi-grain or whole-grain and code accordingly).

- (Read out. Single response)
- 1 White
 - 2 Hi-fibre white
 - 3 Wholemeal
 - 4 Rye
 - 5 Multi-grain or whole-grain
 - 998 (Don't read) Unsure
 - 999 (Don't read) Refused

How often do you *usually* eat cooked pasta, noodles, rice or other grains such as polenta, quinoa (pronounced as 'kinwah'), semolina, bulgar, or couscous? <Online only text: "Please continue to answer in number of times per day, OR times per week, OR times per month."> (Enter an answer into days OR weeks OR months OR select a code. If the respondent requires prompting ask "For example, how many times per day, per week or per month?")

- f_cereals_day con7_day _____ times per day (Type answer directly in here) <allow 1 to 12> (Unlikely response 9 - 12)
OR
- f_cereals_week con7_week _____ times per week (Type answer directly in here) <allow 1 to 85> (Unlikely response 65-85)
OR
- f_cereals_month con7_month _____ times per month (Type answer directly in here) <allow 1 to 370> (Unlikely response 280 - 370)
- f_cereals_codes 996 con7_codes (Don't read) Less than once a month
- 997 (Don't read) Never
- 998 (Don't read) Unsure
- 999 (Don't read) Refused

How often do you *usually* consume milk? Include milk used on breakfast cereals, in hot or cold drinks, and in cooking. Include *all types* of milk such as cows milk, soy, almond, powered or any other type of milk. <Online only text: "Please continue to answer in number of times per day, OR times per week, OR times per month"> (Enter an answer into days OR weeks OR months OR select a code. If the respondent requires prompting ask "For example, how many times per day, per week or per month?")

- u_milk_day dairy1_day _____ times per day (Type answer directly in here) <allow 1 to 12> (Unlikely response 9 - 12)
OR
- u_milk_week dairy1_week _____ times per week (Type answer directly in here) <allow 1 to 85> (Unlikely response 65-85)
OR
- u_milk_month dairy1_month _____ times per month (Type answer directly in here) <allow 1 to 370> (Unlikely response 280 - 370)
- u_milk_codes 996 dairy1_codes (Don't read) Less than once a month
- 997 (Don't read) Never
- 998 (Don't read) Unsure
- 999 (Don't read) Refused

milktype <SKIP IF DAIRY1_CODES=997 NEVER> dairy2 What is the main type of milk that you use, that is, the milk you consume in greatest amounts? (Read out. Single response)

- 1 Full cream cow's milk
- 2 Hi-lo or reduced fat cow's milk
- 3 Skim cow's milk
- 4 Lactose free cow's milk
- 5 Soy milk
- 6 Reduced fat soy milk
- 7 Almond or other nut milk
- 8 Coconut milk
- 9 Rice milk
- 10 Goat milk
- 11 Oat milk
- 998 (Don't read) Unsure
- 999 (Don't read) Refused

How often do you *usually* eat yoghurt? Do not include dairy-free yoghurt. <Online only text: "Please continue to answer in number of times per day, OR times per week, OR times per month"> (Enter an answer into days OR weeks OR months OR select a code. If the respondent requires prompting ask "For example, how many times per day, per week or per month?")

- u_yoghurt_day dairy3_day _____ times per day (Type answer directly in here) <allow 1 to 12> (Unlikely response 9 - 12)
OR
- u_yoghurt_week dairy3_week _____ times per week (Type answer directly in here) <allow 1 to 85> (Unlikely response 65-85)
OR
- u_yoghurt_month dairy3_month _____ times per month (Type answer directly in here) <allow 1 to 370> (Unlikely response 280 - 370)
- u_yoghurt_codes 996 dairy3_codes (Don't read) Less than once a month
- 997 (Don't read) Never
- 998 (Don't read) Unsure
- 999 (Don't read) Refused

How often do you *usually* eat cheese? Include hard and soft cheeses. Do not include dairy-free cheese. (Enter an answer into days OR weeks OR months OR select a code. If the respondent requires prompting ask "For example, how many times per day, per week or per month?")

- u_cheese_day dairy4_day _____ times per day (Type answer directly in here) <allow 1 to 12> (Unlikely response 9 - 12)
OR
- u_cheese_week dairy4_week _____ times per week (Type answer directly in here) <allow 1 to 85> (Unlikely response 65-85)
OR
- u_cheese_month dairy4_month _____ times per month (Type answer directly in here) <allow 1 to 370> (Unlikely response 280 - 370)
- u_cheese_codes 996 dairy4_codes (Don't read) Less than once a month
- 997 (Don't read) Never
- 998 (Don't read) Unsure
- 999 (Don't read) Refused

How often do you *usually* drink fruit drink or sweetened fruit juice? Do not include 100% pure fruit juice, Kombucha or soft drinks. <Programming note: the online only "please continue to answer in times per..." text deliberately excluded from here onwards, as info already shown to respondent in 4 previous questions. For all questions like this, a similar explanatory prompt will appear IF respondent tries to enter answer into multiple boxes>

(Enter an answer into days OR weeks OR months OR select a code. If the respondent requires prompting ask "For example, how many times per day, per week or per month?")

- u_frtdrnk_day drink1_day _____ times per day (Type answer directly in here) <allow 1 to 12> (Unlikely response 9 - 12)
OR
- u_frtdrnk_week drink1_week _____ times per week (Type answer directly in here) <allow 1 to 85> (Unlikely response 65-85)
OR
- u_frtdrnk_month drink1_month _____ times per month (Type answer directly in here) <allow 1 to 370> (Unlikely response 280 - 370)
- u_frtdrnk_codes 996 drink1_codes (Don't read) Less than once a month
- 997 (Don't read) Never
- 998 (Don't read) Unsure
- 999 (Don't read) Refused

frtdrinkserves <SKIP IF DRINK1_CODES=997 NEVER> **drink2** When you drink fruit drink or sweetened fruit juice, what is your usual serve size? 1 cup is equal to 1 household metric cup which is 250mL.
(Read out IF needed. Single response)

1 1 cup or less
2 1 to 2 cups
3 More than 2 cups
4 Small juice box, popper or pop top (200mL)
6 Small juice bottle (300mL)
7 Large juice bottle (500mL)
8 1 litre bottle
9 More than a 1 litre bottle
998 (Don't read) Unsure
999 (Don't read) Refused

How often do you *usually* drink 100% fruit juice? Do not include fruit drink or sweetened fruit juice or Kombucha drinks.
(Enter an answer into days OR weeks OR months OR select a code. If the respondent requires prompting ask "For example, how many times per day, per week or per month?")

u_frtjuice_day **drink3_day** _____ times per day (Type answer directly in here) <allow 1 to 12> (Unlikely response 9 - 12)
OR
u_frtjuice_week **drink3_week** _____ times per week (Type answer directly in here) <allow 1 to 85> (Unlikely response 65-85)
OR
u_frtjuice_month **drink3_month** _____ times per month (Type answer directly in here) <allow 1 to 370> (Unlikely response 280 - 370)
u_frtjuice_codes 996 **drink3_codes (Don't read)** Less than once a month
997 (Don't read) Never
998 (Don't read) Unsure
999 (Don't read) Refused

frtjuiceserves <SKIP IF DRINK3_CODES=997 NEVER> **drink4** When you drink 100% fruit juice, what is your usual serve size? 1 cup is equal to 1 household metric cup which is 250mL.

(Read out IF needed. Single response)

1 1 cup or less
2 1 to 2 cups
3 More than 2 cups
4 Small juice box, popper or pop top (200mL)
6 Small juice bottle (300mL)
7 Large juice bottle (500mL)
8 1 litre bottle
9 More than a 1 litre bottle
998 (Don't read) Unsure
999 (Don't read) Refused

How often do you *usually* drink soft drinks, energy drinks, sports drinks, flavoured mineral water or made up cordial?
Do not include 'sugar free', 'diet', or artificially sweetened drinks. Do not include Kombucha drinks.

(Enter an answer into days OR weeks OR months OR select a code. If the respondent requires prompting ask "For example, how many times per day, per week or per month?")

f_ssb_day **drink5_day** _____ times per day (Type answer directly in here) <allow 1 to 12> (Unlikely response 9 - 12)
OR
f_ssb_week **drink5_week** _____ times per week (Type answer directly in here) <allow 1 to 85> (Unlikely response 65-85)
OR
f_ssb_month **drink5_month** _____ times per month (Type answer directly in here) <allow 1 to 370> (Unlikely response 280 - 370)
f_ssb_codes 996 **drink5_codes (Don't read)** Less than once a month
997 (Don't read) Never
998 (Don't read) Unsure
999 (Don't read) Refused

ssbserves <SKIP IF DRINKS_CODES=997 NEVER> **drink6** When you drink soft drinks, energy drinks, sports drinks, flavoured mineral water or made up cordial, what is your usual serve size?

Do not include 'sugar free', 'diet', or artificially sweetened drinks. Do not include Kombucha drinks. 1 cup is a household metric cup which is 250mL.
(Read out IF needed. Single response)

1 1 cup or less
2 A small can (up to 375mL)
3 A large can (up to 500mL)
4 Small takeaway cup (300mL)
5 Medium takeaway cup (500mL)
6 Large takeaway cup (650mL)
7 600mL bottle
8 1 litre bottle or more
998 (Don't read) Unsure
999 (Don't read) Refused

How often do you *usually* drink 'sugar free', 'diet', soft drinks, energy drinks, sports drinks, flavoured mineral water or made up cordial? Do not include Kombucha drinks.

(Enter an answer into days OR weeks OR months OR select a code. If the respondent requires prompting ask "For example, how many times per day, per week or per month?")

f_dietssb_day **drink7_day** _____ times per day (Type answer directly in here) <allow 1 to 12> (Unlikely response 9 - 12)
OR
f_dietssb_week **drink7_week** _____ times per week (Type answer directly in here) <allow 1 to 85> (Unlikely response 65-85)
OR
f_dietssb_month **drink7_month** _____ times per month (Type answer directly in here) <allow 1 to 370> (Unlikely response 280 - 370)
f_dietssb_codes 996 **drink7_codes (Don't read)** Less than once a month
997 (Don't read) Never
998 (Don't read) Unsure
999 (Don't read) Refused

dietssbserves <SKIP IF DRINK7_CODES=997 NEVER> **drink8** When you drink 'sugar free', 'diet', or artificially sweetened soft drinks, energy drinks, sports drinks, flavoured mineral water or made up cordial, what is your usual serve size? Do not include Kombucha drinks. 1 cup is 1 household metric cup which is 250mL.

(Read out IF needed. Single response)

1 1 cup or less
2 A small can (up to 375mL)
3 A large can (up to 500mL)
4 Small takeaway cup (300mL)
5 Medium takeaway cup (500mL)
6 Large takeaway cup (650mL)
7 600mL bottle
8 1 litre bottle or more
998 (Don't read) Unsure
999 (Don't read) Refused

How often do you *usually* drink flavoured milk drinks such as iced coffee, chocolate milk, milkshakes or thickshakes?

(Enter an answer into days OR weeks OR months OR select a code. If the respondent requires prompting ask "For example, how many times per day, per week or per month?")

f_flavmilk_day drink9_day _____ times per day (Type answer directly in here) <allow 1 to 12> (Unlikely response 9 - 12)
OR
f_flavmilk_week drink9_week _____ times per week (Type answer directly in here) <allow 1 to 85> (Unlikely response 65-85)
OR
f_flavmilk_month drink9_month _____ times per month (Type answer directly in here) <allow 1 to 370> (Unlikely response 280 - 370)
f_flavmilk_codes 996 drink9_codes (Don't read) Less than once a month
997 (Don't read) Never
998 (Don't read) Unsure
999 (Don't read) Refused

cups_water drink10 How many cups of plain water do you *usually* drink each day? Include tap and unflavoured bottled water. 1 cup is 1 household metric cup which is 250mL.
(Read out. Single response)
1 1 cup or less
2 1 to 2 cups
3 2 to 4 cups
4 4 to 6 cups
5 6 to 8 cups
6 More than 8 cups
998 (Don't read) Unsure
999 (Don't read) Refused

How often do you *usually* eat fast food like burgers, kebabs, pizza, fried chicken, meat pies, sausage rolls, or fried fish? Do not include potato products such as hot chips.

(Enter an answer into days OR weeks OR months OR select a code. If the respondent requires prompting ask "For example, how many times per day, per week or per month?")

f_fastfd_day disc1_day _____ times per day (Type answer directly in here) <allow 1 to 12> (Unlikely response 9 - 12)
OR
f_fastfd_week disc1_week _____ times per week (Type answer directly in here) <allow 1 to 85> (Unlikely response 65-85)
OR
f_fastfd_month disc1_month _____ times per month (Type answer directly in here) <allow 1 to 370> (Unlikely response 280 - 370)
f_fastfd_codes 996 disc1_codes (Don't read) Less than once a month
997 (Don't read) Never
998 (Don't read) Unsure
999 (Don't read) Refused

How often do you *usually* eat hot potato chips, french-fries, wedges, hash browns or fried potatoes?

(Enter an answer into days OR weeks OR months OR select a code. If the respondent requires prompting ask "For example, how many times per day, per week or per month?")

f_frpot_day disc2_day _____ times per day (Type answer directly in here) <allow 1 to 12> (Unlikely response 9 - 12)
OR
f_frpot_week disc2_week _____ times per week (Type answer directly in here) <allow 1 to 85> (Unlikely response 65-85)
OR
f_frpot_month disc2_month _____ times per month (Type answer directly in here) <allow 1 to 370> (Unlikely response 280 - 370)
f_frpot_codes 996 disc2_codes (Don't read) Less than once a month
997 (Don't read) Never
998 (Don't read) Unsure
999 (Don't read) Refused

How often do you *usually* eat potato crisps, corn chips, pretzels, salted crackers or other salty snacks?

(Enter an answer into days OR weeks OR months OR select a code. If the respondent requires prompting ask "For example, how many times per day, per week or per month?")

f_crisps_day disc3_day _____ times per day (Type answer directly in here) <allow 1 to 12> (Unlikely response 9 - 12)
OR
f_crisps_week disc3_week _____ times per week (Type answer directly in here) <allow 1 to 85> (Unlikely response 65-85)
OR
f_crisps_month disc3_month _____ times per month (Type answer directly in here) <allow 1 to 370> (Unlikely response 280 - 370)
f_crisps_codes 996 disc3_codes (Don't read) Less than once a month
997 (Don't read) Never
998 (Don't read) Unsure
999 (Don't read) Refused

How often do you *usually* eat biscuits, cakes, doughnuts, muffins, or sweet pastries?

(Enter an answer into days OR weeks OR months OR select a code. If the respondent requires prompting ask "For example, how many times per day, per week or per month?")

f_sweets_day disc4_day _____ times per day (Type answer directly in here) <allow 1 to 12> (Unlikely response 9 - 12)
OR
f_sweets_week disc4_week _____ times per week (Type answer directly in here) <allow 1 to 85> (Unlikely response 65-85)
OR
f_sweets_month disc4_month _____ times per month (Type answer directly in here) <allow 1 to 370> (Unlikely response 280 - 370)
f_sweets_codes 996 disc4_codes (Don't read) Less than once a month
997 (Don't read) Never
998 (Don't read) Unsure
999 (Don't read) Refused

How often do you *usually* eat chocolate or lollies?

(Enter an answer into days OR weeks OR months OR select a code. If the respondent requires prompting ask "For example, how many times per day, per week or per month?")

f_conf_day disc5_day _____ times per day (Type answer directly in here) <allow 1 to 12> (Unlikely response 9 - 12)
OR
f_conf_week disc5_week _____ times per week (Type answer directly in here) <allow 1 to 85> (Unlikely response 65-85)
OR
f_conf_month disc5_month _____ times per month (Type answer directly in here) <allow 1 to 370> (Unlikely response 280 - 370)
f_conf_codes 996 disc5_codes (Don't read) Less than once a month
997 (Don't read) Never
998 (Don't read) Unsure
999 (Don't read) Refused

How often do you *usually* eat ice cream or dairy desserts such as custard or chocolate mousse?

(Enter an answer into days OR weeks OR months OR select a code. If the respondent requires prompting ask "For example, how many times per day, per week or per month?")

f_desst_day disc6_day _____ times per day (Type answer directly in here) <allow 1 to 12> (Unlikely response 9 - 12)

f_desst_week OR
disc6_week _____ times per week (Type answer directly in here) <allow 1 to 85> (Unlikely response 65-85)

f_desst_month OR
disc6_month _____ times per month (Type answer directly in here) <allow 1 to 370> (Unlikely response 280 - 370)

f_desst_codes 996 **disc6_codes (Don't read)** Less than once a month
 997 (Don't read) Never
 998 (Don't read) Unsure
 999 (Don't read) Refused

tspsugar **disc7** How many teaspoons of sugar, honey or syrup in total do you *usually* add to drinks, breakfast cereal, or other food and drink per day?
 (Read out. Single response)

0 None
 1 Less than 6 teaspoons
 2 Between 6 and 12 teaspoons
 3 More than 12 teaspoons
 998 (Don't read) Unsure
 999 (Don't read) Refused

Fatype1 **fat1** What kind of fat or oil do you *usually* use in cooking?
 (Read out IF needed. Single response. If respondent says they use more than one, code the one they use most often)

0 None
 1 Canola oil
 2 Olive oil
 3 Rice bran oil
 4 Sunflower oil
 5 Coconut oil
 6 Vegetable oil
 7 Safflower oil
 8 Other plant-based oil such as grapeseed oil
 9 Cooking margarine
 10 Butter or ghee
 11 Lard or another solid animal fat e.g. Supafry
 998 (Don't read) Unsure
 999 (Don't read) Refused

Fatype2 **fat2** What type of spread do you *usually* use on bread, vegetables or other food ?
 (Read out. Single response. If respondent says they use more than one, code the one they use most often)

0 None
 1 Butter
 2 Dairy blend
 3 Olive oil margarine
 4 Dairy-free margarine e.g. nut or coconut spread
 5 Other margarine
 998 (Don't read) Unsure
 999 (Don't read) Refused

**How often do you *usually* eat red meat like beef, lamb, veal, or pork ? Include mince, steaks, roasts, casseroles, curries and stir fry.
 Do not include processed meats like sausages, ham or cold deli meats.
 (Enter an answer into days OR weeks OR months OR select a code. If the respondent requires prompting ask "For example, how many times per day, per week or per month?")**

f_redmt_day **prot1_day** _____ times per day (Type answer directly in here) <allow 1 to 12> (Unlikely response 9 - 12)

f_redmt_week OR
prot1_week _____ times per week (Type answer directly in here) <allow 1 to 85> (Unlikely response 65-85)

f_redmt_month OR
prot1_month _____ times per month (Type answer directly in here) <allow 1 to 370> (Unlikely response 280 - 370)

f_redmt_codes 996 **prot1_codes (Don't read)** Less than once a month
 997 (Don't read) Never
 998 (Don't read) Unsure
 999 (Don't read) Refused

**How often do you *usually* eat chicken, turkey, duck or other poultry? Do not include processed or cold deli meats.
 (Enter an answer into days OR weeks OR months OR select a code. If the respondent requires prompting ask "For example, how many times per day, per week or per month?")**

f_poult_day **prot2_day** _____ times per day (Type answer directly in here) <allow 1 to 12> (Unlikely response 9 - 12)

f_poult_week OR
prot2_week _____ times per week (Type answer directly in here) <allow 1 to 85> (Unlikely response 65-85)

f_poult_month OR
prot2_month _____ times per month (Type answer directly in here) <allow 1 to 370> (Unlikely response 280 - 370)

f_poult_codes 996 **prot2_codes (Don't read)** Less than once a month
 997 (Don't read) Never
 998 (Don't read) Unsure
 999 (Don't read) Refused

**How often do you *usually* eat processed meats like bacon, sausages, salami, ham or other cold deli meats?
 (Enter an answer into days OR weeks OR months OR select a code. If the respondent requires prompting ask "For example, how many times per day, per week or per month?")**

f_procmtday **prot3_day** _____ times per day (Type answer directly in here) <allow 1 to 12> (Unlikely response 9 - 12)

f_procmtdweek OR
prot3_week _____ times per week (Type answer directly in here) <allow 1 to 85> (Unlikely response 65-85)

f_procmtdmonth OR
prot3_month _____ times per month (Type answer directly in here) <allow 1 to 370> (Unlikely response 280 - 370)

f_procmtdcodes 996 **prot3_codes (Don't read)** Less than once a month
 997 (Don't read) Never
 998 (Don't read) Unsure
 999 (Don't read) Refused

**How often do you *usually* eat fresh, frozen or tinned fish?
 (Enter an answer into days OR weeks OR months OR select a code. If the respondent requires prompting ask "For example, how many times per day, per week or per month?")**

f_fish_day **prot4_day** _____ times per day (Type answer directly in here) <allow 1 to 12> (Unlikely response 9 - 12)

OR

f_fish_week prot4_week _____ times per week (Type answer directly in here) <allow 1 to 85> (Unlikely response 65-85)
OR
f_fish_month prot4_month _____ times per month (Type answer directly in here) <allow 1 to 370> (Unlikely response 280 - 370)
f_fish_codes 996 prot4_codes (Don't read) Less than once a month
997 (Don't read) Never
998 (Don't read) Unsure
999 (Don't read) Refused

How often do you *usually* eat eggs? Include boiled, fried, poached, scrambled, eggs used in salads and sandwiches, and dishes like quiche and frittata.
(Enter an answer into days OR weeks OR months OR select a code. If the respondent requires prompting ask "For example, how many times per day, per week or per month?")

f_egg_day prot5_day _____ times per day (Type answer directly in here) <allow 1 to 12> (Unlikely response 9 - 12)
OR
f_egg_week prot5_week _____ times per week (Type answer directly in here) <allow 1 to 85> (Unlikely response 65-85)
OR
f_egg_month prot5_month _____ times per month (Type answer directly in here) <allow 1 to 370> (Unlikely response 280 - 370)
f_egg_codes 996 prot5_codes (Don't read) Less than once a month
997 (Don't read) Never
998 (Don't read) Unsure
999 (Don't read) Refused

How often do you *usually* eat baked beans, lentils, chickpeas, soy beans or other legumes? <Online only text: "Do not include green beans as a legume."> NOTE: Green beans are not counted as a legume and should be counted as a vegetable in this survey
(Enter an answer into days OR weeks OR months OR select a code. If the respondent requires prompting ask "For example, how many times per day, per week or per month?")

f_legu_day prot6_day _____ times per day (Type answer directly in here) <allow 1 to 12> (Unlikely response 9 - 12)
OR
f_legu_week prot6_week _____ times per week (Type answer directly in here) <allow 1 to 85> (Unlikely response 65-85)
OR
f_legu_month prot6_month _____ times per month (Type answer directly in here) <allow 1 to 370> (Unlikely response 280 - 370)
f_legu_codes 996 prot6_codes (Don't read) Less than once a month
997 (Don't read) Never
998 (Don't read) Unsure
999 (Don't read) Refused

How often do you *usually* eat meat alternatives such as tofu, tempeh, Quorn (pronounced corn) mince, vegetarian sausages or vegetarian burgers?
(Enter an answer into days OR weeks OR months OR select a code. If the respondent requires prompting ask "For example, how many times per day, per week or per month?")

f_meatalt_day prot7_day _____ times per day (Type answer directly in here) <allow 1 to 12> (Unlikely response 9 - 12)
OR
f_meatalt_week prot7_week _____ times per week (Type answer directly in here) <allow 1 to 85> (Unlikely response 65-85)
OR
f_meatalt_month prot7_month _____ times per month (Type answer directly in here) <allow 1 to 370> (Unlikely response 280 - 370)
f_meatalt_codes 996 prot7_codes (Don't read) Less than once a month
997 (Don't read) Never
998 (Don't read) Unsure
999 (Don't read) Refused

How often do you *usually* eat nuts? Include raw, roasted and salted nuts, nut spread, nut butter and nut pastes.
(Enter an answer into days OR weeks OR months OR select a code. If the respondent requires prompting ask "For example, how many times per day, per week or per month?")

f_nuts_day prot8_day _____ times per day (Type answer directly in here) <allow 1 to 12> (Unlikely response 9 - 12)
OR
f_nuts_week prot8_week _____ times per week (Type answer directly in here) <allow 1 to 85> (Unlikely response 65-85)
OR
f_nuts_month prot8_month _____ times per month (Type answer directly in here) <allow 1 to 370> (Unlikely response 280 - 370)
f_nuts_codes 996 prot8_codes (Don't read) Less than once a month
997 (Don't read) Never
998 (Don't read) Unsure
999 (Don't read) Refused

PART 2 - EATING HABITS AND FOOD ENVIRONMENTS

atebrkfast beh1 On how many days per week do you *usually* eat something for breakfast?
(Read out. Single response)
0 I never eat breakfast
1 1 day per week
2 2 days per week
3 3 days per week
4 4 days per week
5 5 days per week
6 6 days per week
7 Every day
998 (Don't read) Unsure
999 (Don't read) Refused

saltcook salt1 In the food you prepare at home, how often is salt added *during cooking* ?
(Read out. Single response)
0 Never
1 Rarely
2 Sometimes
3 Often
4 Always
998 (Don't read) Unsure
999 (Don't read) Refused

salttable salt2 How often do you add salt to your food at the table or *when eating* ?
(Read out. Single response)
0 Never
1 Rarely
2 Sometimes
3 Often
4 Always

998 (Don't read) Unsure
999 (Don't read) Refused

How often do you *usually* buy food, snacks or drinks from a takeaway, cafe, service station, restaurant, or other outlet?

(Enter an answer into days OR weeks OR months OR select a code. If the respondent requires prompting ask "For example, how many times per day, per week or per month?")

f_takeaway_day beh2_day _____ times per day (Type answer directly in here) <allow 1 to 12> (Unlikely response 9 - 12)

OR

f_takeaway_week beh2_week _____ times per week (Type answer directly in here) <allow 1 to 85> (Unlikely response 65-85)

OR

f_takeaway_month beh2_month _____ times per month (Type answer directly in here) <allow 1 to 370> (Unlikely response 280 - 370)

f_takeaway_codes 996 beh2_codes (Don't read) Less than once a month
997 (Don't read) Never
998 (Don't read) Unsure
999 (Don't read) Refused

spend <SKIP IF BEH2_CODES=997 NEVER> beh3 How much on average would you usually spend on eating out per week? Include money spent on takeaway, snacks, drinks, eating in restaurants, buying lunches. Interviewer note: IF respondent asks if the question relates to them personally, or their household or family, then answer that the question relates to them personally.

(Read out IF needed. Single response)

0 None
1 Up to 30 dollars
2 31 to 50 dollars
3 51 to 70 dollars
4 71 to 100 dollars
5 More than 100 dollars
998 (Don't read) Unsure
999 (Don't read) Refused

enoughchoice <SKIP IF BEH2_CODES=997 NEVER> foodenv1 Thinking about the last meal that you bought from a takeaway, cafe, service station, restaurant, or other outlet, in your opinion, were enough healthy choices available?

(Read out. Single response)

0 No
1 Yes
2 Yes but I didn't want any of them
3 I don't know what a healthy choice is
4 I am not interested in healthy choices
5 I don't buy meals away from home
998 (Don't read) Unsure
999 (Don't read) Refused

Thinking about your local neighbourhood, how strongly do you agree or disagree with the following statements?

Variety <Programming note: foodenv2 and foodenv3 combined on one screen, including the sentence above "thinking about...> foodenv2 A large selection of fruits and vegetables are available to buy in my local neighbourhood

(Read out. Single response)

1 Strongly agree
2 Agree
3 Neither agree nor disagree
4 Disagree
5 Strongly disagree
998 (Don't read) Unsure
999 (Don't read) Refused

Takeaway foodenv3 A large selection of healthy take-away food is available to buy in my local neighbourhood

(Read out. Single response)

1 Strongly agree
2 Agree
3 Neither agree nor disagree
4 Disagree
5 Strongly disagree
998 (Don't read) Unsure
999 (Don't read) Refused

PART 3 - FOOD LITERACY, SECURITY, KNOWLEDGE

Fdrespochoice foodlit1 Do you have any responsibility for doing the food shopping or preparing meals in your household?
(Single response)

0 No
1 Yes
998 (Don't read) Unsure
999 (Don't read) Refused

cookskill foodlit2 Which of the following best describes your cooking skills?
(Read out. Single response)

1 I can't cook
2 I can boil an egg, or BBQ meat or heat frozen meals
3 I can cook basic types of meals such as meat and 3 vegetables
4 I can cook a wide variety of meals
5 I can cook almost anything
998 (Don't read) Unsure
999 (Don't read) Refused

On a scale of very confident to not very confident, how confident would you say you are about the following:

confmoney <Programming note: foodlit3a to foodlit3c combined on the one screen, including the sentence above "on a scale of..."> foodlit3a Managing your money to buy healthy food?

(Read out. Single response)

0 Not very confident
1 Somewhat confident
2 Neither confident or not confident
3 Quite confident
4 Very confident
998 (Don't read) Unsure
999 (Don't read) Refused

confselect foodlit3b Reading food labels to select healthy foods?

(Read out. Single response)

0 Not very confident
1 Somewhat confident
2 Neither confident or not confident
3 Quite confident
4 Very confident

	998	(Don't read) Unsure
	999	(Don't read) Refused
confcook		foodlit3c Cooking a variety of healthy meals? (Read out. Single response)
	0	Not very confident
	1	Somewhat confident
	2	Neither confident or not confident
	3	Quite confident
	4	Very confident
	998	(Don't read) Unsure
	999	(Don't read) Refused
		foodlit4 Please tell us in your own words what you would describe a healthy meal to be. (If probing is needed, ask: How do you decide if a meal is healthy or not?) (This is an open-ended question. Record respondent answer word for word. Code REFUSED as 999).
		_____ (Type answer in directly)
nofdmon		foodsec In the last 12 months, has anyone in your household eaten less than they should because you couldn't afford to buy enough food? (Single response)
	0	No
	1	Yes
	998	(Don't read) Unsure
	999	(Don't read) Refused
		Now, I would like to ask you some questions about breastfeeding.
		Programmer note: ALL RESPONDENTS ANSWER THESE QUESTIONS.
brstimp		brst1 How important do you think it is for mothers to breast feed their babies, <u>if they can</u> ? (Read out. Single response)
	1	Not at all important
	2	Not very important
	3	Neither important or unimportant
	4	Somewhat important
	5	Very important
	998	(Don't read) Unsure
	999	(Don't read) Refused
excbstfed		brst2 What do you think is the recommended length of time mothers should exclusively breastfeed their babies, <u>if they can</u> , without any other fluids, including water and infant formula, or any foods of any kind? (Read out. Single response)
	1	Two months
	2	Three months
	3	Six months
	4	Twelve months
	998	(Don't read) Unsure
	999	(Don't read) Refused
		Now some questions about nutrition and health.
		How strongly do you agree or disagree with each of the following statements about being <i>overweight</i> ?
wtprobs1		<Programming note: knowl3 to knowl7 combined on the one screen. This screen features the 2 lines above (starting with "Now some questions...> knowl3 It increases the risk of bowel cancer (Read out options. Single response)
	1	Strongly agree
	2	Agree
	3	Neither agree nor disagree
	4	Disagree
	5	Strongly disagree
	998	(Don't read) Unsure
	999	(Don't read) Refused
wtprobs2		knowl4 It increases the risk of kidney cancer (Read out options. Single response)
	1	Strongly agree
	2	Agree
	3	Neither agree nor disagree
	4	Disagree
	5	Strongly disagree
	998	(Don't read) Unsure
	999	(Don't read) Refused
wtprobs3		knowl5a It increases the risk of breast cancer (Read out options. Single response)
	1	Strongly agree
	2	Agree
	3	Neither agree nor disagree
	4	Disagree
	5	Strongly disagree
	998	(Don't read) Unsure
	999	(Don't read) Refused
wtprobs4		knowl5b It increases the risk of heart disease, heart attack, or heart problems (Read out options. Single response)
	1	Strongly agree
	2	Agree
	3	Neither agree nor disagree
	4	Disagree
	5	Strongly disagree
	998	(Don't read) Unsure
	999	(Don't read) Refused
wtprobs5		knowl6 It increases the risk of type 2 diabetes (Read out options. Single response)
	1	Strongly agree
	2	Agree
	3	Neither agree nor disagree
	4	Disagree
	5	Strongly disagree
	998	(Don't read) Unsure
	999	(Don't read) Refused
wtprobs6		knowl7 It increases the risk of osteo-arthrits (Read out options. Single response)

1 Strongly agree
2 Agree
3 Neither agree nor disagree
4 Disagree
5 Strongly disagree
998 (Don't read) Unsure
999 (Don't read) Refused

How strongly do you agree or disagree with each of the following statements about *eating too much salt* ?

saltprobs1 <Programming note: knowl8 to knowl10 combined on the one screen. Features the line above "How strongly..> knowl8 It can increase the risk of high blood pressure or hypertension
(Read out options. Single response)

1 Strongly agree
2 Agree
3 Neither agree nor disagree
4 Disagree
5 Strongly disagree
998 (Don't read) Unsure
999 (Don't read) Refused

saltprobs2 knowl9a It can increase the risk of stroke
(Read out options. Single response)

1 Strongly agree
2 Agree
3 Neither agree nor disagree
4 Disagree
5 Strongly disagree
998 (Don't read) Unsure
999 (Don't read) Refused

saltprobs3 knowl9b It can increase the risk of kidney disease or kidney problems
(Read out options. Single response)

1 Strongly agree
2 Agree
3 Neither agree nor disagree
4 Disagree
5 Strongly disagree
998 (Don't read) Unsure
999 (Don't read) Refused

saltprobs4 knowl9c It can increase the risk of heart disease or heart problems
(Read out options. Single response)

1 Strongly agree
2 Agree
3 Neither agree nor disagree
4 Disagree
5 Strongly disagree
998 (Don't read) Unsure
999 (Don't read) Refused

saltprobs5 knowl10 It can increase the risk of stomach cancer
(Read out options. Single response)

1 Strongly agree
2 Agree
3 Neither agree nor disagree
4 Disagree
5 Strongly disagree
998 (Don't read) Unsure
999 (Don't read) Refused

Saltsource knowl11 Which of the following do you think is the *main* source of salt in the Australian diet?
(Read out. Single response)

1 Salt added during cooking or when eating
2 Salt in processed foods such as bread, sausages, or cheese
3 Salt that is naturally in food
998 (Don't read) Unsure
999 (Don't read) Refused

PART 4 - WEIGHT & HEALTH

<Text to appear at start of PREG if DEM3=000 (female), else to appear at start of BOD1 questions: "The next section is about weight and how you feel about it. It is important to hear different views about weight in our community.">

pregnant <SKIP IF NOT DEM3=000 (FEMALE)> preg Are you currently pregnant?
(Single response)

0 No
1 Yes (skip BOD1 to BOD8 - go to BOD9)
998 (Don't read) Unsure (skip BOD1 to BOD8 - go to BOD9)
999 (Don't read) Refused (skip BOD1 to BOD8 - go to BOD9)

What is your height without shoes?

Leave unused fields blank

hghtcm bod1a Centimetres ____ (Type answer directly in here) <allow 50 to 250>

OR

hghtft bod1b Feet ____ <allow 2 to 7>

hghtinch bod1c Inches ____ (Type answer directly in here) <allow 0-11>

hght_codes bod1_codes (Don't read) Don't know

998 (Don't read) Refused
999 (Don't read) Refused

How much do you weigh without clothes or shoes? <Online only text: "Please answer as kilos OR stones and pounds OR just pounds">
DO NOT ASK THEM TO GUESS OR ESTIMATE
LEAVE UNUSED FIELDS BLANK
Answer as kilos OR stones and pounds OR just pounds.
If stones used, need to fill in pounds as well (even if just 0).
Single decimal place is allowed but not mandatory. For example half = .5
Note: 1 Stone = 14 pounds - i.e. 9 and a half stone = 9 stone 7 pounds
<Programming note: regardless of how answer given (pounds, kilos etc) if calculated end result is under 15 kilos (including 0 / no answer) or over 600 kilos, prompt will appear and answer won't be accepted>

wghtkg bod2a Kilograms (Kg) ____ (Type answer directly in here) <allow 0 to 600>
OR
wghtst bod2b Stones ____ <allow 0 to 100>
wghtpounds bod2c Pounds ____ (Type answer directly in here) <allow 0 to 997>
wght_codes 998 bod2_codes (Don't read) Don't know
999 (Don't read) Refused

Wghtcat bod3 Do you consider yourself to be?
(Read out. Single response)
1 Underweight
2 About the right weight
3 Somewhat overweight
4 Very overweight
998 (Don't read) Unsure
999 (Don't read) Refused

planwtloss bod4 In the past 12 months, have you:
(Read out. Single response. IF RESPONDENT SAYS THEY HAVE LOST WEIGHT WITHOUT TRYING OR UNINTENTIONALLY, CODE 3)
1 Intentionally tried to lose weight
2 Thought about trying to lose weight (skip BOD5 to BOD8 - go to BOD9)
3 Not thought about trying to lose weight (skip BOD5 to BOD8 - go to BOD9)
998 (Don't read) Unsure (skip BOD5 to BOD8 - go to BOD9)
999 (Don't read) Refused (skip BOD5 to BOD8 - go to BOD9)

lostwt bod5 In the past 12 months have you been *successful* in trying to lose weight?
(Single response)
0 No (skip BOD6 - go to BOD7)
1 Yes
998 (Don't read) Unsure (skip BOD6 - go to BOD7)
999 (Don't read) Refused (skip BOD6 - go to BOD7)

What is the maximum amount of weight that you *intentionally* lost in the past 12 months? <Online only text: "Please answer as kilos OR stones and pounds OR just pounds">
DO NOT ASK THEM TO GUESS OR ESTIMATE
LEAVE UNUSED FIELDS BLANK
Answer as kilos OR stones and pounds OR just pounds.
If stones used, need to fill in pounds as well (even if just 0).
Single decimal place is allowed but not mandatory. For example half = .5
Note: 1 Stone = 14 pounds - i.e. 9 and a half stone = 9 stone 7 pounds
bod6a Kilograms (Kg) ____ (Type answer directly in here) <allow 0 to 200>
OR
lostst bod6b Stones ____ (Type answer directly in here) <allow 0 to 40>
lostpounds bod6c Pounds ____ (Type answer directly in here) <allow 0 to 500>
lost_codes 998 bod6_codes (Don't read) Don't know
999 (Don't read) Refused

infl_losewt bod7 Which of the following reasons influenced you the most to try to lose weight? <CATI wording: "I will read out a list, please say Yes to all that are relevant to you."<>
(Online wording: "Please select all that are relevant to you.")
(Read out. Multiple responses possible)
1 Want to look or feel better
2 Advice from a doctor or other health professional
3 Family or friends
4 Preparing for upcoming surgery
5 Want to get pregnant
6 A health education campaign, for example a TV or radio ad
7 Want to improve my health and or fitness
8 Other (please specify)
998 (Don't read) Unsure
999 (Don't read) Refused

infl_losewt_other Other (specified) (Type answer directly in here)

steps_losewt bod8 Have you tried any of the following things to lose weight over the past 12 months? <CATI wording: "I will read out a list, please say Yes to all that are relevant to you."<>
(Online wording: "Please select all that are relevant to you.")
(Read out. Multiple responses possible)
1 Started exercising. For example, started riding a bike or joined a gym.
2 Increased my exercise levels.
3 Tried to use my car less
4 Ate more regular meals
5 Cooked meals at home more often
6 Ate more vegetables
7 Cut down or stopped drinking sugary drinks
8 Cut down or stopped drinking alcohol
9 Cut down or stopped eating sugary foods
10 Cut down or stopped snacking
11 Cut down or stopped eating takeaway food
12 Regularly weighed myself
13 Asked a dietitian, or a doctor, or a health professional for help
14 Used an electronic device to track my diet or exercise levels
15 Joined a weight loss program such as Weight Watchers or Jenny Craig
16 Used meal replacement drinks, or bars, or other products
17 Used medication, or diet pills, or appetite suppressants
18 Had surgery for weight loss such as gastric banding, or bypass, or liposuction
19 Other (please specify)
998 (Don't read) Unsure
999 (Don't read) Refused

steps_losewt_oth Other (specified) (Type answer directly in here)

diseases bod9 Has a doctor ever told you that you have had high blood pressure, high cholesterol, diabetes, heart disease or a stroke?
(Single Response)
0 No
1 Yes
998 (Don't read) Unsure
999 (Don't read) Refused

PART 5 - BEHAVIOUR CHANGE INTENTIONS, INFLUENCES, AND BARRIERS

Now, we would like to ask you about fruit and vegetables.

frt_behst frbeh1 Thinking about your fruit intake, which *ONE* of the following best describes you currently?
(Read out. Single Response)
1 I am trying to eat more fruit
2 I am thinking about trying to eat more fruit (skip FRBEH2 - go to VEGBEH1)
3 I am not thinking about increasing the amount of fruit I eat (skip FRBEH2 - go to VEGBEH1)
998 (Don't read) Unsure (skip FRBEH2 - go to VEGBEH1)
999 (Don't read) Refused (skip FRBEH2 - go to VEGBEH1)

infl_frt frbeh2 Which of the following reasons influenced you to try to eat more fruit? <CATI wording: "I will read out a list, please say Yes to all that are relevant to you." Online wording: "Please select all that are relevant to you.">
(Read out. Multiple responses possible)
1 Want to look or feel better
2 Advice from a doctor or other health professional
3 A health education campaign, for example a TV or radio ad
4 Want to lose weight
5 Want to improve my health
6 Other (please specify)
998 (Don't read) Unsure
999 (Don't read) Refused

infl_frt_other Other (specified) (Type answer directly in here)

veg_behst vegbeh1 Thinking about your vegetable intake, which *ONE* of the following best describes you currently?
(Read out. Single Response)
1 I am trying to eat more vegetables
2 I am thinking about trying to eat more vegetables (skip VEGBEH2 - go to VEGBEH3)
3 I am not thinking about increasing the amount of vegetables I eat (skip VEGBEH2 - go to VEGBEH3)
998 (Don't read) Unsure (skip VEGBEH2 - go to VEGBEH3)
999 (Don't read) Refused (skip VEGBEH2 - go to VEGBEH3)

infl_veg vegbeh2 Which of the following reasons influenced you to try to eat more vegetables? <CATI wording: "I will read out a list, please say Yes to all that are relevant to you." Online wording: "Please select all that are relevant to you.">
(Read out. Multiple responses possible)
1 Want to look or feel better
2 Advice from a doctor or other health professional
3 A health education campaign, for example a TV or radio ad
4 Want to lose weight
5 Want to improve my health
6 Other (please specify)
998 (Don't read) Unsure
999 (Don't read) Refused

infl_veg_other Other (specified) (Type answer directly in here)

vegbarrier vegbeh3 Which of the following things make it difficult, or *would* make it difficult for you to eat more vegetables? <CATI wording: "I will read out a list, please say Yes to all that are relevant to you." Online wording: "Please select all that are relevant to you.">
(Read out. Multiple responses possible)
0 Nothing because I eat enough vegetables
1 Taste or enjoyment
2 Family, or children, or friends
3 Vegetables are too expensive
4 The vegetables for sale are of poor quality
5 There are not enough vegetables for sale
7 I am time poor
8 I have limited cooking skills
9 I don't enjoy cooking
10 Other (please specify)
998 (Don't read) Unsure
999 (Don't read) Refused

vegbarrier_other Other (specified) (Type answer directly in here)

Now we would like to ask about sugary drinks and food.

ssb_behst ssbbeh1 Thinking about your intake of sugary drinks like soft drinks, sports drinks, cordials, energy drinks, but *not* including 'sugar free', 'diet', or artificially sweetened drinks, which *ONE* of the following best describes you currently?
(Read out. Single Response)
1 I am trying to decrease my sugary drink intake
2 I am thinking about trying to decrease my sugary drink intake (skip SSBBEH2 - go to SSBBEH3)
3 I am not thinking about decreasing the amount of sugary drinks I have (skip SSBBEH2 - go to SSBBEH3)
998 (Don't read) Unsure (skip SSBBEH2 - go to SSBBEH3)
999 (Don't read) Refused (skip SSBBEH2 - go to SSBBEH3)

infl_ssb ssbbeh2 Which of the following reasons influenced you to try to decrease your sugary drink intake? <CATI wording: "I will read out a list, please say Yes to all that are relevant to you." Online wording: "Please select all that are relevant to you.">
(Read out. Multiple responses possible)
1 Want to look or feel better
2 Advice from a doctor or other health professional
3 A health education campaign, for example a TV or radio ad
4 Want to lose weight
5 Want to improve my health
6 Other (please specify)
998 (Don't read) Unsure
999 (Don't read) Refused

infl_ssb_other Other (specified) (Type answer directly in here)

ssb_barrier **ssbbeh3** Which of the following things make it difficult, or *would* make it difficult for you to drink less sugary drinks? <CATI wording: "I will read out a list, please say Yes to all that are relevant to you." Online wording: "Please select all that are relevant to you.">
(Read out. Multiple responses possible)

0 Nothing because I don't drink a lot of sugary drinks
1 I enjoy the taste
2 Friends or family
3 Healthy drinks cost too much
4 Food labels are difficult to read and understand
5 There is not enough information on food labels
6 There are too many sugary drinks available
7 There is too much advertising of sugary drinks
8 Other (please specify)
998 **(Don't read)** Unsure
999 **(Don't read)** Refused

ssb_barrier_other Other (specified) **(Type answer directly in here)**

sugfd_behst **sugfdbeh1** Thinking about foods high in added sugar like cakes, biscuits, ice cream, lollies and chocolate, which *ONE* of the following best describes you currently?
(Read out. Single Response)

1 I am trying to eat less sugary foods
2 I am thinking about trying to eat less sugary foods (skip SUGARFDBEH2 - go to SUGARFDBEH3)
3 I am not thinking about eating less sugary foods (skip SUGARFDBEH2 - go to SUGARFDBEH3)
998 **(Don't read)** Unsure (skip SUGARFDBEH2 - go to SUGARFDBEH3)
999 **(Don't read)** Refused (skip SUGARFDBEH2 - go to SUGARFDBEH3)

infl_sugfd **sugfdbeh2** Which of the following reasons influenced you to try to decrease your sugary foods intake? <CATI wording: "I will read out a list, please say Yes to all that are relevant to you." Online wording: "Please select all that are relevant to you.">
(Read out. Multiple responses possible)

1 Want to look or feel better
2 Advice from a doctor or other health professional
3 A health education campaign, for example a TV or radio ad
4 Want to lose weight
5 Want to improve my health
6 Other (please specify)
998 **(Don't read)** Unsure
999 **(Don't read)** Refused

infl_sugfd_other Other (specified) **(Type answer directly in here)**

sugfd_barrier **sugfdbeh3** Which of the following things make it difficult, or *would* make it difficult for you to eat less sugary foods? <CATI wording: "I will read out a list, please say Yes to all that are relevant to you." Online wording: "Please select all that are relevant to you.">
(Read out. Multiple responses possible)

0 Nothing because I don't eat a lot of sugary foods
1 I enjoy the taste
2 Friends or family
3 Healthy foods cost too much
4 Food labels are difficult to read and understand
5 There is not enough information on food labels
6 There are too many sugary foods available
7 There is too much advertising of sugary foods
8 Other (please specify)
998 **(Don't read)** Unsure
999 **(Don't read)** Refused

sugfd_barrier_other Other (specified) **(Type answer directly in here)**

The next questions are about fast food.

fastfd_behst **fastfdbeh1** Thinking about fast food like burgers, pizza, kebabs, chips, fried chicken, which *ONE* of the following best describes you currently?
(Read out. Single Response)

1 I am trying to eat less fast food
2 I am thinking about trying to eat less fast food (skip FASTFDBEH2 - go to FASTFDBEH3)
3 I am not thinking about decreasing the amount of fast food I eat (skip FASTFDBEH2 - go to FASTFDBEH3)
998 **(Don't read)** Unsure (skip FASTFDBEH2 - go to FASTFDBEH3)
999 **(Don't read)** Refused (skip FASTFDBEH2 - go to FASTFDBEH3)

infl_fastfd **fastfdbeh2** Which of the following reasons influenced you to try to eat less fast food? <CATI wording: "I will read out a list, please say Yes to all that are relevant to you." Online wording: "Please select all that are relevant to you.">
(Read out. Multiple responses possible)

1 Want to look or feel better
2 Advice from a doctor or other health professional
3 A health education campaign, for example a TV or radio ad
4 Want to lose weight
5 Want to improve my health
6 Other (please specify)
998 **(Don't read)** Unsure
999 **(Don't read)** Refused

infl_fastfd_other Other (specified) **(Type answer directly in here)**

fastfd_barrier **fastfdbeh3** Which of the following things make it difficult, or *would* make it difficult for you to eat less fast food? <CATI wording: "I will read out a list, please say Yes to all that are relevant to you." Online wording: "Please select all that are relevant to you.">
(Read out. Multiple responses possible)

0 Nothing because I don't eat a lot of fast food
1 I enjoy the taste
2 Influence from friends or family
3 Healthy food costs too much
4 There is too much fast food available
5 There is too much advertising of fast food
6 I am time poor
7 I have limited cooking skills
8 I don't enjoy cooking
9 Other (please specify)
998 **(Don't read)** Unsure
999 **(Don't read)** Refused

fastfd_barrier_other Other (specified) **(Type answer directly in here)**

PART 6 - SUPPORT FOR PUBLIC POLICY

Now some questions on Government policies.

How important would you say it is that the government supports the following?

adv	< Programmer note: GOV1 TO GOV10 COMBINED ON ONE SCREEN AND RANDOMISED. Includes the 2 lines above starting from "Now some..-> gov1 Public campaigns and advertisements that promote healthy eating, to reduce chronic disease risks in the community (Read out options. Single Response) 1 Very important 2 Quite important 3 Neither important nor unimportant 4 Not very important 5 Not at all important 998 (Don't read) Unsure 999 (Don't read) Refused
govsugtax	gov2 A tax on sugary drink companies to encourage them to reduce the levels of sugar in their drinks (Read out options. Single Response) 1 Very important 2 Quite important 3 Neither important nor unimportant 4 Not very important 5 Not at all important 998 (Don't read) Unsure 999 (Don't read) Refused
junkadv1	gov3 Removing junk food advertisements from public transport, to reduce children's exposure to junk food advertising (Read out options. Single Response) 1 Very important 2 Quite important 3 Neither important nor unimportant 4 Not very important 5 Not at all important 998 (Don't read) Unsure 999 (Don't read) Refused
junkadv2	gov4 Laws to limit junk food promotions on TV and the internet, to reduce children's exposure to junk food advertising (Read out options. Single Response) 1 Very important 2 Quite important 3 Neither important nor unimportant 4 Not very important 5 Not at all important 998 (Don't read) Unsure 999 (Don't read) Refused
junkfdadv3	gov5 Removing junk food advertisements from sport, to reduce children's exposure to junk food advertising (Read out options. Single Response) 1 Very important 2 Quite important 3 Neither important nor unimportant 4 Not very important 5 Not at all important 998 (Don't read) Unsure 999 (Don't read) Refused
energydrinks	gov6 Restricting the sale of highly caffeinated energy drinks to adults only, to reduce children's consumption (Read out options. Single Response) 1 Very important 2 Quite important 3 Neither important nor unimportant 4 Not very important 5 Not at all important 998 (Don't read) Unsure 999 (Don't read) Refused
foodreform	gov7 Food companies reducing the salt and sugar content of their products to make them healthier (Read out options. Single Response) 1 Very important 2 Quite important 3 Neither important nor unimportant 4 Not very important 5 Not at all important 998 (Don't read) Unsure 999 (Don't read) Refused
nutincont	gov8 Labels on food and drink showing the amount of added sugar, to help consumers control their sugar intake (Read out options. Single Response) 1 Very important 2 Quite important 3 Neither important nor unimportant 4 Not very important 5 Not at all important 998 (Don't read) Unsure 999 (Don't read) Refused
localfastfd	gov9 Councils controlling the number and location of fast food outlets locally and near schools, to help improve community health (Read out options. Single Response) 1 Very important 2 Quite important 3 Neither important nor unimportant 4 Not very important 5 Not at all important 998 (Don't read) Unsure 999 (Don't read) Refused
sustainfd	gov10 Policies that ensure the sustainable production and distribution of food (Read out options. Single Response) 1 Very important 2 Quite important 3 Neither important nor unimportant 4 Not very important 5 Not at all important 998 (Don't read) Unsure 999 (Don't read) Refused

PART 7 - PERCEIVED ENABLERS

Do you think any of the following would make it easier for you or your family to eat a healthy diet? <CATI only: "Please say Yes or No.">

junkfdadv	<Programming note: enable1 to enable12 combined on one screen and randomised. Includes the line above "Do you think..."> enable1 Less advertising for junk food (Single Response) 0 No 1 Yes 998 (Don't read) Unsure 999 (Don't read) Refused
fdprep	enable2 Knowing more ways of preparing healthy food (Single Response) 0 No 1 Yes 998 (Don't read) Unsure 999 (Don't read) Refused
healthprof	enable3 Getting information on healthy eating from a health professional. For example, a dietitian, nutritionist or GP (Single Response) 0 No 1 Yes 998 (Don't read) Unsure 999 (Don't read) Refused
adgs	enable4 Having a better understanding of the Australian Dietary Guidelines (Single Response) 0 No 1 Yes 998 (Don't read) Unsure 999 (Don't read) Refused
fdcheap	enable5 If healthy food was cheaper (Single Response) 0 No 1 Yes 998 (Don't read) Unsure 999 (Don't read) Refused
fdlabel	enable6 If labels on food and drink were easier to understand (Single Response) 0 No 1 Yes 998 (Don't read) Unsure 999 (Don't read) Refused
spmktprom	enable7 Fewer specials and promotions for unhealthy food and drink in supermarkets (Single Response) 0 No 1 Yes 998 (Don't read) Unsure 999 (Don't read) Refused
spmkjtunkfd	enable8 Less junk food on display in supermarkets (Single Response) 0 No 1 Yes 998 (Don't read) Unsure 999 (Don't read) Refused
fffdgood	enable9 More healthy choices available when buying a meal or a snack away from home (Single Response) 0 No 1 Yes 998 (Don't read) Unsure 999 (Don't read) Refused
menulabel	enable10 If restaurants and take-away outlets showed the kilojoule content of their menu items (Single Response) 0 No 1 Yes 998 (Don't read) Unsure 999 (Don't read) Refused
smportions	enable11 More options for smaller portion sizes when eating out (Single Response) 0 No 1 Yes 998 (Don't read) Unsure 999 (Don't read) Refused
fastfdoutlets	enable12 Fewer fast food outlets close to my home, school, or work (Single Response) 0 No 1 Yes 998 (Don't read) Unsure 999 (Don't read) Refused

PART 8 - SOCIODEMOGRAPHICS

Finally, a few questions about you. These will help us to understand the answers we get in this survey.

schooling	demograph1 What is the <i>highest</i> level of primary or high school that you have completed? (Read out. Single Response) 1 Never attended school 2 Currently still at school 3 Year 8 or below 4 Year 9 or equivalent 5 Year 10 or equivalent 6 Year 11 or equivalent 7 Year 12 or equivalent such as matriculation or leaving 998 (Don't read) Unsure 999 (Don't read) Refused
otherquals	demograph2 Have you completed any qualifications since leaving school? (Single Response) 0 No 1 Yes

998 (Don't read) Unsure
999 (Don't read) Refused

whatquals

<SKIP IF DEMOGRAPH2 DOES NOT = 1 OR 98>demograph3 What is the highest qualification you have completed?
(Read out. Single Response)

1 Bachelor degree or higher
2 Diploma or certificate taking more than 12 months full time
3 Diploma or certificate taking less than 12 months full time
4 Trade / apprenticeship
998 (Don't read) Unsure
999 (Don't read) Refused

cob

demograph4 Which geographic area were you born in?
(Read out. Single Response)

0 Australia
1 United Kingdom (including England, Wales, Scotland, Northern Ireland)
2 New Zealand
3 North America
4 Central and South America
5 Africa
6 Europe
7 Middle East
8 ASEAN Country (These include Burma, Brunei Darussalam, Cambodia, Indonesia, Laos, Malaysia, Philippines, Singapore, Thailand and Vietnam)
9 China
10 India
11 Other (please specify)
998 (Don't read) Unsure
999 (Don't read) Refused

cob_other

Other (specified) (Type answer directly in here)

tsiabor

demograph5 Are you of Aboriginal or Torres Strait Islander origin?
(Read out. Single Response)

0 No
1 Yes, Aboriginal
2 Yes, Torres Strait Islander
3 Yes, both Aboriginal and Torres Strait Islander
998 (Don't read) Unsure
999 (Don't read) Refused

Lote

demograph6 Do you speak a language other than English at home?
(Single Response)

0 No
1 Yes
998 (Don't read) Unsure
999 (Don't read) Refused

empstat

demograph7 Which ONE of the following best describes your current employment status? Are you:
(Read out. Single Response)

1 Self employed
2 Employed for wages, salary or payment-in-kind
3 Unemployed for less than one year
4 Unemployed for more than one year
5 Engaged in home duties
6 Retired
7 Unable to work
8 A student
9 Other (please specify)
998 (Don't read) Unsure
999 (Don't read) Refused

empstat_other

Other (specified) (Type answer directly in here)

Livearr2

demograph8 What best describes your current living arrangements?
(Read out. Single Response)

1 Living alone
2 Living with a partner but no children
3 Living with a partner and children
4 Living with children but no partner
5 Living with other family members
6 Living with friends or non-family members
7 Other living arrangements
998 (Don't read) Unsure
999 (Don't read) Refused

I would now like to ask you about your household's total income. We are interested in how income relates to health, lifestyle and access to health services.

Income2

income1 Before tax is taken out, which of the following ranges best describes your household's income, from all sources, over the past 12 months?
(Read out. Single Response)

1 20 thousand dollars or less
2 More than 20 thousand up to 40 thousand dollars
3 More than 40 thousand up to 60 thousand dollars
4 More than 60 thousand up to 80 thousand dollars
5 More than 80 thousand up to 100 thousand dollars
6 More than 100 up to 120 thousand dollars
7 More than 120 up to 140 thousand dollars
8 More than 140 up to 160 thousand dollars
9 More than 160 thousand dollars
998 (Don't read) Unsure
999 (Don't read) Refused

Thankyou

Thank you very much for participating in this important survey. Your answers will help us understand what Western Australians think and do about nutrition. The information will be used to help us keep Western Australians better informed about nutrition and how best to eat to maintain health.

- END OF SURVEY -

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