

**noo**

National Obesity  
Observatory



# Supplement: Data sources: knowledge of and attitudes towards healthy eating and physical activity

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Questions relating to knowledge of or attitudes to healthy eating and physical activity by source

Data source	Question(s) asked
<p>Health survey for England – Healthy lifestyles: knowledge attitudes and behaviour</p> <p>Booklet for 8-10 year olds</p> <p>Booklet for 11-12 year olds (in addition to 8-10 year old questions)</p>	<p>Given your age and height, would you say that you are</p> <ul style="list-style-type: none"> <li>- About the right weight</li> <li>- Too heavy</li> <li>- Too light</li> <li>- Not sure</li> </ul> <p>At the present time are you trying to lose weight, trying to gain weight, or are you not trying to change your weight?</p> <p>How many portions of fruit and vegetables do you think people should eat every day?</p> <p>Here are some statements about eating, please could you say whether you agree or disagree with them:</p> <ul style="list-style-type: none"> <li>- The tastiest foods are the ones that are bad for you</li> <li>- Healthy foods are enjoyable</li> <li>- I get confused over what's supposed to be healthy and what isn't</li> <li>- I don't really care what I eat</li> <li>- If you do enough exercise you can eat whatever you like</li> </ul> <p>Overall, would you say that what you usually eat is:</p> <ul style="list-style-type: none"> <li>- Very healthy</li> <li>- Quite healthy</li> <li>- Not very healthy</li> <li>- Very unhealthy</li> </ul> <p>Would you eat healthier snacks (such as fresh fruit or raisins) if they were available?</p> <p>Which of the following do you think might be important for healthy eating for people your age?</p> <ul style="list-style-type: none"> <li>- Eating less fatty or fried foods</li> <li>- Eating less sugar (eg. Sweets, cakes, chocolate, biscuits)</li> <li>- Eating lots of whole grain products (such as brown or wholemeal bread or cereals such as weetabix)</li> <li>- Eating lots of fruit</li> <li>- Eating lots of vegetables</li> <li>- Eating lots of meat, fish or cheese</li> <li>- Eating lots of pulses (such as soya beans, lentils or chickpeas)</li> <li>- Drinking fewer fizzy drinks</li> </ul> <p>I could improve what I eat by eating less:</p> <ul style="list-style-type: none"> <li>- Convenience foods (such as chicken nuggets and chips)</li> </ul>

- Fast food or takeaways (such as burgers or pizza)
- Crisps or savoury biscuits
- Sugar, sweets, chocolates, biscuits, cakes
- None, no changes needed

I could improve what I eat by eating more:

- Fruit
- Vegetables
- Salad
- None, no changes needed

What would stop you making these improvements to the way you eat?

- Don't like healthy foods
- Doesn't satisfy hunger
- Don't want to change eating habits
- Lack of motivation
- I eat what I'm given
- No healthy options at home
- No healthy options at school
- None of these
- No changes needed
- Something else

What would encourage you to make these improvements to the way you eat?

- Advice from parent
- Advice from teacher
- Advice from school nurse
- Advice from friend or brother or sister
- TV adverts
- Information leaflets
- Being motivated to
- Being given healthier food
- None of these
- Something else

How many days a week do you think children of your age should do physical activity of any type?

On each day children do physical activity, how long should they do it for it to be good for their health?

Compared to other people of your own age would you describe yourself as:

- Very physically active
- Fairly physically active
- Not very physically active
- Not at all physically active

Would you like to do more physical activity than you do at the moment?

Which types of exercise/physical activity would you like to do more of in the future

- Walking

- Riding a bike
- Going swimming
- Running or jogging
- Ball sports such as football, netball, tennis or golf
- Other sports such as gymnastics, athletics, martial arts or trampolining
- Dancing
- Horse riding
- Playing outside in garden or playgrounds
- Skate boarding, roller skating or ice skating
- Something else

Would you like to eat more healthily than you do at the moment?

Which of these statements applies to you

- I'm unlikely ever to eat more healthily
- I expect to eat more healthily in the next year
- I expect to eat more healthily but not in the next year
- I don't know

Which of the following do you think make up one portion of fruit or vegetables

- 2 cherry tomatoes
- 1 apple
- 1 melon
- 4 grapes
- 1 jacket potato
- 2 tablespoons of carrots

How many portions of fruit or vegetables do you think people should eat every day?

Have you heard of the guidelines for salt intake?

What do you think is the official guideline for maximum daily salt intake?

Booklet for 13-15 year olds (in addition to 11-12 year old questions)

Thinking about adults, please circle the number that indicates how important you think these things are for their healthy eating

- Limiting the amount of fat
- Limiting the amount of saturated fat
- Eating lots of red meat
- Limiting sugar
- Eating lots of whole grain foods
- Limiting the amount of cholesterol
- Drinking lots of milk
- Eating lots of fruit and vegetables
- Limiting salt
- Taking vitamin supplements
- Drinking lots of water
- Eating a balanced diet
- Eating lots of pulses

Thinking about children, please circle the number that indicates how important you think these things are for their healthy eating

Booklet for young adults /booklet for adults

- Limiting the amount of fat
- Limiting the amount of saturated fat
- Eating lots of red meat
- Limiting sugar
- Eating lots of whole grain foods
- Limiting the amount of cholesterol
- Drinking lots of milk
- Eating lots of fruit and vegetables
- Limiting salt
- Taking vitamin supplements
- Drinking lots of water
- Eating a balanced diet
- Eating lots of pulses

Please indicate how strongly you agree or disagree with the statements:

- The tastiest foods are the ones that are bad for you
- Healthy foods are enjoyable
- I get confused over what's supposed to be healthy and what isn't
- I really care about what I eat
- Healthy eating is just another fad
- If you do enough exercise you can eat whatever you like

Overall, would you say that what you usually eat is:

- Very healthy
- Quite healthy
- Not very healthy
- Very unhealthy

Would you like to eat more healthily than you do at the moment?

Which of these statements applies to you?

- I'm unlikely ever to eat more healthily
- I expect to eat more healthily in the next year
- I expect to eat more healthily but not in the next year

I could improve what I eat by eating less:

- Generally
- Convenience foods, fast foods, takeaways
- Red meat
- Sugar, sweets, chocolates, biscuits, cakes
- Salty snacks, crisps
- Fried foods
- None, no changes necessary

I could improve what I eat by switching to

- Lower fat food
- Lean meats
- Low fat spreads and unsaturated fats
- Food made with fresh fruit and vegetables
- Skimmed or semi-skimmed milk
- None, no changes necessary

I could improve what I eat by eating more:

- Generally
- High fibre food
- Starchy food
- Fruit, vegetables, salad
- Unbattered fish
- Lean meat
- None, no changes necessary

Overall, how easy or difficult would you find it to make these improvements to the way you eat?

What would stop you making these improvements to the way you eat:

- It costs too much
- I don't have enough time
- I don't have the cooking ability
- I eat what I'm given
- It doesn't satisfy hunger
- I don't like healthy foods
- My family won't eat healthy foods
- It is hard to change my eating habits
- I'm not motivated to
- Something else
- None of these

What would encourage you to make these improvements to the way you eat?

- Advice from a doctor or nurse
- Advice from a family member
- My own ill health
- Family members ill health
- Increased income
- Lower cost of food
- Better access to shops and supermarkets
- Clearer advice from the government
- Clearer labelling of foods
- Being motivated to
- Something else
- None of these

Which of the following statements apply to you:

- I know what the recommended level of physical activity is
- I have heard of the recommended level of physical activity but I don't know what it is
- I have not heard of the recommended level of physical activity

How many days a week do you think people of your age should do physical activity?

On each of the days someone of your age does moderate physical activity, how many minutes a day should they do it for it to be good for their health?

Please indicate how strongly you agree or disagree with the statements

- You can get enough physical activity in your daily life without doing sport or exercise such as jogging or going to the gym
- Physical activity is good for your health even if it is only 10 minutes at a time
- Physical activity is good for your health even if it is moderate, such as walking briskly, gardening and housework
- Physical activity is better for your health if you keep it up for at least 30 minutes at a time
- Physical activity is better for your health if it gets you out of breath

There are many reasons for taking part in physical activity, exercise or sport. Which if any on the following list apply to you

- I don't participate in activity
- To release tension or relax
- To be out of doors
- To maintain good health
- To socialise with other people
- To lose or control weight
- I have a physically demanding job
- To have fun or adventure or excitement
- To get or feel fit
- To gain a sense of achievement
- To enjoy the competition
- To work harder or concentrate better
- I have to walk or cycle to get around
- Something else

Compared to other people of your own age would you describe yourself as:

- Very physically active
- Fairly physically active
- Not very physically active
- Not at all physically active

Which of the following activities do you think contribute to keeping you fit?

- Walking or cycling to get around
- Climbing stairs instead of taking a lift or escalator
- Keeping active at home with housework, gardening or childcare
- Having a physically active job
- Going for walks or going hiking
- Going out for cycle rides or going mountain biking
- Going to the gym
- Going jogging, running or swimming
- Playing golf
- Taking part in sport
- Doing keep fit, exercise or dance
- Something else

Do you think you do enough physical activity, exercise or sport to keep you as fit as you would like?

Would you like to do more physical activity, exercise or sport than you do at the moment?

Which of the following statements best describes you?

- I am unlikely ever to do more physical activity, exercise or sport
- I expect to do more physical activity, exercise or sport in the next year
- I expect to do more physical activity, exercise or sport but not in the next year

Which types of physical activity, exercise or sport do you expect to take more of in the future?

- Walking or cycling to get around
- Climbing stairs instead of taking a lift or escalator
- Keeping active at home with housework, gardening or childcare
- Having a physically active job
- Going for walks or going hiking
- Going out for cycle rides or going mountain biking
- Going to the gym
- Going jogging, running or swimming
- Playing golf
- Taking part in sport
- Doing keep fit, exercise or dance
- Something else

What stops you from doing more physical activity, exercise or sport than you do now?

- I don't need to do more
- My work commitments
- I don't have enough leisure time
- Caring for children or older people
- I have no one to exercise with
- I don't have enough money
- There are no suitable places to do it in my area
- I haven't got the right clothes or equipment
- Poor health or physical limitations
- I have injuries which prevent me
- None of these

Many other factors can prevent people from doing more physical activity, exercise or sport. From the following list which, if any, apply to you

- I'm not the sporty type
- I'm too shy or embarrassed
- I'm worried about injury
- I'm too old
- I prefer to do other things
- I think exercise is a waste of time
- I'm too overweight
- I'm not motivated to do more
- I don't enjoy physical activity
- Something else
- None of these
- Don't know

	<p>What would encourage you to do more physical activity, exercise or sport</p> <ul style="list-style-type: none"> <li>- I don't need to do more</li> <li>- Advice from a doctor or nurse</li> <li>- Advice from a family member</li> <li>- My own ill health</li> <li>- A family members ill health</li> <li>- Increased income</li> <li>- More leisure time</li> <li>- Self-motivation</li> <li>- Having someone to do it with</li> <li>- Having a physical activity I'm capable of</li> <li>- Clearer advice from the government</li> <li>- Something else</li> <li>- None of these</li> </ul>
<p>National Diet and Nutrition Survey</p>	<p>How would you describe your appetite?</p> <p>Are you dieting to lose weight at the moment?</p> <p>What do you understand by the terms 'organic' or 'organically grown'?</p> <ul style="list-style-type: none"> <li>- Grown without pesticides</li> <li>- Grown without chemical (or artificial) fertilizers</li> <li>- Grown without pesticides or chemical (or artificial) fertilizers</li> <li>- Free range</li> <li>- A health food (healthier/better for you)</li> <li>- Something else</li> <li>- Don't know/don't understand</li> </ul> <p>Thinking about your (main) job in general, and including voluntary work would you say that you are:</p> <ul style="list-style-type: none"> <li>- Very physically active</li> <li>- Fairly physically active</li> <li>- Not very physically active</li> <li>- Not at all physically active in your job</li> </ul> <p>In general including things you do in your free time, compared to other people your age would you say that you are:</p> <ul style="list-style-type: none"> <li>- Very physically active</li> <li>- Fairly physically active</li> <li>- Not very physically active</li> <li>- Not at all physically active in your job</li> </ul> <p>Do you have a desire to eat when you are irritated?</p> <p>If food tastes good to you, do you eat more than usual?</p> <p>Do you have a desire to eat when you have nothing to do?</p> <p>When you have put on weight, do you eat less than you usually do?</p> <p>Do you have a desire to eat when you are depressed or discouraged?</p> <p>If food smells and looks good, do you eat more than usual?</p>

How often do you refuse food or drink offered to you because you are concerned about your weight?

Do you have a desire to eat when you are feeling lonely?

If you see or smell something delicious do you have a desire to eat it?

Do you have a desire to eat when somebody lets you down?

Do you try to eat less at mealtimes than you would like to eat?

If you have something delicious to eat, do you eat it straight away?

Do you have a desire to eat when you are cross?

Do you watch exactly what you eat?

If you walk past the baker, do you have the desire to buy something delicious?

Do you have the desire to eat when something unpleasant is about to happen?

Do you deliberately eat foods that are slimming?

If you see others eating, do you also want to eat?

When you have eaten too much, do you eat less than usual the following day?

Do you get the desire to eat when you are anxious, worried or tense?

Can you resist eating delicious food?

Do you deliberately eat less in order not to become heavier?

Do you have a desire to eat when things are going against you or when things have gone wrong?

If you walk past a snack bar or cafe do, you have a desire to buy something delicious?

Do you have a desire to eat when you are emotionally upset?

How often do you try not to eat between meals because you are watching your weight?

Do you eat more than usual when you see others eating?

Do you have a desire to eat when you are bored or restless?

How often in the evenings do you try not to eat because you are watching your weight?

Do you have a desire to eat when you are frightened?

Do you take your weight into account with what you eat?

Do you have a desire to eat when you are disappointed?

When preparing a meal, are you inclined to eat something?

<p>Active People Survey</p>	<p>How would you rate your level of overall satisfaction with sports provision in your local area?</p> <p>Would you like to do more sport or recreational physical activity than you do at the moment?</p> <p>Which one sport or recreational physical activity would you like to do or do more often?</p> <p>Do you think you generally do more, less or the same amount of sport and recreational activity as you did this time last year?</p> <p>Do you think you generally do more, less or the same amount of sport and recreational physical activity as you did this time last year?</p> <p>What is the main reason why you are doing less?</p>
<p>The Place Survey</p>	<p>Thinking generally, which of these things below would you say a) are most important in making somewhere a nice place to live and b) are most in need of improving in your local area?</p> <ul style="list-style-type: none"> <li>- Access to nature</li> <li>- Activities for teenagers</li> <li>- Affordable decent housing</li> <li>- Clean streets</li> <li>- Community activities</li> <li>- Cultural facilities</li> <li>- Education provision</li> <li>- Facilities for young children</li> <li>- Health services</li> <li>- Job prospects</li> <li>- The level of crime</li> <li>- The level of pollution</li> <li>- The level of traffic congestion</li> <li>- Parks and open spaces</li> <li>- Public transport</li> <li>- Race relations</li> <li>- Road and pavement repairs</li> <li>- Shopping facilities</li> <li>- Sports and leisure facilities</li> <li>- Wage levels and local cost of living</li> <li>- Other</li> </ul> <p>How satisfied or dissatisfied are you with each of the following services?</p> <ul style="list-style-type: none"> <li>- Keeping public land clear of litter and refuse</li> <li>- Refuse collection</li> <li>- Doorstep recycling</li> <li>- Local tips/household recycling centres</li> <li>- Local transport information</li> <li>- Local bus services</li> <li>- Sport and leisure facilities</li> <li>- Libraries</li> <li>- Museums/galleries</li> <li>- Theatres/concert halls</li> <li>- Parks and open spaces</li> </ul>

	<p>Please indicate how frequently you have used the following public services</p> <ul style="list-style-type: none"> <li>- Local tips/household recycling centres</li> <li>- Local transport information</li> <li>- Local bus services</li> <li>- Sport and leisure facilities</li> <li>- Libraries</li> <li>- Museums/galleries</li> <li>- Theatres/concert halls</li> <li>- Parks and open spaces</li> </ul> <p>How is your health in general?</p> <ul style="list-style-type: none"> <li>- Very good</li> <li>- Good</li> <li>- Fair</li> <li>- Bad</li> <li>- Very bad</li> </ul>
Tell Us Survey	<p>What do you think of the information and advice you get on eating healthy food?</p> <ul style="list-style-type: none"> <li>- It's good enough</li> <li>- Need better information and advice</li> <li>- Don't know</li> </ul> <p>Which of these, if any, would you like to go to that you don't at the moment?</p> <ul style="list-style-type: none"> <li>- Local park or playground</li> <li>- Cinema or theatre</li> <li>- A music concert or gig</li> <li>- Swimming pool (not in school lessons)</li> <li>- Sports club or class (where I've done sport not just watched it)</li> <li>- Gym</li> <li>- A youth club or youth group with organised activities run by adults</li> <li>- Faith or community group</li> <li>- A youth centre/cafe to meet friends (with few or no organised activities)</li> <li>- Art, craft, dance, drama, film/video making group or class (not in school lessons)</li> <li>- Music group or lesson (not in school lessons)</li> <li>- Library/museum</li> <li>- Residential course (e.g. outward bound)</li> <li>- Something else</li> <li>- Nothing (I don't want to go to anything else)</li> </ul> <p>Overall what do you think of the activities or things to do in your area?</p> <p>Which of these things would do the most to make your area a better place for you to live?</p> <ul style="list-style-type: none"> <li>- Better shops</li> <li>- Cleaner and less litter</li> <li>- Better sports clubs or centres</li> <li>- Better public transport</li> </ul>

- Safer roads
- Better activities for children and young people
- Safer area or less crime
- Better parks and play areas
- Fewer young people hanging around
- Something else
- Don't know
- Nothing (the area is fine as it is)

Thinking about all of the things that have been covered in the survey, what if anything would do most to make your life better?

- More help to do better at school
- Better school lessons
- Less bullying
- More organised activities and things to do
- More places where I can go to spend time with my friends
- More say in how things are run at school or in the local area
- More ways I can volunteer or help people
- More advice about being healthy
- More help to plan for my future
- More help to feel safer at school and in the local area
- Something else
- Don't know
- None of these

Food Standards Agency Consumer Attitudes Survey

Which of the following are the major concerns facing you today? Please select your top three concerns

- Traffic congestion
- Standards in education
- Drugs
- Food safety
- Pollution/environmental issues (including global warming)
- Crime levels/anti-social behaviour
- Healthy eating
- Provision of health services/NHS
- Terrorism
- Pensions
- The economy
- House prices
- Household finances
- Animal welfare
- Other

Are there any issues relating to food that you have concerns about?

Thinking about food/grocery shopping, which of these best describes the level of responsibility you have for the shopping in your household?

- Responsible for all or most of the food/grocery shopping
- Responsible for about half of the food/grocery shopping
- Responsible for less than half of the food/grocery shopping
- Not responsible for any of the food/grocery shopping

Which of these statements best describes who is responsible for preparing and cooking meals in your household?

- Myself only
- Myself mainly
- Someone else only
- Someone else mainly
- Myself and someone else equally

Please tell me how much you agree or disagree with the following statements

- I really enjoy cooking
- I'll make time so I can cook proper meals
- Convenience food is not that bad for you
- Eating healthily is very important to me
- These days it's not important that families sit down together for meals
- It's too expensive to cook healthy meals
- I'm really concerned about food safety and hygiene
- I find it difficult to know if a food product is healthy from the labelling
- I would like to have more information about the food that I buy
- Parents should be strict with children and make them eat healthy food
- Even if you are on a limited budget you can still eat healthily
- I really enjoy watching cooking programmes on TV
- It's difficult to find healthy alternatives that taste nice
- I try to encourage other people to eat healthily whenever I can
- When trying to eat healthily the most important thing is to cook with high quality ingredients, which don't have additives or preservatives
- There is nothing wrong with natural ingredients like butter and cream, even if they are high in fat, sugar or salt

Which, if any, of the following applies to you?

- I am completely vegetarian
- I am partly vegetarian
- I am a vegan
- I am allergic to certain food
- I am on a diet trying to lose weight
- I avoid certain foods for religious reasons
- I avoid certain foods for medical reasons
- Other
- None

Are you making a special effort to avoid or reduce your consumption of any types of food or drink at the moment?

- Foods containing sugar e.g. sweets, biscuits, chocolate
- Drinks containing sugar e.g. fizzy drinks, squash, sugar in tea/coffee
- Drinks containing caffeine
- Alcoholic drinks
- Foods containing fat/saturated fat e.g. fried foods, crisps, butter, mayonnaise
- Red meat e.g. beef, lamb
- Ready meals

- Salt (either in a food product, added in cooking or added at the table)
- Processed food e.g. meat, cheese
- Foods high in additives/preservatives/'E' numbers
- Foods high in carbohydrates
- Other
- None

Are you making a special effort to include or eat more of any types of food?

- Fresh fruit
- Fresh vegetables (not including potatoes)
- Fresh salad
- Nuts/pulses
- White fish
- Oily fish
- Organic food
- Wholemeal/wholewheat/wholegrain bread
- Brown (wheatmeal) bread
- Yogurts
- Brown rice or pasta
- Low fat/sugar/calorie alternatives
- Other
- None

Are you making a special effort to avoid or reduce your children's consumption of any types of food or drink at the moment?

- Foods containing sugar e.g. sweets, biscuits, chocolate
- Drinks containing sugar e.g. fizzy drinks, squash, sugar in tea/coffee
- Drinks containing caffeine
- Alcoholic drinks
- Foods containing fat/saturated fat e.g. fried foods, crisps, butter, mayonnaise
- Red meat e.g. beef, lamb
- Ready meals
- Salt (either in a food product, added in cooking or added at the table)
- Processed food e.g. meat, cheese
- Foods high in additives/preservatives/'E' numbers
- Foods high in carbohydrates
- Other
- None

Are you making a special effort to make your children eat more of any types of food?

- Fresh fruit
- Fresh vegetables (not including potatoes)
- Fresh salad
- Nuts/pulses
- White fish
- Oily fish
- Organic food

- Wholemeal/wholewheat/wholegrain bread
- Brown (wheatmeal) bread
- Yogurts
- Brown rice or pasta
- Low fat/sugar/calorie alternatives
- Other
- None

How many portions of fruit and vegetables do you think you should eat every day?

Thinking just about products that you buy for the first time, how frequently, if at all, do you refer to the labelling information?

What information do you usually look for?

- The amount of salt
- The amount of fat
- The amount of saturated fat
- The amount of sugar
- Vitamins
- Calories
- GDA
- Additives/'E' numbers
- Sweeteners
- Quantity of the main ingredients
- The list of ingredients for special dietary reasons (medical, religious or dieting)
- The list of ingredients for other reasons
- Suitability for a vegetarian diet
- Whether the product is of GM/non-GM origin
- Whether the products are organic
- Free range/animal welfare
- Fair trade
- The name of the food
- Country of origin
- The best before/use by date
- Cooking/storage instructions
- Health claims such as 'low/reduced fat' or 'good for your heart'
- Name of producer
- Price
- Other

Are you concerned about any of the following food issues?

- Food poisoning such as salmonella and E.Coli
- GM foods
- BSE
- The feed given to livestock
- Antibiotics and other animal medicines in food
- Conditions in which food animals are raised
- The use of pesticides to grow food
- The use of additives (such as preservatives and colouring) in food products
- Food allergies and intolerance
- The amount of salt in food
- The amount of sugar in food

- The amount of fat in food
- The amount of saturated fat in food
- Food miles (i.e. the distance food travels)
- Bird/avian flu
- Nutritional content of school meals
- Hormones and steroids in meat
- Trans fats/hydrogenated vegetable oils or fats
- The way animals are slaughtered
- Foods aimed at children
- The addition of folic acid to flour
- Other
- None

Where, if anywhere, do you personally get information on healthy eating?

- The internet
- Television ads
- TV news
- TV programmes
- Radio ads
- Radio news
- Newspapers
- Leaflets from government sources
- Leaflets in health settings (e.g. doctors' surgeries/dentists)
- Leaflets and signs in supermarkets/food stores
- Magazines
- Cookery books
- Family and friends
- Food packaging
- Other
- None

Who do you think provides you with this information about healthy eating?

- Supermarkets
- Other food shops
- Food manufacturers
- Consumer groups e.g. consumers' association/which?
- The government
- Local council – include environmental health/consumer protection/trading standards officer
- The department of environment, food and rural affairs
- The department of health
- The food standards agency
- Citizens advice bureau
- The media
- Dieticians/nutritionists
- Universities/independent research agencies/scientists
- Other

And do you personally get information about healthy eating from any of these providers?

How reliable do you think the information you get about healthy eating is?

Low Income Diet and Nutrition Survey

Would you like to eat (more) organic foods?

Can you tell me why you don't currently eat as much organic foods as you'd like?

- Too expensive
- No access/don't know where to access
- Other
- No particular reason

If you can't afford to buy organic fruit and vegetables does that mean that you don't buy ordinary (i.e. none organic fruit and vegetables)?

Would you be able to make the following foods and dishes from beginning to end?

- Cook convenience foods and ready meals (e.g. frozen pizza)
- A complete meal from ready-made ingredients (e.g. ready-made sauces and pasta to make lasagne)
- A main dish from basic ingredients (e.g. shepherd's pie, curry)

How did you learn to cook?

- Home
- School
- Class (e.g. night class)
- Self
- Friend
- Work
- TV
- Recipe books/magazines
- Someone else does the cooking
- I chose not to cook
- I cannot cook at all
- Other

Is your child entitled to free school meals at lunch time?

Why doesn't your child take up all of his/her school meals at lunchtime?

- Prefers to come home
- Doesn't like school meals
- Prefers packed lunch
- Dietary reasons
- Cultural/religious reasons
- Peer pressure/stigma
- Other

**Children only**

**Did you ever learn about food or cooking in a lesson at school?**

**Did you have to prepare food in these lessons?**

**Did you learn to make cakes, buns or biscuits in these lessons?**

**Did you learn to make puddings (e.g. apple pie) in these lessons?**

**Did you learn to make bread in these lessons?**

**Did you learn to make pizza in these lessons?**

**Do you ever prepare food at home?**

**Do you prepare food at home alone or with someone else?**

**Who is this?**

**How often do you prepare food at home?**

**Would you be able to butter bread?**

**Would you be able to chop vegetables?**

**Would you be able to make sandwiches?**

**Would you be able to cook convenience foods and ready meals?**

**Would you be able to prepare a meal from ready-made ingredients?**

**Would you be able to prepare a dish from basic ingredients?**

**Why do you prepare food at home?**

- **Likes cooking**
- **Wants to help**
- **To learn how to cook (e.g. for when older)**
- **Cooks when hungry and no-one else around to prepare food**
- **Needs to cook (e.g. parent too ill to cook)**

How would you describe your appetite?

How would you describe the variety of foods you generally eat?

Thinking about your job in general would you say that you are:

- Very physically active
- Fairly physically active
- Not very physically active
- Not at all physically active

Thinking about the time when you are at college, in general would you say that you are:

- Very physically active
- Fairly physically active
- Not very physically active
- Not at all physically active

Over the last year has your weight stayed the same, increased or decreased?

By how much has your weight increased/decreased during the last year?

Did you intend to gain/lose this weight?

Over the last ten years has your weight stayed the same, increased or decreased?

By how much has your weight increased/decreased over the last ten years?

Which of these would you say are the most important influences on your choice of foods?

- Quality or freshness of food
- Habit or routine
- Price of food
- What my family/spouse/children will eat
- Trying to eat a healthy diet
- Taste of food
- Value for money
- Convenience in preparation
- Presentation or packaging
- Slimming
- How much money I've got for food
- Vegetarian or other special eating habits
- Health/medical reasons
- Content of additives or preservatives or colours
- My cultural or religious or ethnic background
- Availability in the shops I can usually get to
- Recommendations from friends, family or colleagues
- Advertising
- Foods I know how to cook/prepare
- Other
- No particular influence

Out of the influences you have chosen, which would you say is the most important? Second most important? Third most important?

Are there things you would like to change about your current diet?

What would you like to change?

What would help you make that change?

Are there things you would like to change about your children's diet?

What would you like to change?

What would help you make that change?

Can you tell me please how you personally would describe healthy eating?

How important is healthy eating to you?

Can you tell me why healthy eating is important to you?

To what extent do you agree or disagree with the following statement; 'I do not need to make any changes to the food I eat, as it is already healthy enough'

Have you ever changed your eating habits to try and eat healthier?

Are you eating or trying to eat healthier these days?

How long have you been eating or trying to eat healthier?

In the past month, have you thought about changes you could make to eat healthier?

How confident are you that you will make some changes in order to eat healthier during the next month?

How difficult would it be for you to eat a healthy diet?

Can you tell me which of these would be the main difficulties with trying to eat more healthily:

- Irregular work hours
- Healthy food is unappealing
- Cooking skills
- Busy lifestyle
- Feeling self-conscious amongst others
- Taste preferences of household members
- Too great a change from my current diet
- Healthy options are not available in shop or canteen
- I don't want to give up food that I like
- Price of healthy foods
- Healthy food is more awkward to carry home from the shops
- Healthy food doesn't keep as long
- I don't know enough about healthy eating
- Healthy food doesn't satisfy hunger
- Healthy food takes too long to prepare
- Experts keep changing their minds
- Lack of will power
- Lack of storage facilities
- Limited cooking facilities
- I don't want to change my eating habits
- Other
- No difficulty trying to eat healthier

Out of those you have chosen, what would you say is your greatest difficulty? Second greatest? Third greatest?

British Social Attitudes Questionnaire

If you were feeling especially worried, stressed or down how likely would you be to try to take your mind off it by:

- Walking, going to the gym or doing some other kind of exercise
- Eating

Please indicate how important the following reasons are for you to take part in sports or games:

- For physical or mental health
- To meet other people
- To compete against others
- To look good

To what extent do you agree or disagree with the following statements?

- Taking part in sport develops children's character
- There is too much sport on TV

- Sports bring different groups and races inside Britain closer together
- International sports competitions create more tension between countries than good feelings
- Britain's government should spend more money on sports

Please show how much you agree or disagree with the statement:

- In the end people need to take responsibility for their own health not rely on their doctor to tell them what to do

To what extent do you agree or disagree with the following statements?

- Many of the journeys of less than two miles that I now make by car I could just as easily walk
- Many of the journeys of less than two miles that I now make by car I could just as easily go by bus
- Many of the journeys of less than two miles that I now make by car I could just as easily cycle, if I had a bike

Sodexo School Food Survey

How healthy do you think your diet is?

Why did you say your diet was very/quite healthy?

- I eat lots of fruit
- I eat lots of vegetables
- I eat a good balanced diet
- I drink lots of water/juice
- I eat good food
- I eat a variety of foods
- I eat salads
- I don't eat junk foods
- I don't eat sweets/chocolates
- I eat low fat foods
- I eat low salt foods
- I don't eat/avoid red meat

Why did you say your diet was not very healthy/not at all healthy?

- I eat too many sweets and chocolates
- I don't eat enough fruit
- I don't eat enough vegetables
- I eat too much junk/fast food
- I eat too many chips
- I drink lots of fizzy drinks
- I don't eat enough salads
- Not enough of the right type of food available
- My diet contains too much salt
- I eat too much meat
- I eat too much red meat

Which of these things would make you chose to eat (more) healthy foods at school?

- Opportunity to win prizes if you select healthy items
- Wider range of prepared fruit available
- Help yourself salad bar at lunchtime
- Less queuing time for healthy dishes

- Special days when you can sample healthy dishes
- Better choice of healthy dishes
- Cheaper prices for healthy options
- Having more healthy items in the tuck shop/mid-morning break
- Having vending machine service for healthy food
- Dishes clearly labelled, showing fat, sugar and salt content
- More information about healthy dishes
- More publicity for healthy options
- Link food served with what is taught in classroom lessons
- Improved decoration and better seating

Is healthy eating ever discussed in class?

How well does the food provided by your school follow what you are taught in class about healthy eating, diet and nutrition?

Does your school...?

- Encourage healthy eating at school
- Encourage healthy eating at home
- Re-cycle waste materials e.g. cans, plastic cups
- Have vending machines for food or snacks
- Have a 'clear policy' about healthy eating
- Provide food for those with cultural or religious needs
- Provide special food for diabetics or those with allergies
- Have a 'food group' or council which decides what food is provided

What specific foods do children want schools to provide?

- Pizza
- Chips
- Fresh fruits
- Pasta dishes
- Burgers
- Salad
- Fizzy drinks
- Chicken
- Baked potatoes
- Hot puddings
- Filled jacket potatoes
- Fruit juices
- Sandwiches and filled rolls
- Roast dinner

What specific foods do parents want schools to provide?

- Fresh fruits
- Healthy meals
- Vegetables
- Salads
- Pasta dishes
- Filled jacket potatoes
- Baked potatoes
- Milk
- Fruit juices
- Roast dinner

- Chicken
- Yoghurt/fromage frais
- Hot foods/cooked dinner
- Bottled water, still

What services do parents think it is very important for schools to provide?

- A healthy meal at lunchtime
- Breakfast service
- A help yourself salad bar
- A school snack/sandwich bar
- Organic foods
- Fair trade products
- Opportunity for me to be involved in schools plan for healthy eating
- Good quality sandwiches or packed lunches to save me time
- A safe and stress free environment for children to eat in
- An all day service providing hot meals, snacks and beverages
- An after school food service for children taking part in organised activities
- More exercise and sports activities

What are parents concerns about their children's diets?

- Eating too much sugar/sweets
- Eating too many fatty foods
- Too many chemicals in foods
- Too many fizzy drinks
- Watching too much advertising for junk food
- Not eating enough fruit and vegetables
- Not getting enough exercise
- Eating too much salt
- Being overweight
- Not eating enough organic food

What do children normally do on those days when they don't have food and drink provided by the school?

- Bring packed lunch from home
- Have hot food bought from a local shop
- Have a snack bought from a local shop
- I sometimes go home for a meal
- Buy food from a van outside school
- Have a snack which I buy from a vending machine at school
- I don't have anything to eat

Favourite types of food/drink in children's packed lunch

- Crisps/other savoury snacks
- Meat sandwich/roll
- Chocolate bars
- Cheese sandwich/roll
- Other filled sandwich/roll
- Drinks in cartons
- Apple
- Yoghurt
- Other drinks
- Banana

- Bottled water, still
- Other fruit
- Biscuits
- Canned drink
- Orange
- Cakes/pastries

#### Normal contents of children's packed lunch

- Crisps/other savoury snacks
- Meat sandwich/roll
- Chocolate bars
- Cheese sandwich/roll
- Other filled sandwich/roll
- Drinks in cartons
- Apple
- Yoghurt
- Other drinks
- Banana
- Bottled water, still
- Other fruit
- Biscuits
- Canned drink
- Orange
- Cakes/pastries
- Salads
- Pasta
- Sausage rolls/meat pie
- Sweets

#### To what degree do you agree or disagree with the following statements (parents)?

- Getting plenty of exercise is important for my child
- My child should be taught to cook at school
- Children shouldn't be allowed off school premises at lunchtime
- I want a healthy school vending service
- Working parents need the school to provide their child's main meal of the day
- The food at my child's school is healthy
- My child should have a cooked meal at school every day
- It is important that teachers eat school meals with the children
- I am concerned that my child spends too much money on confectionary, canned drinks and snacks before and after school
- I give my child extra money so they can have better food at school
- Too much homework stops my child getting enough exercise
- I believe that sparkling water is unhealthy

#### Why don't you use the school canteen or dinner hall for food?

- I prefer packed lunches
- The food hall at school is too expensive
- I don't like the food at school/doesn't taste nice
- Mum/dad prefer me to have packed lunches
- The quality of school food is poor
- The queues are too long

- I prefer to go to the shops
- There isn't a canteen/food hall
- The food doesn't look nice
- There isn't enough choice
- I prefer my mum's cooking
- There are no healthy choices available
- I've got other things to do at meal time
- The food doesn't smell nice

Would you give more money for school food if standards improved (parents)?

What do you think of school meals?

What problems are there with the school lunch service (children)?

- Length of queues
- Crowded/cramped seating
- Choice of food/range of food on offer
- Price of the food/expensive food
- Size of portions/small portions
- Taste of the food/food tastes horrible
- Poor appearance of the food/food looks horrible
- Food not hot enough/cold food
- Friendliness of staff/unfriendly staff
- No opportunity to sit with friends and chat

Do you think the food provided by your child's school is healthy (parents)?

How would you rate the information provided about school meals (parents)?

What information do you think should be provided about school meals (parents)?

- The daily menu
- The healthy options available
- The schools policy on food and nutrition
- How healthy eating is promoted at mealtimes
- The services provided
- The timing of services e.g. breakfast club, morning break
- The raw ingredients used
- The entitlements to a free school meal

Please indicate to what extent you agree or disagree with the statements (children)

- Getting plenty of exercise now is important for my future health
- I care about being fashionable and cool
- I eat fruit and vegetables whenever I can
- School lunchtime should be longer to make time for exercise/sport
- I would like to be taught to cook at school
- I like to prepare and cook food at home
- I prefer foods i can get quickly and eat on the move
- I need more time to eat my lunch

- I would rather eat snacks during the day than one meal at lunchtime
- The food at my school is healthy
- Too much fuss is being made about obesity
- I have so much homework that I don't have time to exercise in the evenings
- I would like to have breakfast at school
- I think I am overweight
- I believe that sparkling water is unhealthy

What stops you from getting enough exercise outside school (children)?

- Watch too much TV
- Spending a lot of time with my friends
- Play too many computer games
- Have too much homework
- I'm too lazy
- Don't like playing sport or doing exercise
- Never walk or cycle anywhere

What stops you getting enough exercise (parents)?

- Too many jobs to do at home
- Work too many hours
- Can't leave the children
- Watch too much TV
- Don't like playing sport or doing exercise
- I'm too lazy
- I have no incentive to
- Spend a lot of time with my friends
- I have health problems
- Don't know how to exercise
- Never walk or cycle anywhere

I am (parents) ...

- Overweight
- A little overweight
- About the right weight
- A little underweight

My child is ...

- Overweight
- A little overweight
- About the right weight
- A little underweight

Change 4 Life  
Tracking Survey

Please could you tell me which one sounds most like you?

- I'm not concerned about having a healthy lifestyle, other things are more important
- I would like to have a healthy lifestyle, but I haven't really done much about it yet
- I try very hard to have a healthy lifestyle, but I don't always succeed
- The choices I make mean I manage to have a healthy lifestyle
- Don't know

*If mother of 2-11, except B3c which is asked of all (from December 09)*

B3. Please can you tell me how much you agree or disagree with the following statement(s)?

- a) It's easy to get children to eat healthily
- b) It's easy to get children to do as much physical activity as they should
- c) There are lots of things I can do in my local area that will help [my family/me] live more healthily (NOTE: 'my family' if mother of 0-11, 'me' if not)
- d) Eating healthily is important to my family
- e) Doing physical activity is important to my family
- f) **(From Dec 09)** I get the impression that people in my area are doing more things to get their family to live healthily

*Ask all*

B5a. To what extent do you think the following statements are true?

- i. Many people could have their lives cut short by being overweight
- ii. Being overweight is linked to heart disease and other serious illnesses in later life

C6. Which of these changes, if any, would you like to make?

- Do at least 30 minutes of moderate physical activity (e.g. brisk walking, heavy gardening, sports, cycling, swimming, etc. – at least to a level that makes you breathe slightly faster than usual) 5 times a week
- Swap sugary foods, such as cakes, biscuits and sweets for low, or no added sugar options
- Swap sugary drinks for low or no added sugar options
- Ensure I eat 3 regular meals a day (ie breakfast, lunch and evening meal)
- Limit the number of snacks between meals
- Limit the amount of food on my plate
- Eat 5 portions of fruit and vegetables a day (including fresh, frozen, tinned, dried and juiced) NOTE: A portion is a medium sized piece of fruit such as an apple, a glass of 100% fruit juice or 3 heaped tablespoons of cooked vegetables. It does not include potatoes.
- Reduce the amount of fat I eat
- Reduce the amount of time I spend sitting down watching TV/DVDs/on the computer at home
- **(From Dec 09)** Eat more foods containing fibre such as wholemeal bread or breakfast cereals
- **(From Dec 09)** Reduce the amount of alcohol I drink (ONLY IF 18+)
- **(From Dec 09)** Swap creamy or milky drinks for low fat/skimmed options
- None of these
- Don't know

*If mother of 2-11*

- C13. Which of these changes, if any, would you like to make for (reference child)?
- Make sure my child is physically active (e.g. through playing, running around, dancing, swimming, etc.) for at least 60 minutes a day
- Swap sugary foods, such as cakes, biscuits and sweets for low, or no added sugar options
- Swap sugary drinks for low or no added sugar options
- Ensure my child eats 3 regular meals a day (ie breakfast, lunch and evening meal)
- Limit snacks my child eats between meals
- Make sure my child has child-sized portions
- Get my child to eat 5 portions of fruit and vegetables a day NOTE: For a child, a portion is a small piece of fruit, a glass of 100% fruit juice or a spoonful of vegetables. It does not include potatoes.
- Reduce the amount of fat my child eats
- Limit the amount of time my child spends sitting down watching TV or playing computer/ video/console games
- None of these
- Don't know

*If breastfeeding now or in the past*

D5. Are any of the following reasons why you chose to breastfeed your baby?

- Best for my baby
- Best for me
- Helps me lose weight
- My baby has less chance of being overweight when older
- My baby has less chance of getting asthma/allergies when older
- My baby has less chance of ear/tummy infections when older
- It was convenient
- It was free
- To help me bond with my baby
- None
- Don't know

D13. There are a number of things parents can do to make sure that they wean their children healthily. Are you able to say what any of these might be?

- OPEN
- Don't know

**From November 09**

*All mums of 0-2s*

D14. How often do you do each of the following for your baby?

**RANDOMISE STATEMENTS**

- a) Give my baby a variety of different foods (if yes at D7)
- b) Give my baby healthy foods (if yes at D7)
- c) Avoid giving my baby food with added sugar (if yes at D7)

- d) Only give my baby milk or water to drink
- e) Give my baby plenty of time to move around outside their buggy /car seat/baby seat/cot

**From November 09**

*If answered A, B or E at E2a*

E2b. What are your reasons for planning to breastfeed your baby (babies)?

**From November 09**

*If answered F or G at E2a*

E2c. What are the reasons why you might breastfeed your baby (babies)?

**From November 09**

*If answered C, D or E at E2a*

E2d. What are your reasons for planning to feed your baby (babies) with formula milk?

**From November 09**

*If answered F or G at E2a*

E2e. What are the reasons why you might feed your baby (babies) with formula milk?

**From November 09**

*If answered C or D at E2a*

E2f. What do you think are the main benefits of breastfeeding?

How likely do you think it is that breastfeeding can do the following:

- a) Provide antibodies that help protect a baby against infections
- b) *DUMMY STATEMENT*– Make a child taller
- c) Reduce the risk of a child becoming overweight later in life
- d) Reduce the risk of breast cancer for mothers
- e) Reduce the risk of ovarian cancer for mothers

*Ask all pregnant women and mothers of 0-2s*

E9. Please tell me to what extent you agree or disagree with the following statements:

- a) Breastfeeding is best for a baby's health
- b) There are lots of places where mothers can feel comfortable breastfeeding when they're out and about
- c) I would feel uncomfortable breastfeeding when I'm out and about
- d) A lot of mothers I know breastfeed
- e) Formula-fed babies are as healthy as breastfed babies
- f) While your baby is (babies are) still young, it is worth sticking with breastfeeding for as long as you can
- g) You can still breastfeed after introducing solid foods

- h) Everything you give a child to eat or drink when they are very young will have an impact on their health later on
- i) There is enough support available to help new mothers to breastfeed
- j) MOTHERS OF 0-2S ONLY It's difficult to find time to give babies much time outside their buggy/car seat/ baby seat/cot

F14. Some people don't find it easy to eat healthily all the time. What sort of things would you say PREVENT you from eating healthy foods?

- My family and friends are not very supportive
- I don't know what changes to make
- I don't know how to prepare and cook more healthy foods
- There's a poor choice of healthy foods at work/school/college
- There's a poor choice of healthy foods in places where I shop
- Healthy foods are too expensive
- Healthy foods take too long to prepare and cook
- I don't like the taste/ I don't enjoy healthy foods / They're boring
- I'm not interested in doing it or it's just not for people like me
- It's too complicated to think about
- There is confusing advice on what is healthy
- My children don't like healthy food
- **(From August 09)** I like to treat myself to foods that are less healthy
- **(From August 09)** Health reasons such as allergies or diabetes
- **(From August 09)** Work commitments/hours
- Other (specify)
- **(From August 09)** None of these
- Don't know

*If mother of 2-11*

F15. And what might prevent you from providing healthier foods for (reference child)?

- My child is a fussy eater or won't eat healthy food
- Healthy food is too expensive
- I can't afford to experiment
- I don't know what changes to make
- I don't want to provide different food for different members of my family
- I don't want my child feeling left out by eating differently from their friends
- I don't know how to prepare and cook healthy foods
- There's a poor choice of healthy foods in places where I shop
- Healthy foods take too long to prepare and cook
- I'm not interested in doing it or it is just not for people like me
- It's too complicated to think about
- There is confusing advice on what is healthy
- **(From August 09)** I like to treat my child to foods that are less healthy
- Other (specify)
- **(From August 09)** None of these
- Don't know

*Ask all*

F16. What do you think are the main benefits for you, if any, of eating healthily?

- I would lose weight
- I wouldn't get overweight
- I would look better
- I would be less likely to get ill
- I would be less likely to get diabetes
- I would be less likely to have a heart attack
- I would be less likely to have a stroke
- I would be less likely to get cancer
- I would be less likely to get health problems in the future
- It's better for my teeth
- I'll live longer
- **(From August 09)** It will improve my memory/concentration/mental health
- **(From Dec 09)** I would feel better
- **(From Dec 09)** I would have more energy
- **(From Dec 09)** I would have fewer aches and pains
- **(From Dec 09)** I would be less likely to have stomach ache or indigestion or feel bloated
- **(From Dec 09)** I would feel more confident
- **(From Dec 09)** I would be less likely to get liver disease
- Other (specify)
- None of these
- Don't know

*If mother 2-11*

F17. What do you think are the main benefits, if any, of getting (reference child) to eat healthily?

- They don't get overweight
- They lose weight
- They look better
- They feel better or have more energy
- They find it easier to concentrate or learn
- They are less likely to get ill
- They are less likely to get diabetes
- They are less likely to have a heart attack
- They are less likely to have a stroke
- They are less likely to get cancer
- They are less likely to get health problems in the future
- It's better for their teeth
- They'll live longer
- They'll grow properly
- Other (specify)
- None of these
- Don't know

*If mother of 2-11*

F18. How likely do you think it is that the foods children eat now affect the likelihood of suffering from the following in later life:

- a) Diabetes

- b) Cancer
- c) Heart disease

*If mother of 2-11*

F21. How many portions of fruit and vegetables do you think **you** should eat every day?

*Ask all*

F23. The following statements are things some people have said about eating healthy foods. Please could you tell me how much you agree or disagree with each one?

*Ask all*

- a) I often talk about healthy eating with others
- b) bi) **(From April 09)** People I know seem to be talking more about healthy eating nowadays
- c) I am fed up of hearing about healthy eating

*If mother of 2-11*

- d) As long as my children aren't overweight, I don't worry about what they eat
- e) The most important thing is to fill up my kids so I encourage them to clear their plates.
- f) It's better to give children smaller portions and then they can have seconds if they want

**From December 09**

*Ask all*

- g) Healthy eating is only for those that can afford it
- h) Healthy eating is just for health fanatics
- i) Healthy eating means giving up too many of the foods I enjoy

**From December 09**

*Ask all except mothers boost*

F24b. Do you know anyone like you who is trying to eat more healthily?

**From December 09**

*If yes at F24b*

F24c. How many of the people you know is that?

- All or nearly all of them
- Most of them
- Some of them
- Just a few of them
- Only one person
- Don't know

*If mother of 2-11*

F24. Do you know any families who are trying to eat more healthily?

**From April 09**

*If yes at F24*

F24a. How many of the families you know is that?

- All or nearly all of them
- Most of them
- Some of them
- Just a few of them
- Only one family
- Don't know

*Ask all*

G1. Do you think you do enough physical activity to stay healthy?

*Ask all*

G11. Thinking about yourself, what do you think are the main benefits, if any, of you taking part in physical activity?

- I wouldn't get overweight
- I would lose weight
- I would look better
- I would be less likely to get ill
- I would be less likely to get diabetes
- I would be less likely to have a heart attack
- I would be less likely to have a stroke
- I would be less likely to get cancer
- I would be less likely to get health problems in the future
- To relax or reduce stress
- I can socialise and enjoy myself
- I can keep fit
- **(From August 09)** I'll live longer
- **(From August 09)** It will improve my memory/concentration/mental health
- **(From Dec 09)** I would feel better
- **(From Dec 09)** I would have more energy
- **(From Dec 09)** I would have fewer aches and pains
- **(From Dec 09)** I would be less likely to have stomach ache or indigestion or feel bloated
- **(From Dec 09)** I would feel more confident
- **(From Dec 09)** I would be less likely to get liver disease
- Other (specify)
- None of these
- Don't know

*If mother of 2-11*

G12. What do you think are the main benefits, if any, of (reference child) taking part in physical activity?

- They don't get overweight
- They lose weight
- They look better
- They feel better or have more energy
- They find it easier to concentrate and learn

- They are less likely to get ill
- They are less likely to get diabetes
- They are less likely to have a heart attack
- They are less likely to have a stroke
- They are less likely to get cancer
- They are less likely to get health problems in the future
- They enjoy themselves and make friends
- It keeps them busy
- It tires them out
- Other (specify)
- None of these
- Don't know

*Ask all*

G13. Here are a number of reasons why some people find it difficult to take more physical activity. Which, if any, apply most to you?

- I've got too many other things to do
- I prefer to do other things
- Ill health, injury or disability
- I feel too self conscious or don't have the skills or confidence
- I do not enjoy physical activity
- There is nowhere locally to go or poor local facilities
- It's too expensive
- Lack of transport
- Lack of childcare
- I have nobody to go with
- Unsafe roads or streets
- The weather puts me off
- I don't have the energy to do it
- I'm not interested or can't be bothered
- (From August 09) I'm too old
- (From August 09) I'm pregnant
- Other (specify)
- Don't Know
- None of these

*If mother of 2-11*

G14. Here are a number of reasons why some people find it difficult to get their children to do more physical activity. Which, if any, apply most to you and (reference child)?

- I've got too many other things to do
- My child has too many other things to do
- My child prefers to do other things
- Ill health, injury or disability
- They feel too self conscious or don't have the skills or confidence to do it
- I feel too self conscious
- They do not enjoy physical activity
- I do not enjoy physical activity
- There is nowhere locally to go or poor local facilities
- The local area is not safe to play outside
- It's too expensive
- Lack of transport

- The weather puts me off
- I don't have the energy to do it with them
- Our home or garden is too small
- **(From August 09)** They are too young
- Other (specify)
- Don't Know
- None of these

*Ask all*

G15. The following statements are things some people have said about physical activity. Please could you tell me how much you agree or disagree with each one?

*Ask all*

- a) I often talk about physical activity with others
- b) **(From April 09)** People I know seem to be talking more about physical activity nowadays
- c) I am fed up of hearing about physical activity

*If mother of 2-11*

- d) Children burn off enough energy naturally to keep healthy
- e) Children do enough physical activity at school, they don't need to do it at home as well
- f) Children should be made to do physical activity, even if they don't want to

**From December 09**

*Ask all*

- g) Physical activity is too much hard work
- h) Physical activity is only for those that can afford it
- i) Physical activity is just for fitness fanatics
- j) My life is busy enough so I don't need to do extra physical activity
- k) It's as important to be physically active as it is to eat healthily
- l) There are plenty of ways to be active without having to go to the gym or take part in organised sports

**From December 09**

*Ask all except mothers boost*

G16b. Do you know anyone like you who is trying to do more physical activity?

**From December 09**

*If yes at G16b*

G16c. How many of the people you know is that?

- All or nearly all of them
- Most of them
- Some of them
- Just a few of them

- Only one person
- Don't know

*If mother of 2-11*

G16. Do you know any families who are trying to do more physical activity?

**From April 09**

*If yes at G16*

G16a. How many of the families you know is that?

- All or nearly all of them
- Most of them
- Some of them
- Just a few of them
- Only one family
- Don't know

*If mother of 2-11*

G17. How likely do you think the amount of physical activity children do now will affect the likelihood of them suffering from the following in later life:

- a) Diabetes
- b) Cancer
- c) Heart disease

*Ask all mothers of 2-11s, except for where specified, then ask all*

H1. To what extent do you agree or disagree with the following statements.

- a) It is vital that my child / children take regular exercise
- b) *(Ask all aged 18+ – from Dec 09)* I don't have the time to cook from scratch
- c) *(Ask all – from Dec 09)* I would eat more healthily if I had the support from friends and family to do so
- d) Family meals are normally eaten at a table
- e) *(Ask all – from Dec 09)* I know what it means to live an active lifestyle
- f) I try to encourage my child / children to be more physically active
- g) I find it hard to get my child / children to play outside
- h) It is important for parents to be active, to set an example to their children
- i) *(Ask all – from Dec 09)* I am knowledgeable about healthy eating
- j) I am able to control what my children eat
- k) I enjoy treating my children with their favourite foods
- l) **(From August 09)** I am concerned about the possibility that my child / children could grow up to be overweight

*Ask all 18+ except those in mothers boost*

#### SHOWCARD L1

L1. Thinking about your weight at the moment which of the following best describes you? Please just read out the letter on the card.

I think I am....

- a) Very overweight
- b) Quite overweight
- c) Slightly overweight
- d) Healthy weight
- e) Slightly underweight
- f) Quite underweight
- g) Don't know (not on showcard)
- h) Refused (not on showcard)

#### **From December 09**

*Ask all 18+ except those in mothers boost*

On these cards are a number of statements that might apply to you. Could you please sort the cards onto this board to show how much you agree with each statement?

L2a. Please can you read out the letters of the statements you strongly agree with?

- a) I have gained some weight with age
- b) I know that I should lose some weight to improve my health
- c) I would need to make a lot of changes in my life to lose weight
- d) It's important to enjoy my life now, even if that means living less healthily
- e) The long term benefits of living healthily now make it worth the effort
- f) I know what I would need to do if I wanted to lose some weight
- g) Gaining weight is inevitable as you get older
- h) I am confident I could lose weight if I wanted to
- i) If I were to lose weight, I am confident I could keep it off
- j) None of these

L2b. Please can you read out the letters of the statements you tend to agree with?

- a) I have gained some weight with age
- b) I know that I should lose some weight to improve my health
- c) I would need to make a lot of changes in my life to lose weight
- d) It's important to enjoy my life now, even if that means living less healthily
- e) The long term benefits of living healthily now make it worth the effort
- f) I know what I would need to do if I wanted to lose some weight
- g) Gaining weight is inevitable as you get older
- h) I am confident I could lose weight if I wanted to
- i) If I were to lose weight, I am confident I could keep it off
- j) None of these

L2c. Please can you read out the letters of the statements you neither agree nor disagree with?

- a) I have gained some weight with age
- b) I know that I should lose some weight to improve my health
- c) I would need to make a lot of changes in my life to lose weight
- d) It's important to enjoy my life now, even if that means living less healthily
- e) The long term benefits of living healthily now make it worth the effort
- f) I know what I would need to do if I wanted to lose some weight
- g) Gaining weight is inevitable as you get older
- h) I am confident I could lose weight if I wanted to
- i) If I were to lose weight, I am confident I could keep it off
- j) None of these

L2d. Please can you read out the letters of the statements you tend to disagree with?

- a) I have gained some weight with age
- b) I know that I should lose some weight to improve my health
- c) I would need to make a lot of changes in my life to lose weight
- d) It's important to enjoy my life now, even if that means living less healthily
- e) The long term benefits of living healthily now make it worth the effort
- f) I know what I would need to do if I wanted to lose some weight
- g) Gaining weight is inevitable as you get older
- h) I am confident I could lose weight if I wanted to
- i) If I were to lose weight, I am confident I could keep it off
- j) None of these

L2e. Please can you read out the letters of the statements you strongly disagree with?

- a) I have gained some weight with age
- b) I know that I should lose some weight to improve my health
- c) I would need to make a lot of changes in my life to lose weight
- d) It's important to enjoy my life now, even if that means living less healthily
- e) The long term benefits of living healthily now make it worth the effort
- f) I know what I would need to do if I wanted to lose some weight
- g) Gaining weight is inevitable as you get older
- h) I am confident I could lose weight if I wanted to
- i) If I were to lose weight, I am confident I could keep it off
- j) None of these

**From December 09**

*Ask all 18+ except those in mothers boost*

L3. How likely do you think it is that your weight can affect the likelihood of suffering from the following in later life:

- a) Diabetes
- b) Cancer
- c) Heart disease

- d) Liver disease
- e) Stroke
- f) Arthritis
- g) Kidney disease

TGI Survey Coverage	<p>I think children should eat what they are given</p> <p>I really enjoy cooking</p> <p>I prefer to be active in my leisure time</p> <p>I like to try out new food products</p> <p>We rarely sit down to a meal together at home</p> <p>I enjoy eating foreign food</p> <p>We usually have family meals at the weekend</p> <p>I don't normally eat between meals</p> <p>I don't have time to spend preparing and cooking food</p> <p>Frozen foods are as good for you as fresh foods</p> <p>I like to eat take-away meals</p> <p>I like to treat myself to foods that are not good for me</p> <p>I like to try new recipes</p> <p>I would never buy food that has been genetically modified</p> <p>I buy free range products whenever I can</p> <p>Our family spends a lot on food</p> <p>I prefer to prepare my meals from scratch</p> <p>I often eat snacks while on the move rather than eating a proper meal</p> <p>I get a lot of pleasure out of food</p> <p>I wouldn't let my children eat junk food</p> <p>When I see a new brand I often buy it to see what it's like</p> <p>I decide what I want before I do the weekly shopping</p> <p>On the whole I think well known brands are better than a shop's own brand</p> <p>Once I find a brand I like I tend to stick to it</p> <p>I only shop at supermarkets that sell good quality fresh food</p> <p>It's worth paying more for organic food</p> <p>I would not let children influence what I buy</p>
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I always look out for special offers

I'm tempted by products I've seen advertised

Supermarket's own brands are made by the big manufacturers anyway

I buy fair trade products when available

To do my shopping by internet makes my life easier

I always buy the brands my children prefer

Because of my busy lifestyle, I don't take care of myself as well as I should

I am prepared to pay more for foods that don't contain artificial additives

I always think of the calories in what I eat

I think health foods are only bought by fanatics

I try to include plenty of fibre in my diet these days

I think fast food is all junk

I am a vegetarian

I should do a lot more about my health

I consider my diet to be very healthy

I use diet food and drinks products

I always check the nutritional content of food

I always look for the light/diet versions of food and drink

I am eating more healthy food than I have in the past

I read the labels on food to see what additives are in it

News on food influences my dietary habits

I always make sure I eat the recommended (5 a day) portions of fruits and vegetables every day

I do some form of sport or exercise at least once a week

Most of the time I am trying to lose weight

I usually buy things in shops really close to my house

When I go shopping I always buy a lot

I often use the phone to order food

I usually shop in the best outlets

I don't pay sufficient attention to what I eat

I often eat in good restaurants

I often ask friends over to eat

I like to try new food products

I avoid sugar

I avoid fats

I often eat between meals, I keep eating snacks

I often skip meals to keep my weight down

I'm a gourmet

I always choose light food

I tend to eliminate meat from my diet

In my home a lot of time is spent preparing food

I follow a strict diet

I eat Mediterranean style cuisine

I often read the ingredients on food labels

I have health problems and have to watch what I eat

I do a lot to keep in shape

What I want most is to be fit and active

I really look after my health

Health is generally a question of luck

When I go on holiday i only want to eat, drink and lie in the sun

When doing the household shopping i budget for every penny

Shopping for groceries is a bore

Convenience often plays a part in my purchase decisions

Celebrities influence my purchase decisions

I pay attention to where my purchases are made/grown

I look after my appearance, my image

I like others to look at me

It is important to be attractive to the opposite sex

I enjoy splashing out on a meal in a restaurant

Mintel	<p>Mintel hold data relating to which products parents and children buy for children’s packed lunches and why they choose these products.</p> <p>The report on packed lunches is available from <a href="http://oxygen.mintel.com/sinatra/reports/display/id=227788">http://oxygen.mintel.com/sinatra/reports/display/id=227788</a> at a cost of £1500.</p>
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## National Obesity Observatory

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