

Evaluation tools for nutrition, physical activity and obesity programs

Rationale

This list of evaluation tools has been compiled to assist in improving the quality and usefulness of data that is collected in evaluations of nutrition, physical activity and obesity programs. These tools can be used to measure the impact and outcomes specified in: 'Impact and outcome indicators for nutrition, physical activity, and obesity programs' available at

http://www.health.vic.gov.au/healthpromotion/evidence_evaluation/cdp_tools.htm.

The tools and questions in the table below are from a number of sources, including state-wide surveys (for example the Victorian Population Health Survey (VPHS), and the Victorian Child Health & Wellbeing Survey (VCHWS)) and are validated wherever possible. Tools are provided to cover different applications, for example for evaluations in children, questions from surveys of both parents and children are included. The 'Application/Notes' column in the table below identifies how and to whom the survey questions should be, or are usually, applied.

To check if programs are having an impact on populations facing greatest inequality it is important that demographic data is collected wherever possible. This data can then be used in analyses to check the effect of impacts and outcomes on reducing inequality. Individual or household demographic measures include: socio-economic position, Indigenous status, rural residence and non-English speaking background information.

By providing these data collection tools there is a greater opportunity to accurately and consistently measure the impacts and outcomes of different programs and to strengthen the evidence base for guiding future policy and program development. This resource will be updated regularly as new tools become available.

Notes:

1. The wording in the survey questions located in the appendices should not be changed as this can compromise the validity of the data.
2. You should not delete questions out of a set without seeking the advice of an expert or the survey creator as this can compromise the validity of the data. For example, questions 1-6 in Appendix A have been selected to measure whether the Australian physical activity guidelines for moderate-intensity activity are met. Deletion of questions may result in data that is not comparable to state and national indicators.
3. Data analysis is an important component of your evaluation and is crucial to ensuring that the data collected can be used to inform the evidence base and refine the program. The 'Planning for effective health promotion evaluation'¹ resource will guide your data analysis and is available at <http://www.health.vic.gov.au/healthpromotion/steps/evaluation.htm>.
If in doubt, seek advice from an expert.

INDICATOR	Data Collection Tool	Population	Application/Notes
<p>Increased physical activity</p> <p>Proportion of <u>adults</u> aged 18 years and over who undertook the recommended levels of PA in the <u>past week</u></p>	Victorian Population Health Survey (VPHS) ⁱ - see Appendix A: questions 1-6	Adults aged 18 years or more	<p>Computer-assisted telephone interview. Questions adapted from the Active Australia survey.² Questions consistent with all Australian state population CATI surveys.</p> <p>Note: National Health Surveyⁱⁱ questions are not consistent with the Active Australia questionnaire.</p>
<p>Proportion of <u>children & young</u> people who do the recommended levels of PA <u>every day</u>ⁱⁱⁱ</p>	<p>Victorian Child Health & Wellbeing Survey (VCHWS)^{iv}</p> <p>Victorian Adolescent Health & Wellbeing Survey (VAHWS) titled HowRU^v</p>	<p>Children aged 5-12 years</p> <p>Adolescents aged 12-17 years</p>	<p>Computer-assisted telephone interview to parents.</p> <p>Survey self-completed by adolescents in schools, years 7, 9 and 11.</p> <p>Questions in both surveys are based on National Physical Activity Guidelines.^{3,4} A comprehensive technical report is available at http://www.education.vic.gov.au/about/directions/children/newdata.htm.</p> <p>For additional information on the VCHWS and VAHWS surveys please contact State-wide Outcomes, Victorian Department of Education and Early Childhood Development on 03 9947 1850.</p>

ⁱ The Victorian Population Health Survey (VPHS) is a state-wide annual survey reported at Department of Health Regional level. Local Government Area level data are reported every 3 years from 2008, then in 2011 and 2014 <http://www.health.vic.gov.au/healthstatus/vphs.htm>. VPHS has a state-wide sample size of 7500 people. The VPHS local government area level sample size is 34,000.

ⁱⁱ The National Health Survey is conducted biannually by the Australian Bureau of Statistics (ABS). Approximately 20,800 people from all States and Territories and across all age groups are included. One adult (aged 18 years or more) and one child (where applicable) for each sampled dwelling are included in the survey.

ⁱⁱⁱ Guidelines for physical activity levels for children less than five years of age are currently being finalised. New National Physical Activity Recommendations for children 0-5 years are incorporated into a 'Get Up & Grow' resource released in November 2009. See <http://www.health.gov.au/internet/main/publishing.nsf/Content/phd-qug-directorscoord>

^{iv} The Victorian Child Health and Wellbeing Survey (VCHWS) data is collected every three years from 2006. The VCHWS has a sample size of 5000 parents or carers of Victorian children aged from birth to 12 years of age. Local Government Area level data is reported for 25 Best Start sites in 2007. See <http://www.education.vic.gov.au/about/directions/children/vcams/default.htm>.

^v The Victorian Adolescent Health and Wellbeing Survey (VAHWS) is planned to be collected for adolescents every 3 years from 2009. <http://www.education.vic.gov.au/about/directions/children/vcams/default.htm>.

INDICATOR	Data Collection Tool	Population	Application/Notes
	<p>Health Promoting Communities: Being Active and Eating Well (HPC:BAEW)^{vi} Surveys - see</p> <ul style="list-style-type: none"> Appendix B: Primary School Survey questions 1-4 Appendix C: Secondary School Survey questions 1-4 	<p>Children aged 9-12 years</p> <p>Adolescents aged 13-17 years</p>	<p>Survey self-completed by primary school students in years 4, 5 & 6.</p> <p>Survey self-completed by secondary school students in years 7-12.</p> <p>Questions in both surveys adapted from the Active Australia Survey.² Note: physical activity is asked about yesterday instead of past week as in Active Australia.</p>
<p>Decreased sedentary behaviour</p> <p><i>No agreed adult indicator currently available.</i></p> <p>Proportion of <u>children & young people</u> who use electronic media for more than 2 hours per day^{vii}</p>	<p>HPC:BAEW Workplace Survey - see Appendix D: questions 1-2</p> <p>VCHWS</p> <p>VAHWS/HowRU</p> <p>Romp & Chomp^{viii} survey - see Appendix E: question 1</p>	<p>Adults aged 18 years or more</p> <p>Children aged 5-12 years</p> <p>Adolescents aged 12-17 years</p> <p>Children aged 2 to 3.5 years</p>	<p>Self-completed survey administered to adults at their workplace.</p> <p>Computer-assisted telephone interview to parents.</p> <p>Survey self-completed by adolescents in schools, years 7, 9 and 11.</p> <p>Questions in both surveys are consistent with National Physical Activity Guidelines.^{3, 4}</p> <p>For additional information on the VCHWS and VAHWS surveys please contact Statewide Outcomes, Victorian Department of Education and Early Childhood Development on 03 9947 1850.</p> <p>Surveys administered to parents at Maternal and Child Health Centre 2 and 3.5 year visits. Questions from Mathews <i>et al.</i>⁵</p>

^{vi} The Go for your life 'Health Promoting Communities: Being Active and Eating Well' Projects are six obesity prevention community demonstration projects funded by the Victorian Department of Health.

^{vii} Guidelines for physical activity levels for children less than five years of age are currently being finalised. New National Physical Activity Recommendations for children 0-5 years are incorporated into a 'Get Up & Grow' resource released in November 2009. See <http://www.health.gov.au/internet/main/publishing.nsf/Content/phd-qug-directorscoord>

^{viii} Romp and Chomp was a whole of community-based obesity prevention demonstration project that targeted preschool children within the City of Greater Geelong from 2005-2008. See the Go for your life website for more information on this project http://www.goforyourlife.vic.gov.au/hav/articles.nsf/pracpages/Community_based_obesity_prevention_initiatives?open

INDICATOR	Data Collection Tool	Population	Application/Notes
	HPC:BAEW Surveys - see <ul style="list-style-type: none"> Appendix B: Primary School Survey questions 5-6 Appendix C: Secondary School Survey questions 5-6 	Children aged 9-12 years Adolescents aged 13-17 years	Survey self-completed by primary school students in years 4, 5 or 6. Survey self-completed by secondary school students in years 7-12.
Increased healthy eating Proportion of <u>adults</u> meeting the recommended levels of fruit and vegetable consumption Proportion of <u>children</u> and <u>young people</u> who eat the minimum recommended serves of fruit & vegetables every day ^{ix} .	VPHS - see Appendix A: questions 7-8 VCHWS - see Appendix F: questions 1-2 VAHWS/HowRU Romp & Chomp survey ¹⁰ - see Appendix E: questions 2-3	Adults aged 18 years or more Children aged 4-12 years Adolescents aged 12-17 years Children aged 2 to 3.5 years	Computer-assisted telephone interview. Questions adapted from Marks <i>et al</i> ⁶ and consistent with the National Health Survey. ⁷ Marks <i>et al</i> questions can also be self-completed - see questions in Appendix G. Computer-assisted telephone interview to parents. Questions are adapted from Flood <i>et al</i> . ⁸ Survey self-completed by adolescents in schools, years 7, 9 and 11. Questions for VCHWS and VAHWS are consistent with the National Health Survey. ⁷ The NHS survey is administered face to face to parents of adolescents up to the age of 15 years. Questions in both surveys are based on the Dietary Guidelines for Children and Adolescents. ⁹ For additional information on the VCHWS and VAHWS surveys please contact Statewide Outcomes, Victorian Department of Education and Early Childhood Development on 03 9947 1850. Surveys administered to parents at Maternal and Child Health Centre 2 and 3.5 year visits. Portion sizes based on the Australian Guide to Healthy Eating. ¹¹ Note: fruit and vegetable intake is asked about yesterday. Vegetable intake is also asked as usually eat each day.

^{ix} There are currently no guidelines for fruit and vegetable intake for children less than 4 years of age.

INDICATOR	Data Collection Tool	Population	Application/Notes
Proportion of infants breastfed	<p>HPC:BAEW Surveys - see</p> <ul style="list-style-type: none"> Appendix B: Primary School Survey questions 7-8 Appendix C: Secondary School Survey questions 7-8 <p>VCHWS</p>	<p>Children aged 9-12 years</p> <p>Adolescents aged 12-17 years</p> <p>Children aged 3 and 6 months</p>	<p>Survey self-completed by primary school students in years 4, 5 & 6.</p> <p>Survey self-completed by secondary school students in years 7-12.</p> <p>Note: fruit and vegetable intake is asked about yesterday instead of usually eat each day.</p> <p>Computer-assisted telephone interview to parents.</p> <p>Questions in VCHWS are based on the National Nutrition Guidelines.⁹</p> <p>For additional information on the VCHWS survey please contact Statewide Outcomes, Victorian Department of Education and Early Childhood Development on 03 9947 1850.</p>
<p>Decrease in energy dense, micronutrient-poor foods</p> <p><i>No agreed indicator currently available</i></p>	<p>HPC:BAEW Workplace Survey - see Appendix D: questions 3-4</p> <p>VCHWS</p> <p>VAHWS/HowRU</p> <p>Romp and Chomp survey¹⁰ - see Appendix E: question 4</p>	<p>Adults aged 18 years or more</p> <p>Children aged 5-12 years</p> <p>Adolescents aged 12-17 years</p> <p>Children aged 2 to 3.5 years</p>	<p>Self-completed survey administered to adults at their workplace.</p> <p>Computer-assisted telephone interview to parents.</p> <p>VAHWS survey self-completed by adolescents in schools, years 7, 9 and 11.</p> <p>Questions in VCHWS and VAHWS are based on the National Nutrition Guidelines.⁹</p> <p>For additional information on the VCHWS and VAHWS surveys please contact Statewide Outcomes, Victorian Department of Education and Early Childhood Development on 03 9947 1850.</p> <p>Surveys administered to parents at Maternal and Child Health Centre 2 and 3.5 year visits.</p>

INDICATOR	Data Collection Tool	Population	Application/Notes
	HPC:BAEW Surveys see - <ul style="list-style-type: none"> Appendix B: Primary School Survey question 9 Appendix C: Secondary School Survey questions 11-12 	Children aged 9-12 years Adolescents aged 13-17 years	Survey self-completed by primary school students in years 4, 5 & 6. Survey self-completed by secondary school students in years 7-12.
Intake of energy dense drinks, soft drinks, fruit juice and cordial <i>No agreed indicator currently available</i>	HPC:BAEW Workplace Survey - see Appendix D: questions 5-6 VCHWS VAHWS/HowRU Romp and Chomp survey ¹⁰ - see Appendix E: question 5 HPC:BAEW Surveys - see <ul style="list-style-type: none"> Appendix B: Primary School Survey questions 10-11 Appendix C: Secondary School Survey questions 9-10 	Adults aged 18 years or more Children aged 5-12 years Adolescents aged 12-17 years Children aged 2 to 3.5 years Children aged 9-12 years Adolescents aged 13-17 years	Self-completed survey administered to adults at their workplace. Computer-assisted telephone interview to parents. VAHWS survey self-completed by adolescents in schools, years 7, 9 and 11. Questions in VCHWS and VAHWS are based on the National Nutrition Guidelines. ⁹ For additional information on the VCHWS and VAHWS surveys please contact Statewide Outcomes, Victorian Department of Education and Early Childhood Development on 03 9947 1850. Surveys administered to parents at Maternal and Child Health Centre 2 and 3.5 year visits. Survey self-completed by primary school students in years 4, 5 & 6. Survey self-completed by Secondary School students in years 7-12.

INDICATOR	Data Collection Tool	Population	Application/Notes
<p>Overweight and obesity</p> <p>Proportion of <u>adults</u> who are overweight or obese</p>	<p>Australian Institute of Health and Welfare (AIHW) metadata repository METeOR^x indicator measurements</p> <p>BMI Measured data item</p> <p>http://meteor.aihw.gov.au/content/index.phtml/itemId/270084</p> <p>Height Measurement guide at</p> <p>http://meteor.aihw.gov.au/content/index.phtml/itemId/270361</p> <p>Weight measurement protocol at</p> <p>http://meteor.aihw.gov.au/content/index.phtml/itemId/270208</p>	<p>Adults aged 18 years or more</p>	<p>Height and weight measurement needs to be undertaken by people with appropriate training.¹²</p> <p>Note: BMI measurement is recommended for use in population surveys and health care settings only.</p> <p>There are also many individuals for whom BMI is an inappropriate measure of body fatness. These are individuals whose high body mass is due to excess muscle rather than fat (e.g. body builders or others in whom the level of physical activity promotes an increase in muscle mass); or in those with osteoporosis who will have a lower than usual BMI; or those who have a different body build (e.g. individuals with unusually long or short legs or a different body fat distribution).¹³</p>
	<p>BMI self-reported data item</p> <p>http://meteor.aihw.gov.au/content/index.phtml/itemId/270086</p>	<p>Adults aged 18 years or more</p>	<p>Note: BMI self-reported data is reported annually in the VPHS survey.</p> <p>Note: studies comparing measured and self-reported height and weight have shown that people tend to underestimate their weight and overestimate their height, which results in an underestimation of body mass index (BMI). Therefore, estimates of overweight and obesity that are based on self-reported information are likely to underestimate the true prevalence of obesity in a population. It is not known whether this reporting bias is influenced by being involved in an evaluation of an intervention. For example, the underestimate of weight could be exaggerated during follow-up data collection if the participant was involved in an obesity prevention program. Thus, self-reported height and weight should be used cautiously for evaluation purposes if at all.</p>

^x METeOR is the Australian Institute of Health and Welfare Metadata Online Registry and Australia's repository for national metadata standards for health, housing and community services statistics and information.

INDICATOR	Data Collection Tool	Population	Application/Notes
	Waist circumference measurement http://meteor.aihw.gov.au/content/index.phtml/itemId/270205	Adults aged 18 years or more	Waist circumference measurement needs to be undertaken by people with appropriate training. ¹²
Proportion of <u>children & young people</u> who are overweight or obese ^{xi}	AIHW metadata repository METeOR indicator measurements BMI Measured data item http://meteor.aihw.gov.au/content/index.phtml/itemId/270085 Height Measurement guide at http://meteor.aihw.gov.au/content/index.phtml/itemId/270361 Weight measurement protocol at http://meteor.aihw.gov.au/content/index.phtml/itemId/270208	Children and young people aged 2 years and over	Height and weight measurement needs to be undertaken by people with appropriate training. ¹² To calculate the proportion of children whose BMI score is above the international cut-off point for 'overweight' and 'obese' for their age and sex in sample use the definitions by Cole <i>et al.</i> ¹⁴ For individuals, it is recommended that calculated BMI for children and adolescents be compared with a suitable growth reference such as the United States Centers for Disease Control 2000 BMI- for-age available from http://www.cdc.gov/nccdphp/dnpa/growthcharts/resources/index.htm .
	BMI self-reported data item http://meteor.aihw.gov.au/content/index.phtml/itemId/270087	Children and young people aged 2 years and over	Note: Self-reported or parentally reported height and weight for children and adolescents should be used cautiously if at all.

^{xi} There are currently no recommended definitions for overweight or obesity in children aged less than 2 years.

References

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3. Department of Health and Ageing. *The National Physical Activity Guidelines for Australians (Recommendations for 5-12 year olds)*. Canberra: AusInfo; 2004.
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5. Mathews L, Kremer P, Sanigorski A, Simmons A, Nicols M, Moodie M, et al. *Nutrition and Physical Activity in Children and Adolescents, Barwon-South Western Region, Sentinel Site Series, Report 1: Methods and Tools*. Victoria Department of Human Services 2008.
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APPENDICES

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Appendix A: Victorian Population Health Survey (VPHS) Extract

Physical activity questions^{xii}

1. The next few questions are about any physical activities that you may have done in the last week. In the last week, how many times have you walked continuously, for at least 10 minutes, this could have been for recreation, exercise or to get to or from places?
 1. None
 2. Number of times per week given (Specify_____)
 3. (Not applicable)
 4. (Don't know)
 5. (Refused)

2. What do you estimate was the total time that you spent walking in this way in the last week?
 1. Time per week given in HOURS (Specify_____)
 2. Time per week given in MINUTES (Specify_____)
 3. (Don't know)
 4. (Refused)

3. In the last week, how many times did you do vigorous household chores that made you breathe harder or puff and pant, not including gardening? (INCLUDE CHOPPING WOOD, SWEEPING PATIO ETC)
 1. None
 2. Number of times per week given (Specify_____)
 3. (Not applicable)
 4. (Don't know)
 5. (Refused)

4. What do you estimate was the total time you spent doing these vigorous household chores in the last week?
 1. Time per week given in HOURS (Specify_____)
 2. Time per week given in MINUTES (Specify_____)
 3. (Don't know)
 4. (Refused)

^{xii} These questions are adapted from Australian Institute of Health and Welfare (AIHW) 2003, *The Active Australia Survey: a guide and manual for implementation, analysis and reporting*. Canberra, AIHW available at <http://www.aihw.gov.au/publications/index.cfm/title/8559>

5. This question excludes household chores or gardening. In the last week, how many times did you do any vigorous physical activity that made you breathe harder or puff and pant? (for example, tennis, jogging, cycling, keep fit exercises).
1. None
 2. Number of times per week given (Specify_____)
 3. (Not applicable)
 4. (Don't know)
 5. (Refused)
6. What do you estimate was the total time that you spent doing this vigorous physical activity in the last week?
1. Time per week given in HOURS (Specify_____)
 2. Time per week given in MINUTES (Specify_____)
 3. (Don't know)
 4. (Refused)

Fruit and vegetable intake questions^{xiii}

7. Now some questions about food..... How many serves of vegetables do you usually eat each day? A 'serve' is ½ cup of cooked vegetables or 1 cup of salad vegetables.
1. Record number of serves PER DAY
 2. Don't know
 3. Refused
8. How many serves of fruit do you usually eat each day? A 'serve' is 1 medium piece or 2 small pieces of fruit or 1 cup of diced pieces.
1. Record number of serves PER DAY
 2. Don't know
 3. Refused

^{xiii} These questions are adapted from Marks GC, Webb K, Rutishauser IHE, & Riley M. 2001, *Monitoring food habits in the Australian population using short questions* - part of the National Food and Nutrition Monitoring and Surveillance Project. Commonwealth Department of Health and Aged Care available at <http://www.health.gov.au/internet/main/publishing.nsf/Content/health-pubhlth-strateg-food-pdf-foodhabits-cnt.htm>

Appendix B: Health Promoting Communities: Being Active and Eating Well - Primary School Survey Extract^{xiv}

Physical activity questions^{xv}

The following questions ask about physical activity.

1. Yesterday, how many times did you walk continuously, for at least 10 minutes (this could have been for play, exercise or to get to or from places)?

_____ Times None

2. What do you estimate was the total time you spent walking in this way yesterday? (Hours or minutes)

_____ Hours **AND** _____ Minutes Don't know

3. Yesterday, how many times did you do any vigorous physical activity that made you breathe harder or puff and pant? (for example basketball, netball, football, gymnastics, dance, tennis, jogging, cycling, keep fit exercises).

_____ Times None

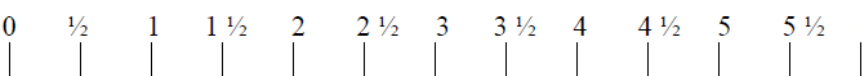
4. What do you estimate was the total time you spent doing this vigorous physical activity yesterday? (Hours or minutes)

_____ Hours **AND** _____ Minutes Don't know

Sedentary behaviour questions

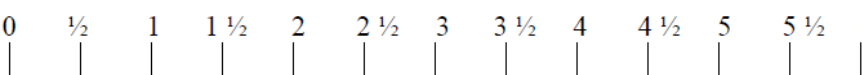
5. Yesterday, how much time did you spend watching TV, videos or DVDs?

Hours 0 ½ 1 1 ½ 2 2 ½ 3 3 ½ 4 4 ½ 5 5 ½ 6 +



6. Yesterday, how much time did you spend playing computer or electronic games (not for homework)?

Hours 0 ½ 1 1 ½ 2 2 ½ 3 3 ½ 4 4 ½ 5 5 ½ 6 +



^{xiv} Extract from Sanigorski AM, Bolton K, & Meloni L. 2009, Who Centre for Obesity Prevention – Go for your life 'Health Promoting Communities: Being Active and Eating Well' project Primary School Survey

^{xv} These questions are adapted from Australian Institute of Health and Welfare (AIHW) 2003, *The Active Australia Survey: a guide and manual for implementation, analysis and reporting*. Canberra, AIHW available at <http://www.aihw.gov.au/publications/index.cfm/title/8559>

Nutrition questions

The first five questions are about the food and drink that you ate yesterday (or the last day of school you attended). Read the question, then spend a few moments thinking about how much of the food/drink you had yesterday, and tick or circle your answer.

7. Yesterday, how many serves of **fruit** did you eat? (1 serve = 1 apple, banana or orange, or 2 mandarins, or a cup of diced fruit or fruit salad).

Serves 0 1 2 3 4 or more
 |-----|-----|-----|-----|-----|

8. Yesterday, how many serves of **vegetables** did you eat? (1 serve = ½ cup cooked vegetables or 1 cup of salad vegetables).

Serves 0 1 2 3 4 5 or more
 |-----|-----|-----|-----|-----|-----|

9. Yesterday, how many serves of **packaged snacks** (eg potato chips, muesli bars, roll-ups, twisties, cheezels etc) did you eat? (1 serve = small snack pack or half a standard 50gm pack, 1 muesli bar, 1 LCM or roll-up). Please circle the number of serves.

Serves 0 1 2 3 4 5 6 7 8 9 10 or more
 |-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|

10. Yesterday, how much **soft drink or energy drinks** (eg Coke, Fanta, Sprite, Solo, etc) did you drink? (Don't count diet soft drinks, 1 glass = 250ml, 1 can = 375ml).

<u>Number of serves</u>	Glasses	Cans	Bottles	Size of bottle
<u>0</u>	<input type="checkbox"/> ₀	<input type="checkbox"/> ₀	<input type="checkbox"/> ₀	
<u>1</u>	<input type="checkbox"/> ₁	<input type="checkbox"/> ₁	<input type="checkbox"/> ₁	size: _____
<u>2</u>	<input type="checkbox"/> ₂	<input type="checkbox"/> ₂	<input type="checkbox"/> ₂	size: _____
<u>3</u>	<input type="checkbox"/> ₃	<input type="checkbox"/> ₃	<input type="checkbox"/> ₃	size: _____
<u>4</u>	<input type="checkbox"/> ₄	<input type="checkbox"/> ₄	<input type="checkbox"/> ₄	size: _____
<u>5</u>	<input type="checkbox"/> ₅	<input type="checkbox"/> ₅	<input type="checkbox"/> ₅	size: _____
<u>6 or more</u>	<input type="checkbox"/> ₆	<input type="checkbox"/> ₆	<input type="checkbox"/> ₆	size: _____

11. Yesterday, how much **cordial, fruit juice, fruit drinks or sports drinks** did you drink? (eg Ribena, Gatorade, tetrapacks etc, 1 glass = 250ml, 1 tetrapak = 250ml).

<u>Number of serves</u>	Glasses	Bottles	Size of bottle
<u>0</u>	<input type="checkbox"/> ₀	<input type="checkbox"/> ₀	
<u>1</u>	<input type="checkbox"/> ₁	<input type="checkbox"/> ₁	size: _____
<u>2</u>	<input type="checkbox"/> ₂	<input type="checkbox"/> ₂	size: _____
<u>3</u>	<input type="checkbox"/> ₃	<input type="checkbox"/> ₃	size: _____
<u>4</u>	<input type="checkbox"/> ₄	<input type="checkbox"/> ₄	size: _____
<u>5</u>	<input type="checkbox"/> ₅	<input type="checkbox"/> ₅	size: _____
<u>6 or more</u>	<input type="checkbox"/> ₆	<input type="checkbox"/> ₆	size: _____

Appendix C: Health Promoting Communities: Being Active and Eating Well - Secondary School Survey Extract^{xvi}

Physical Activity questions^{xvii}

The following questions ask about physical activity.

1. Yesterday, how many times did you walk continuously, for at least 10 minutes (this could have been for play, exercise or to get to or from places)?

_____ Times None

2. What do you estimate was the total time you spent walking in this way yesterday? (Hours or minutes)

_____ Hours **AND** _____ Minutes Don't know

3. Yesterday, how many times did you do any vigorous physical activity that made you breathe harder or puff and pant? (for example basketball, netball, football, gymnastics, dance, tennis, jogging, cycling, keep fit exercises).

_____ Times None

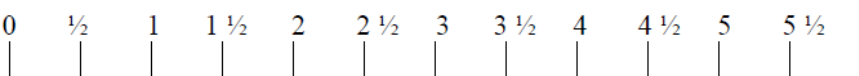
4. What do you estimate was the total time you spent doing this vigorous physical activity yesterday? (Hours or minutes)

_____ Hours **AND** _____ Minutes Don't know

Sedentary Behaviour questions

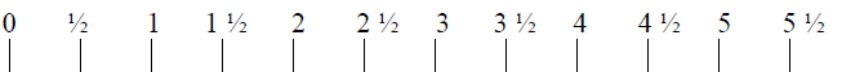
5. Yesterday, how much time did you spend watching TV, videos or DVDs?

Hours 0 ½ 1 1 ½ 2 2 ½ 3 3 ½ 4 4 ½ 5 5 ½ 6 +



6. Yesterday, how much time did you spend playing computer or electronic games (not for homework)?

Hours 0 ½ 1 1 ½ 2 2 ½ 3 3 ½ 4 4 ½ 5 5 ½ 6 +



^{xvi} Extract from Sanigorski AM, Bolton K, & Meloni L. 2009, Who Centre for Obesity Prevention – Go for your life 'Health Promoting Communities: Being Active and Eating Well' project

^{xvii} These questions are adapted from Australian Institute of Health and Welfare (AIHW) 2003, *The Active Australia Survey: a guide and manual for implementation, analysis and reporting*. Canberra, AIHW available at <http://www.aihw.gov.au/publications/index.cfm/title/8559>

Nutrition questions

7. Yesterday, how many serves of **fruit** did you eat? (1 serve = 1 apple, banana or orange, or 2 mandarins, or a cup of diced fruit or fruit salad).

Serves

0	1	2	3	4 or more
---	---	---	---	-----------

8. Yesterday, how many serves of **vegetables** did you eat? (1 serve = ½ cup cooked vegetables or 1 cup of salad vegetables).

Serves

0	1	2	3	4	5 or more
---	---	---	---	---	-----------

9. Yesterday, how much **soft drink or energy drinks** (eg Coke, Fanta, Sprite, Solo, etc) did you drink? (Don't count diet soft drinks, 1 glass = 250ml, 1 can = 375ml).

<u>Number of serves</u>	Glasses	Cans	Bottles	Size of bottle
<u>0</u>	<input type="checkbox"/> ₀	<input type="checkbox"/> ₀	<input type="checkbox"/> ₀	
<u>1</u>	<input type="checkbox"/> ₁	<input type="checkbox"/> ₁	<input type="checkbox"/> ₁	size:
<u>2</u>	<input type="checkbox"/> ₂	<input type="checkbox"/> ₂	<input type="checkbox"/> ₂	size:
<u>3</u>	<input type="checkbox"/> ₃	<input type="checkbox"/> ₃	<input type="checkbox"/> ₃	size:
<u>4</u>	<input type="checkbox"/> ₄	<input type="checkbox"/> ₄	<input type="checkbox"/> ₄	size:
<u>5</u>	<input type="checkbox"/> ₅	<input type="checkbox"/> ₅	<input type="checkbox"/> ₅	size:
<u>6 or more</u>	<input type="checkbox"/> ₆	<input type="checkbox"/> ₆	<input type="checkbox"/> ₆	size:

10. Yesterday, how much **cordial, fruit juice, fruit drinks or sports drinks** did you drink? (eg Ribena, Gatorade, tetrapacks etc, 1 glass = 250ml, 1 tetrapak = 250ml).

<u>Number of serves</u>	Glasses	Bottles	Size of bottle
<u>0</u>	<input type="checkbox"/> ₀	<input type="checkbox"/> ₀	
<u>1</u>	<input type="checkbox"/> ₁	<input type="checkbox"/> ₁	size:
<u>2</u>	<input type="checkbox"/> ₂	<input type="checkbox"/> ₂	size:
<u>3</u>	<input type="checkbox"/> ₃	<input type="checkbox"/> ₃	size:
<u>4</u>	<input type="checkbox"/> ₄	<input type="checkbox"/> ₄	size:
<u>5</u>	<input type="checkbox"/> ₅	<input type="checkbox"/> ₅	size:
<u>6 or more</u>	<input type="checkbox"/> ₆	<input type="checkbox"/> ₆	size:

11. Yesterday, how many serves of **packaged snacks** (eg potato chips, muesli bars, roll-ups, twisties, cheezels etc) did you eat? (1 serve = small snack pack or half a standard 50gm pack, 1 muesli bar, 1 LCM or roll-up). Please circle the number of serves.

Serves

0	1	2	3	4	5	6	7	8	9	10 or more
---	---	---	---	---	---	---	---	---	---	------------

12. How often do you usually have **meals or snacks** such as burgers, pizza, chicken or chips from places like McDonalds's, Hungry Jack's, Pizza Hut, KFC, Red Rooster or **local take away food places** (including hot dogs, pies and sausage rolls)?

- Never
- Once a month or less
- 2-3 times a month
- Once a week
- 2-3 times a week
- Most days
- Every day

**Appendix D: Health Promoting Communities: Being Active and Eating Well -
Workplace Survey Extract^{xviii}**

Electronic media use questions

1. How much time do you spend watching TV, videos or DVD's on a usual weekday and weekend?

Weekday _____ hours None

Weekend _____ hours None

2. How much time do you spend using the computer or playing electronic games on a usual weekday or weekend? (computer use not for work or study related purposes).

Weekday _____ hours None

Weekend _____ hours None

Nutrition questions

3. How often do you usually have meals or snacks such as burgers, pizza, chicken or chips from places like McDonalds, Hungry jacks, Pizza Hut, KFC, Red Rooster or local takeaway food places (includes hot dogs, pies, sausage rolls)

- Never
- Once a month or less
- 2-3 times a month
- Once a week
- 2-3 times a week
- Most days

4. Yesterday, how many serves of packaged snacks (eg potato chips, muesli bars, roll-ups, twisties, cheezels etc) did you eat? (1 serve = small snack pack or half a standard 50gm pack, 1 muesli bar, 1 LCM or roll-up).

0 1 2 3 4 5 6 7 8 9 10 +serves

^{xviii} Extract from Sanigorski AM, Bolton K, & Meloni L. 2009, Who Centre for Obesity Prevention – Go for your life 'Health Promoting Communities: Being Active and Eating Well' project

5. In a usual week, how many **days** did you drink soft drink or energy drinks? (eg Coke, Fanta, Sprite, Solo, Red Bull etc) Don't count diet soft drinks.

0 1 2 3 4 5 6 7

6. In a usual week, on how many **days** did you have cordial, fruit juice, fruit drinks or sports drinks? (eg Ribena, Gatorade)

0 1 2 3 4 5 6 7

Appendix E: Romp and Chomp: Eating and Physical Activity Questionnaire (EPAQ)^{xix} Extract

Sedentary behaviour questions:

1. Yesterday, how long did your child watch TV/videos/DVD or play computer- or video-games at home (or at a friend's or relative's home)?

Morning _____hrs _____ mins Don't know

Afternoon _____hrs _____ mins Don't know

Evening (after 6pm) _____hrs _____ mins Don't know

Nutrition questions:

2. Yesterday, how many servings of the following foods did your child have? (see pictures in table 1 for examples and serving sizes).

	Vegetables (cooked & raw veg and baked beans)	Packaged snacks (chips, cheezels, muesli bar)	Fruit (fresh, dried and tinned)	Confectionery and/or chocolate	Cake / doughnuts, sweet biscuits and muffins
One Sample Serve =	½ cup cooked vegetables or baked beans or 1 cup salad	20g pkt chips, one fruit strap or 1 muesli bar	1 apple or banana or 1 cup grapes or 1 ½ tbsp sultanas	½ regular chocolate bar or a small handful of lollies	1 small slice cake, ½ iced doughnut or ¼ regular muffin
	<input type="checkbox"/> None	<input type="checkbox"/> None	<input type="checkbox"/> None	<input type="checkbox"/> None	<input type="checkbox"/> None
	<input type="checkbox"/> 1/2	<input type="checkbox"/> 1/2	<input type="checkbox"/> 1/2	<input type="checkbox"/> 1/2	<input type="checkbox"/> 1/2
	<input type="checkbox"/> 1	<input type="checkbox"/> 1	<input type="checkbox"/> 1	<input type="checkbox"/> 1	<input type="checkbox"/> 1
	<input type="checkbox"/> 2	<input type="checkbox"/> 2	<input type="checkbox"/> 2	<input type="checkbox"/> 2	<input type="checkbox"/> 2
	<input type="checkbox"/> 3	<input type="checkbox"/> 3	<input type="checkbox"/> 3	<input type="checkbox"/> 3	<input type="checkbox"/> 3
	<input type="checkbox"/> 4	<input type="checkbox"/> 4	<input type="checkbox"/> 4	<input type="checkbox"/> 4	<input type="checkbox"/> 4
	<input type="checkbox"/> 5 or more	<input type="checkbox"/> 5 or more	<input type="checkbox"/> 5 or more	<input type="checkbox"/> 5 or more	<input type="checkbox"/> 5 or more
	<input type="checkbox"/> Don't know	<input type="checkbox"/> Don't know	<input type="checkbox"/> Don't know	<input type="checkbox"/> Don't know	<input type="checkbox"/> Don't know

3. How many serves of vegetables does your child usually eat each day? ("a serve" = ½ cup cooked vegetables, or 1 cup salad vegetables)

_____ serves each day

^{xix} Extract from Bennett CA, de Silva-Sanigorski AM, Nichols M, Bell AC and Swinburn BA. 2009, *Assessing the intake of obesity-related foods and beverages in young children: comparison of a simple population survey with 24 hr-recall*. International Journal of Behavioral Nutrition and Physical Activity, 6:71.

4. How often does your child eat takeaway or fast food? (e.g. Hot chips, hamburgers, chicken nuggets, sausage rolls, hot dogs, pizza).




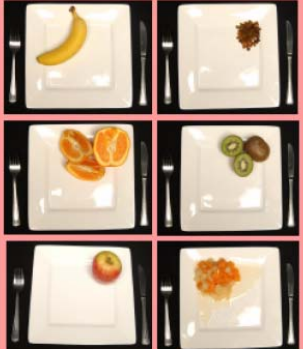
- Less than once per month
- 1 – 3 times per month
- Once per week
- 2 – 4 times per week
- 5 – 6 times per week
- Once per day
- 2 or more times per day

5. Yesterday, how many servings of the following beverages did your child drink? (I serve = ½ cup or 125ml)

Fruit juice	Cordial or Soft drink	Water	Plain milk	Flavoured milk
<input type="checkbox"/> none	<input type="checkbox"/> none	<input type="checkbox"/> none	<input type="checkbox"/> none	<input type="checkbox"/> none
<input type="checkbox"/> 1	<input type="checkbox"/> 1	<input type="checkbox"/> 1	<input type="checkbox"/> 1	<input type="checkbox"/> 1
<input type="checkbox"/> 2	<input type="checkbox"/> 2	<input type="checkbox"/> 2	<input type="checkbox"/> 2	<input type="checkbox"/> 2
<input type="checkbox"/> 3	<input type="checkbox"/> 3	<input type="checkbox"/> 3	<input type="checkbox"/> 3	<input type="checkbox"/> 3
<input type="checkbox"/> 4	<input type="checkbox"/> 4	<input type="checkbox"/> 4	<input type="checkbox"/> 4	<input type="checkbox"/> 4
<input type="checkbox"/> 5	<input type="checkbox"/> 5	<input type="checkbox"/> 5	<input type="checkbox"/> 5	<input type="checkbox"/> 5
<input type="checkbox"/> 6 or more	<input type="checkbox"/> 6 or more	<input type="checkbox"/> 6 or more	<input type="checkbox"/> 6 or more	<input type="checkbox"/> 6 or more
<input type="checkbox"/> Don't know	<input type="checkbox"/> Don't know	<input type="checkbox"/> Don't know	<input type="checkbox"/> Don't know	<input type="checkbox"/> Don't know

Table 1: serving sizes

Question 6: How many servings of...?

<p>Vegetables: 1 serve = 1/2 cup of cooked vegetables or baked beans or 1 cup of salad</p> 	<p>Note:</p> <p>1) Each picture shows an example of <u>one</u> serving of the food type</p> <p>2) The foods shown and listed are <u>examples only</u> and all the foods your child ate yesterday from each group should be included in your answer</p>	<p>Confectionery and chocolate: 1 serve = 1 row of chocolate from a family block or a small handful of lollies.</p> 
<p>Packaged Snacks: 1 serve = a small (multi pack) packet or adult handful of chips or cheezels, one muesli bar, fruit bar etc.</p> 		<p>Fruit: 1 serve = 1 banana or apple, 2 small pieces of fruit (apricots, kiwi), 1 cup fruit pieces or 1 1/2 tablespoons of dried fruit</p> 

Appendix F: Victorian Child Health and Wellbeing Survey (VCHWS) Extract

Fruit and vegetable intake questions^{xx}

Children 3-12 years

1. How many serves of fruit does your child usually eat each day? (a serve= 1 medium piece or 2 small pieces of fruit or 1 cup diced pieces).

_____serves per day

_____serves per week

Don't eat fruit

Don't know

Children 1-2 years

1.1 How many serves of fruit does your child usually eat each day? (a serve= 1 small pieces of fruit or 1/2 cup diced pieces).

_____serves per day

_____serves per week

Don't eat fruit

Don't know

Children 3-12 years

2. How many serves of vegetables does your child usually eat each day? (A serve = 1/2 cup cooked vegetables or 1 cup of salad vegetables).

_____serves per day

_____serves per week

Don't eat vegetables

Don't know

Children 1-2 years

2.1 How many serves of vegetables does your child usually eat each day? (A serve = 1/4 cup cooked vegetables or 1/2 cup of salad vegetables).

_____serves per day

_____serves per week

Don't eat vegetables

Don't know

^{xx} These questions are adapted from Flood V, Webb K & Rangan A. 2005, *Recommendations for short questions to assess food consumption in children for the NSW Health Surveys*. NSW Centre for Public Health Nutrition, NSW Health Department.

Appendix G: Marks et al Self Completed Adult Population Health fruit and vegetable intake questions^{xxi}

Self-completed questionnaire

1. How many serves of vegetables do you usually eat each day?
(a 'serve' = ½ cup cooked vegetables or 1 cup of salad vegetables)

Mode of administration: Self-completed usual frequency of food intake.

Response options: 1 serve or less, 2-3 serves, 4-5 serves, 6 serves or more and don't eat vegetables.

2. How many serves of fruit do you usually eat each day?
(a 'serve' = 1 medium piece or two small pieces of fruit or 1 cup of diced pieces)

Mode of administration: Self-completed usual frequency of food intake.

Response options: 1 serve or less, 2-3 serves, 4-5 serves, 6 serves or more and don't eat fruit.

^{xxi} Extract from Marks GC, Webb K, Rutishauser IHE, & Riley M. 2001, *Monitoring food habits in the Australian population using short questions* - part of the National Food and Nutrition Monitoring and Surveillance Project. Commonwealth Department of Health and Aged Care available at <http://www.health.gov.au/internet/main/publishing.nsf/Content/health-pubhlth-strateg-food-pdf-foodhabits-cnt.htm>