

## **Default Question Block**



### **Seafood dietary advice survey**

*This survey is about your dietary advice on seafood, in particular how you source information and what recommendations you make to clients. Your input is highly valuable and there are no right or wrong answers. By investigating the relationships between dietary advice, health and sustainability, the results may help to improve information available to health practitioners and may help to guide future guidelines around sustainable diets.*

*The survey has 27 questions or statements. You may not need to answer all of them. Most questions ask you to give yes or no answers and the statements expect you to decide on the extent to which you agree/disagree with them. Some questions ask you to provide additional information if you can. It should take approximately 20 minutes to complete.*

*You do not need to provide your name, so all responses will be anonymous. You are eligible to participate in this study because of your membership of the Dietitians Association of Australia (DAA) or the Public Health Association of Australia (PHAA).*

*The study is being conducted by Dr. Anna Farmery through the School of Social Sciences at the University of Tasmania and Dr. Gabrielle O'Kane, School of Public Health & Nutrition, University of Canberra. If you would like to discuss any aspect of this study please feel free to email Anna at [anna.farmery@utas.edu.au](mailto:anna.farmery@utas.edu.au) or phone 0439 765 098.*

*This study has been approved by the Tasmanian Social Science Human Research Ethics Committee. If you have concerns or complaints about the conduct of this study you should contact the Executive Officer of the HREC (Tasmania) Network on (03) 6226 7479 or email [human.ethics@utas.edu.au](mailto:human.ethics@utas.edu.au). The Executive Officer is the person nominated to receive complaints from research participants. You will need to quote reference number H0016082.*

### **Consent**

*By proceeding with this survey you are providing your consent to participate in this study. Your consent does not commit you to any further participation in other phases of the research.*

Do you agree to participate in this study?

- Yes
- No

Thank you for agreeing to participate. Your opinions and knowledge are highly valuable. You can track your progress using the progress bar above.

### **Your background**

Q1. State/Territory where you work

- ACT
- New South Wales
- Northern Territory
- Queensland
- South Australia
- Tasmania
- Victoria
- Western Australia
- Other (please add)

Q2. What is the post code of your work place?

Q3. How many years have you been practicing?

- 0-5 years
- 6-10 years
- 11-15 years
- 16 years or more

Q4. What is the highest educational qualification that you have completed?

Q5. Are you a member of the Food and Environmental Interest Group of the DAA (FEIG)?

Yes

No

### Seafood and health

Q6a. Do you recommend eating seafood for health benefits?

Yes

No

Q6b. Do you recommend: (tick as appropriate)

Eating seafood generally as part of healthy diet

Replacing other protein foods (animal or vegetable) with seafood

Eating seafood in combination with other low fat meats

Replacing other meats with seafood

Replacing vegetable proteins with seafood

Eating seafood for specific health benefits

Eating the amount of seafood recommended in the Australian Dietary Guidelines

Other (please add):

Q6c. Does your advice differ for different client groups?

Yes (please elaborate)

No

Q7. Do you recommend eating specific types of seafood?

Yes

No

Q8a. What types of seafood do you recommend? (please tick your top five)

- Bream
- Scallop
- Basa
- Tuna
- Sardines
- Mackerel
- Fish oil capsules or liquid
- Gem fish
- Shark
- Atlantic salmon
- Tilapia
- Blue-eye trevalla
- Food and drink enriched with marine n-3 PUFA
- Herring
- Barramundi
- Flathead
- Mussels
- Prawns
- Other (please provide names):

Q8b. Do the types of seafood you recommend differ for different client groups?

- Yes
- No

Q8c. Please elaborate:

Q9a. What sources of information do you use to give advice about seafood consumption?  
(tick as many as appropriate)

- Other health professionals (not including dietitians)
- Heart Foundation Guidelines
- Cancer Council Australia's Clinical Guidelines
- Chefs
- International Dietary guidelines
-

*Dietitians*

- Seafood industry materials*
- Australian Dietary Guidelines*
- Academic journal papers*
- None*
- Other:*

*Q9b. Can you elaborate on why you use these sources?*

*Q10a. Do you provide clients with information on the omega-3 content of different seafood?*

- Yes*
- No*

*Q10b. What resources do you use for information on Omega-3 fatty acids? (tick as many as appropriate)*

- Omega-3 Centre*
- Seafood industry materials*
- Heart Foundation Guidelines*
- Dietitians*
- Cancer Council Australia's Clinical Guidelines*
- Food Standards Australia New Zealand (FSANZ)*
- Chefs*
- Other health professionals (excluding dietitians)*
- Academic journal papers*
- Australian omega 3 guidelines*
- Dietary guidelines*
- Other:*

*Q10c. Can you elaborate on why you use these resources?*

Q11a. Do you have any concerns over recommending eating seafood?

- Yes
- No

Q11b. On a scale of 1 (low) to 5 (high) for seafood, rate your level of concern over:

	1	2	3	4	5
Food safety					
Sustainability					
Cost					
Access to high quality products					

Q11c. Please list any other concerns or elaborate on the above concerns around recommending seafood:

Q12a. Do you ever recommend your clients eat Australian seafood in preference to imported seafood?

- Yes
- No

Q12b. Please explain your reasons:

Q13a. Is there a difference between the health benefits of Australian and imported seafood?

- Yes
- No

Q13b. Please describe these:

Q14. Do you encourage your clients to eat seafood that is: (tick as appropriate)

- Fresh/chilled
- Frozen
- Canned
- You do not specify
- Other (please state which):

### Seafood and sustainability

Q15. Which, if any, of the following are, in your opinion, the most important issues in terms of seafood sustainability? (please tick a maximum of five)

- Whether it was farmed or fished
- Tracing the product along the supply chain (knowing where it came from)
- Carbon footprint of the product
- Fishing method
- Fishing can continue into the future
- Locally caught or farmed
- Economic viability of the fishery or farm
- Bycatch (other fish and animals such as turtles, mammals, birds caught in nets)
- Amount of wild-fish content used in aquaculture feed
- Consumer waste e.g. throwing away fish past used by date
- Water quality around aquaculture pens
- Energy use in production or capture of product
- Overfishing
- Habitat damage, for example damage to sea bed from trawling or under aquaculture pens
- Waste during processing
- Discards (where bycatch is thrown back into the sea)
- The number of boats fishing
- Food miles
- None of the above
- Other (please describe):

Q16. To what extent do you agree with the following statements?

	Strongly agree	Somewhat agree	Neither agree nor disagree	Somewhat disagree	Strongly disagree
<i>Imported seafood comes from well managed fisheries</i>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<i>Australian fisheries are well managed</i>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<i>Imported seafood comes from well managed aquaculture</i>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<i>Most fish stocks are overfished</i>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<i>Aquaculture is unsustainable</i>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<i>Seafood can be more sustainable than other animal proteins</i>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<i>Australian aquaculture is well managed</i>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<i>Eating less common seafood species (e.g. mackerel) is more sustainable than eating the most popular ones (e.g. snapper)</i>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<i>Only seafood from the AMCS seafood guide green list is sustainable</i>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Q17. What does sustainability in relation to seafood mean to you?

Q18a. Are you satisfied with your level of understanding of sustainability issues relating to:

	Yes	Somewhat	No
<i>Seafood in general</i>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<i>Australian seafood</i>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<i>Imported seafood</i>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>



Q18b. Please expand on your answers:

Q19. Are you aware of any differences between the sustainability of Australian and imported seafood. If so, please explain briefly:

Q20a. What sources of information do you use to better understand seafood sustainability issues relating to the Australian seafood industry? (tick as many as appropriate)

- Academic journal papers
- Dietary guidelines
- Sustainable Table
- Australian Marine Conservation Society (AMCS) sustainable seafood guide
- GoodFishBadFish
- Fisheries Research Development Corporation (e.g. [www.fish.gov.au](http://www.fish.gov.au))
- Seafood industry materials
- Celebrity chefs
- Marine Stewardship Council (MSC)
- Other health professionals
- Other:

Q20b. Can you elaborate on why you use these sources?

Q21. Do you think there is enough information available for you to provide advice on seafood sustainability to your clients?

	Yes	No
Seafood in general	<input type="radio"/>	<input type="radio"/>
Australian seafood	<input type="radio"/>	<input type="radio"/>
Imported seafood	<input type="radio"/>	<input type="radio"/>

Q22a. Are there other sorts of information you would like to be made available to inform dietitians about sustainable seafood?

- Yes
- No

Q22b. Please describe the type of information you would like about sustainable seafood:

Q23. Do you recommend specific types of seafood to eat based on sustainability?  
Please list:

Q24. What sources of information on the sustainability of seafood do you recommend to clients? (tick as many as appropriate)

- Fisheries Research Development Corporation
- Celebrity chefs
- Dietary guidelines
- Omega 3 Centre
- Other health professionals
- Marine Stewardship Council (MSC)
- Seafood industry materials
- GoodFishBadFish
- Academic journal papers
- Australian Marine Conservation Society (AMCS) sustainable seafood guide
- Sustainable Table
- Greenpeace tuna guide
- Other:

Q25. Please estimate the percentage of your clients who are concerned about the sustainability of seafood:

General seafood

Australian seafood

Imported seafood

Q26. Do you think there is enough information available about seafood sustainability for your clients?

	Unsure	No	Yes
General seafood	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Australian seafood	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Imported seafood	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

### Access to seafood

Q27a. Where do you recommend purchasing seafood from: (tick all that apply)

- Supermarket
- Fish monger
- Restaurant
- Take away
- Café
- Catch your own
- I don't make any recommendations
- Other:

Q27b. Can you elaborate on why you recommend these places?

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