Supplementary Table 1a: Changes made to short questions

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| How many pieces of fruit do you usually eat per day?  (Count ½ cup of tinned fruit OR 1 cup fresh fruit/ berries/ grapes OR 1/3 cup dried fruit OR ½ cup juice as 1 piece). | No change |
| How many servings of vegetables, do you usually eat per day?  (1 serving = 1 medium piece such as one whole tomato or potato OR ½ cup cooked OR 1 cup fresh salad). | No change |
| What is the main type of milk do you usually drink? | Added options included:  Soy milk reduced fat  Other milk e.g rice/almond/chickpea  Milk can be cow’s, sheep’s or goat’s milk |
| How many times in a week would you usually eat meals that were bought from fast food/takeaway food outlets like McDonalds, Hungry Jacks, Pizza Hut/Dominoes, Kentucky Fried Chicken (KFC) Red Rooster | Added, Thai/Chinese/Indian takeaway |
| How often in a week do you eat hot potato chips, fries or wedges | Added (including fried taro, sweet potato, cassava) |
| How often do you eat potato crisps or other salty snacks (such as Twisties, Corn chips, pretzels)? | No change |
| How often do you eat sweets (such as sweet biscuits, cakes, pies, lollies or chocolates)? | Added muffins, scones, baklava, oil cakes, wattappam, sticy rice cakes, pastries |
| How often do you usually drink soft drinks/ fizzy drinks (like Coke, lemonade) or sports drinks like Gatorade or energy drinks like Red Bull? | No change |

Table 1b: Changes to Active Australia Survey

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| Original Question | Changes made |
| In the last week, how many times have you walked continuously, for at least 10 minutes, for recreation, exercise or to get to or from places? | Not included the distinction between walk continuously, total and for 10 minutes was too difficult to convey |
| What do you estimate was the total time that you spent walking in this way in the last week? | In the last week what do you estimate to be the total number of minutes you have walked continuously for recreation, exercise or to get to or from places (this is any walking, fast or slow). Asked to calculate minutes per day and then days per week |
| In the last week, how many times did you do any vigorous gardening or heavy work around the yard, which made you breathe harder or puff and pant? | In the last week how many minutes of vigorous gardening, yard work or housework that has made you breathe harder or puff and pant did you do  Asked to calculate minutes per day and then days per week |
| What do you estimate was the total time that you spent doing vigorous gardening or heavy work around the yard in the last week? |
| In the last week, how many times did you do any vigorous physical activity which made you breathe harder or puff and pant? (e.g. jogging, cycling, aerobics, competitive tennis) | In the last week how many minutes of vigorous activity that has made you breathe harder or puff and pant (such as football, netball, running) did you do  Asked to calculate minutes per day and then days per week |
| What do you estimate was the total time that you spent doing this vigorous physical activity in the last week? |
| In the last week, how many times did you do any other more moderate physical activities that you have not already mentioned? (e.g. gentle swimming, social tennis, golf) | In the last week how many minutes of moderate activity other than walking (such as cricket, badminton, dancing)  Asked to calculate minutes per day and then days per week |
| What do you estimate was the total time that you spent doing these activities in the last week |