**Supplementary File:** **Dietary and sedentary questions used in the baseline telephone survey**

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| **Study factors**  | **Assessment Questions:** |
| **Diet code** |  |
| **Fruit consumption** <2 serves/day - 0 ≥2 serves/day - 1 | * How many serves of fruit do you usually eat each day? (Include fresh, dried, frozen and tinned fruit. One serve = 1 medium piece or 2 small pieces of fruit or 1 cup of diced pieces)

\_\_\_\_\_\_\_ serves per day OR\_\_\_\_\_\_\_ serves per week Don’t eat fruit Don’t know Refused |
| **Vegetable consumption**  <5 serves/day - 0 ≥5 serves/day - 1 | * How many serves of vegetables do you usually eat each day? (Include fresh, dried, frozen and tinned vegetables. One serve = ½ cup cooked or 1 cup of salad vegetables)

\_\_\_\_\_\_\_ serves per day OR\_\_\_\_\_\_\_ serves per week OR€ Don’t eat vegetables€ Don’t know€ Refused |
| **Processed meat consumption** No - 0 Yes - 1 | * How often do you eat processed meat products such as sausages, frankfurts, devon, salami, meat pies, bacon or ham?

\_\_\_\_\_\_\_times per day OR\_\_\_\_\_\_\_times per week OR\_\_\_\_\_\_\_times per month € Rarely/never€ Don’t know€ Refused |
| **Fast food consumption** No - 0 Yes - 1 | * How often do you 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?

\_\_\_\_\_\_\_times per day OR\_\_\_\_\_\_\_times per week OR\_\_\_\_\_\_\_times per month € Rarely/never€ Don’t know€ Refused |
| **Chips consumption** No - 0 Yes - 1 | * How often do you eat chips, french fries, wedges, fried potatoes or crisps?

\_\_\_\_\_\_\_times per day OR\_\_\_\_\_\_\_times per week OR\_\_\_\_\_\_\_times per month € Rarely/never€ Don’t know€ Refused |
| **Soft drink consumption** No - 0 Yes - 1 | * How many cups of soft drink, cordial, or sports drink, such as lemonade or Gatorade, do you usually drink in a day? (One cup = 250ml. 1 can of soft drink = 1 ½ cups. 1 x 500ml bottle of Gatorade = 2 cups)

\_\_\_\_\_\_\_ cups per day OR\_\_\_\_\_\_\_ cups per week OR\_\_\_\_\_\_\_ cups per month € Doesn’t drink soft drink, cordial or sports drink€ Don’t know€ Refused |
| **Junk Food Calculation**Range from 0 to 4 The higher the score, the worse the  dietary behaviours. | Junk Food=Processed meat + Fast food + Chips + soft drink |
| **Dietary behaviour Calculation** Range from 0 to 6 The higher the score, the better the  dietary behaviours. | Recode Processed meat, Fast food, Chips, and soft drink:  Yes – 0 No – 1 Dietary behaviour=Fruit + Vegetable + Processed meat + Fast food + Chips + soft drink  |
| **Sedentary time**  ≤5 hours/day >5 hours/day | * During the last 7 days, how much time did you usually spend sitting on a weekday? NOTE: [On ONE typical week day]

\_\_\_\_\_ Hours\_\_\_\_\_\_minutes Don't know  Refused |