

Diet and Nutrition

One serve of fruit = a medium sized apple/orange/banana, two apricots/kiwi fruit or half a cup of tinned fruit.

One serve of vegetable = half a cup of cooked vegetables or one cup of salad/vegetables.

How many serves of vegetables (including fresh, frozen and tinned vegetables) do you usually eat each day?

- | | |
|---------------------------------------|---|
| <input type="checkbox"/> One serve | <input type="checkbox"/> Four serves |
| <input type="checkbox"/> Two serves | <input type="checkbox"/> Five or more serves |
| <input type="checkbox"/> Three serves | <input type="checkbox"/> I don't eat vegetables |

How many serves of fruit (including fresh, frozen and tinned fruit) do you usually eat each day?

- | | |
|--|---|
| <input type="checkbox"/> One serve or less | <input type="checkbox"/> Three or more serves |
| <input type="checkbox"/> Two serves | <input type="checkbox"/> I don't eat fruit |

How many days of the week do you usually eat foods that are high in fat, salt or sugar?
(This includes, deep-fried foods, hot chips, pies, pastries, chocolates, lollies and crisps.)

- | | |
|-------------------------------------|-------------------------------------|
| <input type="checkbox"/> None | <input type="checkbox"/> Four days |
| <input type="checkbox"/> One days | <input type="checkbox"/> Five days |
| <input type="checkbox"/> Two days | <input type="checkbox"/> Six days |
| <input type="checkbox"/> Three days | <input type="checkbox"/> Seven days |

During work hours, why may you eat these high fat, salt or sugar foods in instead of a healthier option?
(Please select as many as applicable)

- Cheaper
- More convenient
- Tastes better/good
- Availability
- The hours I work
- Makes me feel better when I am stressed
- I don't know how to prepare a healthy meal to take to work
- Access to vending machines
- I cannot be bothered to bring something healthy from home
- Lack of access to a kitchen/food preparation facilities

Alcohol

How often do you have a drink containing alcohol?

- | | |
|---|---|
| <input type="checkbox"/> Never
(Go to "Physical Activity" section) | <input type="checkbox"/> 2 to 4 times a month |
| <input type="checkbox"/> Monthly or less | <input type="checkbox"/> 2 to 3 times a week |
| | <input type="checkbox"/> 4 or more times a week |

How many standard drinks do you have on a typical day when you are drinking?
Standard drink size; 100ml wine, 375ml mid- strength beer, 30ml spirits.

- | | |
|---------------------------------|------------------------------------|
| <input type="checkbox"/> 1 or 2 | <input type="checkbox"/> 5 or more |
| <input type="checkbox"/> 3 or 4 | |

On any single occasion, do you ever consume five or more standard drinks?

- | |
|------------------------------|
| <input type="checkbox"/> Yes |
| <input type="checkbox"/> No |

Physical Activity

(a) In a typical week, how many times do you usually do 30 minutes or more of moderate intensity physical activity (e.g. brisk walking, carrying light loads)?

0 1 2 3 4 5 6 7+ times

(b) In a typical week, how many times do you usually do 20 minutes or more of vigorous intensity physical activity (e.g. jogging, cycling, high intensity class)?

0 1 2 3 4 5 6 7+ times

(c) Do you do any muscle strengthening/resistance based activities on two or more days a week?

- | |
|------------------------------|
| <input type="checkbox"/> Yes |
| <input type="checkbox"/> No |

Please indicate reasons why you are NOT more physically active (tick all that apply).

- | | |
|--|---|
| <input type="checkbox"/> Too tired | <input type="checkbox"/> Lack of shower facilities/change rooms |
| <input type="checkbox"/> Not enough time | <input type="checkbox"/> Not motivated |
| <input type="checkbox"/> Lack of exercise facilities at work | <input type="checkbox"/> Not enough flexible time in work hours |
| <input type="checkbox"/> Shift work, especially nights or overtime | <input type="checkbox"/> Health issues |
| <input type="checkbox"/> Out on the road most of the time | <input type="checkbox"/> I am already active enough |
| <input type="checkbox"/> Not encouraged to | |

