

SEC & London and NW Eating Habits Questionnaire 2021

As Dietitians we would like to support you in making the positive lifestyle choices, to improve health and wellbeing.

Over the coming year we will be sharing with you more about what is in your food and ways of encouraging healthy eating patterns. To do this, it is important we understand the current diet and lifestyle habits of children and young people with Diabetes.

This is where you (Young people with Diabetes) come in! Please think about the last couple of weeks and answer the questions as honestly as you can.

We won't know who has answered, so don't worry. We will look at all the answers together and this will help shape how we try and support you.

1. Hospital name (Please select)
2. Age of young person with diabetes? (Years and Months)
3. Gender
4. Ethnicity
5. Who has completed this questionnaire?

Part 1: Fibre

Please think about your normal eating pattern and lifestyle in the past month. Please answer these questions as honestly as possible.

Your name will not be on the questionnaire so it is confidential.

6. Do you ever choose wholegrain (e.g. wholegrain / granary / wholemeal bread, brown pasta, brown rice, wholegrain cereals, oats, muesli, shredded wheat)?

- I don't eat whole grains
- More than once per day
- Once per day
- Several times per week
- Once week
- 2-3 times per month

7. How many portions of vegetables or salads do you eat in a day? (1 portion = 1 handful)

- I don't eat vegetables daily
- Once per day
- 2-3 portions per day
- 4-5 portions per day

6 or more per day

8. How many portions of fruit do you eat in a day? (1 portion = 1 handful)

I don't eat fruit daily

Once per day

2-3 portions per day

4-5 portions per day

6 or more per day

9. How often do you include lentils/ dahl / peas / beans in a week? E.g. baked beans, chick peas, kidney beans

More than once per day

Once per day

Several times per week

Once week

2-3 times per month

Rarely / never

Part 2: Fats

10. How often do you eat any of the below:

Croissants, pastries, doughnuts, sausage rolls

More than once per day

Once per day

Several times per week

Once week

2-3 times per month

Rarely / never

Fried foods, takeaway or food prepared outside the home, such as chips, fried chicken, samosas, pakoras, donner kebabs, Chinese or Indian takeaway, pizza.

- More than once per day
- Once per day
- Several times per week
- Once week
- 2-3 times per month
- Rarely / never

Fried foods in the home (deep fried)

- More than once per day
- Once per day
- Several times per week
- Once week
- 2-3 times per month
- Rarely / never

11. Which of the below would you include in your diet weekly (tick all that apply)

- Oily fish such as salmon, mackerel, sardines, pilchards
- Nuts or Seeds
- Avocado
- Tahini
- Nut butters

12. What type of fat is using for cooking at home? (Tick all that apply)

- Butter
- Lard
- Ghee

- Olive oil
- Rapeseed oil
- Sunflower oil
- Coconut oil
- 1Kcal Spray
- Other
- Don't know

Part 3: Salt

13. Do you add salt to your meal at the table?

- Yes
- No

14. How often do you have salted savoury snacks; e.g. crisps, Bombay mix?

- More than once per day
- Once per day
- Several times per week
- Once week
- 2-3 times per month
- Rarely / never

15. How often do you eat processed meats; such as sausages, sausage rolls, nuggets, bacon or turkey bacon in a week?

- More than once per day
- Once per day
- Several times per week
- Once week
- 2-3 times per month
- Rarely / never

16. How often do you add sauces or condiments to your meals? (ketchup, pickles, gravy, soya sauce)

- More than once per day
- Once per day
- Several times per week
- Once week
- 2-3 times per month
- Rarely / never

Part 4: Sugar

17. Do you add sugar, honey, syrups to food/drink? E.g. Tea /coffee with syrups or cereal

- Yes
- No

18. How often do you have full sugar drinks per week (including fizzy drinks & fruit juice)?

- More than once per day
- Once per day
- Several times per week
- Once week
- 2-3 times per month
- Rarely / never

Part 5: Lifestyle & Exercise

19. How many hours of sleep do you get per night?

- Less than 4 hours
- 5-6 hours
- 6-7 hours
- 8 or more
- 10 hours or more

20. How many hours a day do you spend on a screen outside of school? You can check this on your phone under digital health, add this to time watching TV and playing computer

games.

- Less than 1 hour
- 1-2 hours
- 3-4 hours
- 5 hours +

21. In the last week how much low intensity activities have you done? (E.g. walking, gentle cycling, yoga)

- None at all
- Less than 30 minutes
- 30-60 minutes
- 1-3 hours
- 3+ hours

22. In the last week how much vigorous activities have you done? (E.g. running, team sports (football, netball) swimming, gym classes, martial arts)

- None at all
- Less than 30 minutes
- 30-60 minutes
- 1-3 hours
- 3+ hours

23. We know lots of young people look online for information on diet, exercise and lifestyle, which of these sources would you use?

- I don't look online
- Facebook
- Instagram
- Snap chat
- Google
- Tick tock

Other (please specify)