

FDA HEALTH AND DIET SURVEY
DRAFT

SECTION A. RESPONDENT SCREENING

INTRODUCTION

Hello, I'm _____ with Ipsos. I am calling on behalf of the United States Food and Drug Administration, the FDA. We're not selling anything. We're doing a study about people's opinions about foods and health.

Respondents in the land-line frame **CONTINUE TO respondent selection SCR1**
Respondents in the cell phone frame **SKIP TO SCR4**

[CELL RESPONDENTS] IF RESPONDENT SITUATION/LOCATION IS INCONVENIENT, E.G. RESPONDENT IS DRIVING, SCHEDULE CALLBACK.

SCR1. **[ONLY respondents reached via a landline number]** May I speak to the member of your household who is aged 18 or over and has had the most RECENT birthday? Would that be you?

Yes [SKIP TO SCR3]
No

SCR2. **[ONLY respondents reached via a landline number]** May I speak with a member of the household who is at least 18 years old and has the most recent birthday?

Yes [REINTRODUCE]
No/Not available [GO TO NEX STEP]

[IF NOT AVAILABLE, ASK FOR THE FIRST NAME OF THE ELIGIBLE RESPONDENT FOR CALL-BACK PURPOSE.] [REINTRODUCE AS NECESSARY.]

SCR3. [ONLY respondents reached via a landline number] This call may be monitored for quality control purposes. Your answers to this survey are voluntary and will be kept confidential. The survey will take about 15 minutes.

SCR3a. [ONLY respondents reached via a landline number] For personal calls, do you only use a landline phone at your household, or do you also have cell phone service on which I could have reached you?

Landline only
Cell phone also
[DON'T READ] Don't know (DK)/Not sure (NS)

[DON'T READ]Refused (RF)
[SKIP TO SEX CODING]

SCR4. **[ONLY respondents reached via a cell number]** Are you at least 18 years old or under 18?

Yes, 18+ years old
No, under 18 [TERMINATE]
[DON'T READ]DK/NS [TERMINATE]
[DON'T READ]RF [TERMINATE]

SCR5. **[ONLY respondents reached via a cell number]** For personal calls, do you only use a cell phone, or do you also have regular landline phone at your household on which I could have reached you?

Cell phone only
Landline also
[DON'T READ]DK/NS
[DON'T READ]RF

[ONLY respondents reached via a cell number] This call may be monitored for quality control purposes. Your answers to this survey are voluntary and will be kept confidential. The survey will take about 15 minutes.

INTERVIEWER: CODE SEX WITHOUT ASKING.

Male
Female
Not Sure

[ALL RESPONDENTS] GO TO SURVEY.

[RESPONDENTS WILL BE RANDOMLY ASSIGNED TO ANSWER VERION 1 (PAGES 3-17) OR VERSION 2 (PAGES 18-31) OF THE SURVEY. ALL RESPONDENTS WILL BE ASKED SECTION E (PAGES 32-35).]

FDA Health and Diet Survey, Version 1

SECTION B. DIET-DISEASE RELATIONSHIPS

(2008 – the last time the question was asked on a Health and Diet Survey)

D1. First, I am going to read some statements about health, food, and exercise. As I read each statement, please tell me how much you agree or disagree with it. The first statement is... “[ROTATE LIST]...” Do you strongly agree, somewhat agree, somewhat disagree, or strongly disagree with it? ...The next statement is “...” [REPEAT RESPONSE OPTIONS WHEN NECESSARY.]...The next statement is...

Strongly agree
Somewhat agree
Somewhat disagree
Strongly disagree
[DO NOT READ] Don't know/Not sure (DK/NS)
[DO NOT READ] Refused (RF)

- a. There are so many recommendations about healthy ways to eat, it is hard for me to know what to believe.
- b. If I eat a healthy diet I can greatly reduce my chance of getting heart disease
- c. If I eat a healthy diet I can greatly reduce my chance of getting cancer.

(2008)

A5. Have you heard anything about heart disease or heart attacks being related to things people eat or drink?

Yes
No
[DON'T READ] DK/NS
[DON'T READ] RF

(2008)

[IF A5=yes]

A6. What things that people eat or drink might be related to heart disease or heart attacks? [DON'T READ LIST] [PROBE ONLY ONCE: Are there any other things people eat or drink that might be related to heart disease or heart attacks?]

Yes
No

(suffix in variable name)

Alcohol 1
Caffeine/coffee/tea 2
Calories/eating too much/overweight 3
Cholesterol 4

Dairy products/milk/cheese 5
 Eggs 6
 Fats 7
 Fried foods/greasy foods/oily foods 8
 Junk food(s) 9
 Meat/red meat/specific meat 10
 Salt/salty foods/sodium 11
 Saturated fat 12
 Smoking 13
 Sugar/sweet foods 14
 Trans fat or trans fatty acids 15
 Other [SPECIFY] _____ 17 - xx
 [DON'T READ] DK/NS 88
 [DON'T READ] RF 99

(2008)

A7. Have you heard anything about cancer being related to things people eat or drink?

Yes
 No
 [DON'T READ] DK/NS
 [DON'T READ] RF

(2008)

[IF A7 =yes]

A8. What things that people eat or drink might be related to more likely to get cancer?
 [DON'T READ LIST] [PROBE ONLY ONCE: Are there any other things people eat or drink that make them more likely to get cancer?]

Yes
 No

(suffix in variable name)

Additives/chemicals 1
 Alcohol 2
 colors/dyes 3
 Artificial Sweetener / Aspartame/Nutrasweet 4
 Caffeine/coffee/tea 5
 Charcoal/barbecued food/burnt food 6
 Equal / Sweet n' Low 7
 Fats 8
 Fried food(s) 9
 Junk food(s) 10
 Meats/specific meats 11
 Nitrates/nitrites/nitrosamines 12
 Polyunsaturated fat 13

Preservatives	14
Processed foods/Refined foods	15
Saccharin	16
Saturated fat	17
Smoking	18
Trans fat or Trans fatty acids	19
Other [SPECIFY] _____	21 - xx
DON'T READ] DK/NS	88
[DON'T READ] RF	99

DBA700. Now, think about your eating habits. In general, how healthy is your overall diet? Would you say?

- Excellent
- Very good
- Good
- Fair, or
- Poor
- [DON'T READ] DK/NS
- [DON'T READ] RF

CBQ645. About how many calories do you think a man/woman of your age and physical activity needs to consume a day to maintain your current weight?

- Less than 500 calories
- 500-1000 calories
- 1001-1500 calories
- 1501-2000 calories
- 2001-2500 calories
- 2501-3000 calories
- More than 3000 calories
- [DON'T READ] DK/NS
- [DON'T READ] RF

SECTION C. USE AND UNDERSTANDING OF FOOD LABELS

DBQ750. Think about the Nutrition Facts label on many food products that list the amounts of things like calories, fat, cholesterol, vitamins and minerals in the product. How often do you use the Nutrition Facts label when deciding to buy a food product? Would you say always, most of the time, sometimes, rarely, or never?

- Always
- Most of the time
- Sometimes
- Rarely [SKIP TO CBQ698]
- Never [SKIP TO CBQ698]

[DON'T READ] NEVER SEEN THE LABEL	[SKIP TO CBQ698]
[DON'T READ] DK/NS	[SKIP TO E10]
[DON'T READ] RF	[SKIP TO E10]

CBQ710 Now think about the types of food products you buy using the Nutrition Facts label. How often do you look for nutrition information on the Nutrition Facts label when you buy each of the following types of foods? Would you say always, most of the time, sometimes, rarely, or never? [ROTATE ITEMS]

Always
 Most of the time
 Sometimes
 Rarely
 Never
 [DON'T READ] I've never seen the label
 [DON'T READ] DK/NS
 [DON'T READ] RF

- Snacks like chips, popcorn, or pretzels
- Breakfast cereals
- Salad dressings
- Raw meat, poultry, or fish
- Processed meat products like hot dogs or bologna
- Bread

CBQ698. People rarely or never check the Nutrition Facts label for various reasons. Which of the following three reasons is the **primary** reason that you rarely or never check the Nutrition Facts label when deciding to buy a food product? [ROTATE ITEMS]

I don't have the time	[SKIP TO J1]
It is difficult to use the label	[GO TO CBQ698x]
I don't feel I need to use the label	[GO TO CBQ698y]
[DON'T READ] DK/NS	[SKIP TO J1]
[DON'T READ] RF	[SKIP TO J1]

CBQ698x. You said it is difficult for you to use the Nutrition Facts label. Is it [ROTATE ITEMS: because the print on the label is too small, because you cannot read English that well, or because you don't know what to look for even if you read the label]? You can choose more than one answer. [CHECK ALL THAT APPLY]

The print is too small	[SKIP TO J1]
I cannot read English that well	[SKIP TO J1]
I don't know what to look for even if I read the label	[SKIP TO J1]
[DON'T READ] DK/NS	[SKIP TO J1]
[DON'T READ] RF	[SKIP TO J1]

CBQ698y. You said you don't feel you need to use the Nutrition Facts label. Is it [ROTATE ITEMS: because you usually buy foods that you are used to, because you buy what you or your family likes, because you are satisfied with your diet or health, or because you get product information from other sources]? You can choose more than one answer. [CHECK ALL THAT APPLY]

I usually buy foods that I'm used to
I buy what I or my family like
I am satisfied with my diet or health
I get product information from sources other than the Nutrition Facts label
[DON'T READ] DK/NS
[DON'T READ] RF

SECTION D. DIETARY MANAGEMENT

(2002)

J1. Are you on a reduced-calorie or weight-loss diet?

Yes
No [SKIP TO J3]
[DON'T READ] DK/NS [SKIP TO J3]
[DON'T READ] RF [SKIP TO J3]

(2002)

J2. Did a doctor or other health professional recommend that you be on a reduced-calorie or weight-loss diet?

Yes
No
[DON'T READ] DK/NS
[DON'T READ] RF

(2002)

J3. There are some food products specially made to have less fat; they're often labeled "low fat" or "fat free" or something like that. Have you ever seen any of these products or seen them in advertising?

Yes
No [SKIP TO N1]
[DON'T READ] DK/NS [SKIP TO N1]
[DON'T READ] RF [SKIP TO N1]

(2002)

J3a. Do you buy "low fat" or "fat free" foods regularly, only sometimes, hardly ever, or do you never buy these products?

Regularly
Sometimes
Hardly ever
Never
[DON'T READ] DK/NS
[DON'T READ] RF

- J4. To the best of your knowledge, does the government set standards about which products are qualified to use statements like “low fat” or “fat free”?

Yes
No
[DON'T READ] DK/NS
[DON'T READ] RF

SECTION E. DIETARY SUPPLEMENTS AND ENERGY DRINKS

Now please think about dietary supplements such as vitamins, minerals, herbs, and other supplements that you may take in addition to your regular diet. **[PAUSE]**

(2002)

- N1. First, have you taken a multi-vitamin or multi-mineral supplement in the past 12 months, that is, since (month) 2012? [IF NECESSARY, EXPLAIN THESE PRODUCTS ARE THINGS LIKE ONE-A-DAY, MEGA-VITAMIN, CENTRUM A-TO-ZINC, AND OTHER PRODUCTS THAT CONTAIN A VARIETY OF DIFFERENT VITAMINS, MINERALS, AND MAY ALSO CONTAIN OTHER THINGS AS WELL.]

Yes
No
[DON'T READ] DK/NS
[DON'T READ] RF

(2002)

- N2. And in the past 12 months, have you taken a specialized or single-ingredient vitamin or mineral supplement such as vitamin C, vitamin E, iron, or calcium? [EXCLUDE: VITAMINS AND MINERALS ADDED TO FOODS OR BEVERAGES—EXAMPLE: VITAMIN-D FORTIFIED MILK AND VITAMIN-C FORTIFIED ORANGE JUICE. INCLUDE: (1) SINGLE-INGREDIENT PRODUCTS THAT COME WITH AUXILIARY INGREDIENTS--EXAMPLE: A SUPPLEMENT SOLD AS A CALCIUM BUT ALSO INCLUDES MAGNESIUM, COPPER, AND A FEW OTHER THINGS; (2) PRODUCTS LIKE “CALCIUM-MAGNESIUM-ZINC” WHICH ALSO CONTAINS A FEW OTHER THINGS; (3) VITAMIN B-COMPLEX; (4) CALCIUM ANTACID, IF TAKEN FOR THE CALCIUM. IF RESPONDENT

IS NOT SURE WHETHER THE PRODUCT(S) HE OR SHE TOOK IS CONSIDERED A VITAMIN OR MINERAL SUPPLEMENT, USE THE CHECKLIST, APPENDIX A, TO HELP HIM OR HER IDENTIFY THE KIND OF SUPPLEMENT.]

[IF ANSWER IS NOT CLEARLY A SUPPLEMENT AND SOUNDS LIKE IT MAY BE AN INGREDIENT IN FOOD, ASK “IS THAT IN YOUR FOOD OR IS IT TAKEN SEPARATELY AS A SUPPLEMENT?”]

Yes

No

[DON'T READ] DK/NS

[DON'T READ] RF

(2002)

N3. Have you taken any kind of herbs, botanicals, or other supplements that are **not** vitamins or minerals the past 12 months, that is, since (month) 2012? We are talking about things such as garlic pills, echinacea, ginkgo, glucosamine, St. John's wort, amino acids, or fish oil. [INCLUDE: SINGLE-INGREDIENT PRODUCTS AND PRODUCTS WITH MORE THAN ONE KIND OF SUPPLEMENT MIXED TOGETHER. INCLUDE: GINSENG TEA AND OTHER HERBAL TEAS TAKEN MAINLY FOR HEALTH PURPOSES. EXCLUDE: FRESH GARLIC, FRESH GINSENG, GINSENG ROOT, AND HERBS USED TO FLAVOR FOODS IN COOKING SUCH AS GARLIC FOR SPAGHETTI SAUCE OR PEPPERMINT FOR TEA. EXCLUDE: SUPPLEMENTS THAT ARE NOT TAKEN BY MOUTH, SUCH AS VITAMIN E OR ALOE USED ON SKIN. PRODUCTS MAY BE IN THE FORM OF TABLET, CAPSULE, PILL, EXTRACT, GRANULE, LOZENGE, SYRUP, TEA, TINCTURE, OR IN THEIR NATURAL FORM SUCH AS ROOT AND LEAF. IF RESPONDENT IS NOT SURE WHETHER THE PRODUCT(S) HE OR SHE TOOK IS CONSIDERED A HERBAL SUPPLEMENT, USE THE CHECKLIST, APPENDIX A, TO HELP HIM OR HER IDENTIFY THE KIND OF SUPPLEMENT.]

[IF ANSWER IS NOT CLEARLY A SUPPLEMENT AND SOUNDS LIKE IT MAY BE AN INGREDIENT IN FOOD, ASK “IS THAT IN YOUR FOOD OR IS IT TAKEN SEPARATELY AS A SUPPLEMENT?”]

Yes

[SKIP TO Q16]

No

[IF N1 OR N2=YES, SKIP TO Q1; IF

N1=N2=N3=NO/DK/NS/RF, SKIP TO ER1]

[DON'T READ] DK/NS

[IF N1 OR N2=YES, SKIP TO Q1; IF

N1=N2=N3=NO/DK/NS/RF, SKIP TO ER1]

[DON'T READ] RF

[IF N1 OR N2=YES, SKIP TO Q1; IF

N1=N2=N3=NO/DK/NS/RF, SKIP TO ER1]

(2002)

[IF N1=yes OR N2=yes]

Q1. Before you try a vitamin or mineral supplement **for the first time**, do you usually, sometimes, hardly ever, or do you never look for information about the supplement?

Usually

Sometimes

Hardly ever

Never

[SKIP TO Q3]

[DON'T READ] DK/NS

[SKIP TO Q3]

[DON'T READ] RF

[SKIP TO Q3]

(2002)

Q2. Do you **personally** get a lot, a little, or no information about vitamin or mineral supplements from each of the following. [READ AND ROTATE ITEMS. KEEP A AND B TOGETHER AND DON'T CHANGE THEIR ORDER.]

A lot

A little

No information

[DON'T READ] DK/NS

[DON'T READ] RF

- a. an alternative medicine practitioner like a nutrition therapist or a herbal therapist [ALSO INCLUDES: PRACTITIONER/THERAPIST OF ACUPUNCTURE, BIOFEEDBACK, CHIROPRACTIC, CHELATION THERAPY, ENERGY HEALING/REIKI, FOLK MEDICINE, HEPNOSIS, HERBAL THERAPY, HOMEOPATHY, MASSAGE, NATUROPATHY, NUTRITION THERAPY, OSTEOPATHY.]
- b. a medical doctor, physician's assistant, registered nurse, or dietitian
- c. family or friends
- d. a sales person at a store
- e. newspapers, magazines, books, or medical articles
- f. television or radio
- g. the Internet
- h. product labels

(2002)

Q3. Now, let's talk about the **labels** on vitamin and mineral products. Do **you yourself** use these labels to find out [READ AND ROTATE ITEMS.] [LABELS INCLUDE LABELS ON THE BOTTLES/PACKAGES AND PACKAGE INSERTS.]

Yes

No

[DON'T READ] The information is not on the labels
[DON'T READ] DK/NS
[DON'T READ] RF

- a. what ingredients are in the product
- b. the amounts of specific ingredients in the product
- c. what the product is for
- d. if there are side effects or drug interactions from using the product
- e. if anyone should avoid the product
- f. how different brands of a supplement compare to each other

(2002)

R1. I am going to read four statements about vitamin and mineral supplements. Please tell me how strongly you agree or disagree with each statement. [ROTATE ITEMS]

Strongly agree
Agree
Disagree
Strongly disagree
[DON'T READ] DK/NS
DON'T READ]RF

- a. A good reason for me to take vitamin or mineral supplements is to prevent illnesses
- b. A good reason for me to take vitamin or mineral supplements is to treat illnesses.
- c. It is important to educate myself about vitamin and mineral supplements before I try them.
- d. I try to pay attention to possible side effects or drug interactions when I take vitamin or mineral supplements.

(2002)

R2. As far as you know, does the government set manufacturing standards for vitamin and mineral supplements?

Yes
No
[DON'T READ] DK/NS
[DON'T READ] RF

(2002)

R3. As far as you know, does the government approve vitamin and mineral supplements before they are marketed to consumers?

Yes [SKIP TO ER1]
No [SKIP TO ER1]

[DON'T READ] DK/NS [SKIP TO ER1]
[DON'T READ] RF [SKIP TO ER1]

(2002)

[IF N3=Yes]

Q16. Before you try an herb, botanical, or supplements that are not vitamins or minerals **for the first time**, do you usually, sometimes, hardly ever, or do you never look for information about the supplement?

Usually
Sometimes
Hardly ever
Never [SKIP TO R4]
[DON'T READ] DK/NS [SKIP TO R4]
[DON'T READ] RF [SKIP TO R4]

(2002)

Q17. Do you personally get a lot, a little, or no information about herb, botanical, or supplements that are **not** vitamins or minerals from each of the following. [READ AND ROTATE ITEMS. KEEP A AND B TOGETHER AND DON'T CHANGE THEIR ORDER.]

A lot
A little
No information
[DON'T READ] DK/NS
[DON'T READ] RF

- a. an alternative medicine practitioner like a nutrition therapist or a herbal therapist [ALSO INCLUDES: PRACTITIONER/THERAPIST OF ACUPUNCTURE, BIOFEEDBACK, CHIROPRACTIC, CHELATION THERAPY, ENERGY HEALING/REIKI, FOLK MEDICINE, HEPNOSIS, HERBAL THERAPY, HOMEOPATHY, MASSAGE, NATUROPATHY, NUTRITION THERAPY, OSTEOPATHY.]
- b. a medical doctor, physician's assistant, registered nurse, or dietitian
- c. family or friends
- d. a sales person at a store
- e. newspapers, magazines, books, or medical articles
- f. television or radio
- g. the Internet
- h. product labels

(2002)

Q19. Now, let's talk about the labels on herbs, botanicals, or supplements that are **not** vitamins or minerals. Do you yourself use these labels to find out [READ AND

ROTATE ITEMS.] [LABELS INCLUDE LABELS ON THE BOTTLES/PACKAGES AND PACKAGE INSERTS.]

Yes

No

[DON'T READ] The information is not on the labels

[DON'T READ] DK/NS

[DON'T READ] RF

- a. what ingredients are in the product
- b. the amounts of specific ingredients in the product
- c. what the product is for
- d. if there are side effects or drug interactions from using the product
- e. if anyone should avoid the product
- f. how different brands of a supplement compare to each other

(2002)

R4. I am going to read four statements about herbs, botanicals, or supplements that are **not** vitamins or minerals. Please tell me how strongly you agree or disagree with each statement. [ROTATE ITEMS]

Strongly agree

Agree

Disagree

Strongly disagree

[DON'T READ] DK/NS

[DON'T READ]RF

- a. A good reason for me to take herbs, botanicals, or supplements that are not vitamins or minerals is to prevent illnesses.
- b. A good reason for me to take herbs, botanicals, or supplements that are not vitamins or minerals is to treat illnesses.
- c. It is important to educate myself herbs, botanicals, or supplements that are not vitamins or minerals before I try them.
- d. I try to pay attention to possible side effects or drug interactions when I take herbs, botanicals, or supplements that are not vitamins or minerals

(2002)

R5. As far as you know, does the government set manufacturing standards for herbs, botanicals, or supplements that are **not** vitamins or minerals?

Yes

No

[DON'T READ] DK/NS

[DON'T READ] RF

(2002)

R6. As far as you know, does the government approve herbs, botanicals, or supplements that are **not** vitamins or minerals before they are marketed to consumers?

Yes

No

[DON'T READ] DK/NS

[DON'T READ] RF

ER1. Now, let's talk about a different topic. Caffeinated beverages are beverages that contain naturally occurring or added caffeine. In the past 30 days, how often did you drink each of the following types of caffeinated beverages?

Never

Less than once a week

Once a week or more but less than once a day

Once a day

More than once a day

[DON'T READ] It varied

[DON'T READ] DK/NS

[DON'T READ] RF

- a. Coffee
- b. Tea
- c. Soda, such as cola
- d. Caffeinated energy drinks
- e. Other types of caffeinated drinks, such as caffeinated waters, smoothies, juices, or shakes

[IF D=yes OR E=yes, ASK FOR AND RECORD PRODUCT NAME(S) AND VERIFY SPELLINGS.]

[ASK EACH TYPE OF CAFFEINATED DRINK THAT IS NOT=never IN ER1]

ER2. You said that in the past 30 days you drank [READ ONE OR MORE OF "caffeinated coffee, tea, or soda," "caffeinated energy drinks," or "other types of caffeinated drinks" PER ANSWERS TO ER1] AND CORRESPONDING FREQUENCY FROM ER1]. Was this more often, less often, or about as often as you drank it a year ago?

More often

Less often

About as often as a year ago

[DON'T READ] I did not drink it a year ago

[DON'T READ] DK/NS

[DON'T READ] RF

- a. Caffeinated coffee, tea, soda
- b. Caffeinated energy drinks
- c. Other types of caffeinated drinks, such as caffeinated waters, smoothies, juices, or shakes

ER3a. I am going to read you eleven reasons that people say they use [READ ITEM] for. What were the reasons you used it? You can choose more than one answer. [ROTATE ITEMS; CHECK ALL THAT APPLY]

- a. I like the taste
- b. It helps me wake up, keeps me alert, or helps me concentrate
- c. It improves my sports performance
- d. I see others drink it
- e. It looks cool
- f. It helps me manage my weight
- g. I want to try something new or different
- h. I use it for hydration/thirst
- i. It helps me relax
- j. It is nutritious or good for my health
- k. I drink it as a refreshment

ER3b. When do you typically consume caffeinated beverages?

With food, such as a meal or snacks.

On an empty stomach.

[DON'T READ] DK/NS

[DON'T READ] RF

ER3c. How many caffeinated beverages do you usually drink at a time?

One

Two

Three

More than three

[DON'T READ] DK/NS

[DON'T READ] RF

ER3d. Do you usually consume caffeinated beverages [READ AND ROTATE ITEMS] faster, more slowly, or at about the same pace as other beverages?

About the same pace

Faster

More slowly

[DON'T READ] DK/NS

[DON'T READ] RF

ER4. In the past 30 days, have you experienced any effects from caffeinated coffee, tea, soda, caffeinated energy drinks, or other caffeinated beverages?

Yes [PROBE FOR THE TYPE OF DRINK:

Caffeinated coffee, tea, or soda

Caffeinated energy drinks

Other caffeinated drinks, such as caffeinated waters, smoothies, juices, or shakes

No

[DON'T READ] DK/NS

[DON'T READ] RF

[IF NO, DK/NS, OR RF IN ANY ITEM, SKIP TO NEXT SECTION]

ER5. The last time you had such effects, what were they? [DON'T READ LIST; CHECK ALL THAT APPLY]

Agitation

Allergic symptoms/reactions (rash, hives, swelling)

Anxiety

Chest pain

Confusion

Diarrhea

Dizziness

Fainting

Headache

Heart problems

Increased respiration

Insomnia or other sleep problems

Kidney problems

Loss or change of consciousness

Memory problems

Nausea

Nervousness

Restlessness

ringing in the ears

Seizure or convulsion

Shortness of breath

Improved sports performance [SKIP TO NEXT SECTION]

Weight loss/ control [SKIP TO NEXT SECTION]

Increased alertness [SKIP TO NEXT SECTION]

Relaxation [SKIP TO NEXT SECTION]

Improved nutrition/health/mood [SKIP TO NEXT SECTION]

Other (please specify) [RECORD UP TO TWO]

[DON'T READ] DK/NS [SKIP TO NEXT SECTION]

[DON'T READ] RF

[SKIP TO NEXT SECTION]

ER6. What did you do about these effects? Did you ...[READ AND ROTATE ITEMS]

Yes

No

[DON'T READ]DK/NS

[DON'T READ] RF

Stop using the product

Go to see a doctor

Go to an emergency room or other healthcare facility

Admit yourself into a hospital

Treat yourself without seeing a healthcare professional

Take some rest to recover

Report to the manufacturer or the store where you bought the product

Do nothing

ER7. Did you report these effects to ...[READ AND ROTATE ITEMS]

Yes

No

[DON'T READ] DK

[DON'T READ] RF

- a. The Food and Drug Administration or FDA
- b. The Centers for Disease Control and Prevention or CDC
- c. A local or state health department
- d. A poison control center
- e. A doctor

[SKIP TO QUESTION V2]

FDA Health and Diet Survey, Version 2

SECTION B. DIET-DISEASE RELATIONSHIPS

(2002 – the last time the question was asked on a Health and Diet Survey)

D1. First, I am going to read some statements about health, food, and exercise. As I read each statement, please tell me how much you agree or disagree with it. The first statement is... “[ROTATE LIST]...” Do you strongly agree, somewhat agree, somewhat disagree, or strongly disagree with it? ...The next statement is “...” [REPEAT RESPONSE OPTIONS WHEN NECESSARY.]...The next statement is...

Strongly agree
Somewhat agree
Somewhat disagree
Strongly disagree
[DO NOT READ] Don't know/Not sure (DK/NS)
[DO NOT READ] Refused (RF)

- a. I am confident that I know how to choose healthy foods.
- b. I generally know which menu items in a restaurant have more calories and which have less calories.

(2002)

A9. Have you heard anything about high blood pressure being related to things people eat or drink?

Yes
No
[DON'T READ] DK/NS
[DON'T READ] RF

(2002)

[IF A9=Yes]

A10. What things that people eat or drink might be related to high blood pressure?

[DON'T READ LIST] [PROBE ONLY ONCE: Are there any other things people eat or drink that might be related to high blood pressure?]

Yes
No

(suffix in variable name)

cheeses 1
eggs 2
Fried food(s) 3
Junk food(s) 4
Meats/specific meats 5

Salt/salty foods/sodium	6
Breakfast cereals	7
Pizzas, frozen meals, TV dinners	8
Cured meats	9
Chips, pretzels, crackers,	10
Nuts	11
Soups or canned soups	12
Sauces, dressings	13
Breads, bakeries	14
Sausages, salami, bologna, ham, luncheon meat	15
Restaurant foods, fast-foods	16
Pickles	17
Other [SPECIFY]_____	18-xx
[DON'T READ] DK/NS	88
[DON'T READ] RF	99

A10r. As far as you know, do **all adults** face the same chance of getting high blood pressure?

Yes
 No
 [DON'T READ] DK/NS
 [DON'T READ] RF

A10s. Do adults and children face the same chance of getting high blood pressure?

Yes
 No
 [DON'T READ] DK/NS
 [DON'T READ] RF

A10t. Now, let's talk about how much salt or sodium we eat in our diet. In your opinion, do American adults [ROTATE ITEMS] eat more salt than they should, eat as much salt they should, or eat less salt than they should?

We eat more salt than we should
 We don't eat enough salt
 We eat as much salt as we should
 [DON'T READ] DK/NS
 [DON'T READ] RF

A10u. Among adults, who should pay special attention to how much salt or sodium they eat? You can select more than one answer. [CHECK ALL THAT APPLY]

Those who are 51 years or older
 African Americans

Those who have high blood pressure, diabetes, or chronic kidney disease
Those who have cancer
Hispanics
Those who are 50 years or younger
[DON'T READ] nobody
[DON'T READ] everyone
[DON'T READ] DK/NS
[DON'T READ] RF

A10v. Some people say that we as a nation should eat less salt or sodium. Whose actions do you think can be **most effective** in reducing the amount of salt or sodium we eat [ROTATE ITEMS] ... we the consumer, food manufacturers and retailers, the restaurant industry, or the government? [RECORD ONE ANSWER ONLY]

We the consumer
Food manufacturers and retailers
The restaurant industry
The government
[DON'T READ] no one
[DON'T READ] every one/all of them equally
[DON'T READ] DK/NS
[DON'T READ] RF

A10w. Think about the products you see in the supermarket, would you say the amount of salt or sodium in these products are [ROTATE "lower" AND "higher"] or about the same today, compared to five years ago?

Higher
Lower
About the same
[DON'T READ] DK/NS
[DON'T READ] RF

SLT1. Now, think about the sources of salt or sodium in **your** own diet. How much is the salt or sodium **you** eat coming from each of the following six sources, none, a little, some, or a lot?

None
A little
Some
A lot
[DON'T READ] DK/NS
[DON'T READ] RF

- a. the salt I add at the table
- b. the salt added when meals are prepared or cooked at my home

- c. the salt added to packaged or processed foods such as bread, canned soups, chips, sausages
- d. the salt in foods prepared by fast-food or other types of restaurants
- e. the salt that naturally exists in foods

SLT2. How concerned are you about the amount of salt or sodium you eat?

- Very concerned
- Somewhat concerned
- Somewhat unconcerned
- Not concerned at all
- [DON'T READ] DK/NS
- [DON'T READ] RF

SLT3. If you wanted to eat less salt or sodium, how easy or difficult would it be for you to actually do it?

- Very easy
- Somewhat easy
- Somewhat difficult
- Very difficult
- [DON'T READ] DK/NS
- [DON'T READ] RF

SLT4. Are you currently watching or reducing your salt or sodium intake?

- Yes
- No [SKIP TO STL6]
- [DON'T READ] DK/NS [SKIP TO STL6]
- [DON'T READ] RF [SKIP TO STL6]

SLT5. Has a doctor or other health professional ever advised you to watch or reduce your salt or sodium intake?

- Yes
- No
- [DON'T READ] DK/NS
- [DON'T READ] RF

(2002)

SLT6. There are some food products specially made to have less salt or sodium; they're often labeled "low salt," "reduced salt," "low sodium," "reduced sodium" or something like that. Have you ever seen any of these products in the store or in advertising?

- Yes
- No [SKIP TO SLT8]

[DON'T READ] DK/NS [SKIP TO SLT8]
[DON'T READ] RF [SKIP TO SLT8]

(2002)

SLT7. Do you buy “low sodium,” “reduced sodium,” “low salt,” or “reduced salt” foods regularly, only sometimes, hardly ever, or do you never buy these products?

Regularly
Sometimes
Hardly ever
Never
[DON'T READ] DK/NS
[DON'T READ] RF

SLT8. I am going to read six statements about reduced or low sodium or salt products. Please tell me how strongly you agree or disagree with each statement. [ROTATE ITEMS]

Strongly agree
Agree
Disagree
Strongly disagree
[DON'T READ] DK/NS
[DON'T READ] RF

- a. Reduced or low sodium products generally don't taste as good as regular products
- b. Reduced or low sodium products usually cost more than regular products
- c. Reduced or low sodium products are not always available in the store
- d. I am not sure how reduced or low sodium products will benefit me
- e. I am not sure which products are low in sodium or have reduced amount of sodium
- f. I do not believe I need to eat reduced or low sodium products

DBA700. Now, think about your eating habits. In general, how healthy is your overall diet? Would you say?

Excellent
Very good
Good
Fair, or
Poor
[DON'T READ] DK/NS
[DON'T READ] RF

(2008)

B1. Next, I am going to ask you about three different kinds of fat in foods we eat. As I read each one, please tell me whether you have ever heard of it.

Yes

No

[DON'T READ] DK/NS

[DON'T READ] RF

- a. trans fat or trans fatty acid
- b. saturated fat
- c. omega 3 fatty acid

(2008)

[ASK FOR EACH Yes in B1]

B2. You just told me you had heard of [NAME OF FAT FROM B1]. As far as you know, does [NAME OF FAT FROM B1] raise the risk of heart disease, lower the risk of heart disease, or have no effect on the risk of heart disease, or don't you know?

Raise the risk

Lower the risk

Have no effect

[DON'T READ] DK/NS

[DON'T READ] RF

SECTION C. USE AND UNDERSTANDING OF FOOD LABELS

(2008)

E1. I'd like you to think about the labels on many food products that list ingredients and provide nutrition and other information. When you buy a product for the **first time**, how often do you read this information? Would you say often, sometimes, rarely, or never?

Often

Sometimes

Rarely or

Never

[DON'T READ] DK/NS

[DON'T READ] RF

[SKIP TO E5]

[SKIP TO E10]

[SKIP TO E10]

(2008)

E2. People tell us they use food product labels in many different ways. When you look at food labels, either in the store or at home, how often, if at all, do you use the labels in the following ways? Would you say you often, sometimes, rarely or never use the label [READ AND ROTATE ITEMS]

Often
Sometimes
Rarely
Never
[DON'T READ] DK/NS
[DON'T READ] RF

- a. To help you decide which brand of a particular food item to buy
- b. To figure out how much of the food product you or your family should eat
- c. To compare different food items with each other
- d. To see if something said in advertising or on the package is actually true
- e. To get a general idea of the nutritional content of the food
- f. To see how high or low the food is in things like calories, salt, vitamins, or fat
- g. To help you in meal planning
- h. To see if there is an ingredient that you or someone in your family should avoid

(2008)

E5 People have different reasons for not using the nutrition information on the food label. Please say whether you agree, disagree or neither agree nor disagree with the following statements: [ROTATE ITEMS]

Agree
Disagree
Neither agree nor disagree
[DON'T READ] DK/NS
[DON'T READ] RF

- a. I'm just not that interested
- b. The information is hard to understand
- c. It takes too much time
- d. I prefer getting nutrition information from other sources

(2008)

E6. Now, I would like for you to think about information about serving sizes which is also found on the food label. Would you say you often, sometimes, rarely or never use serving size information?

Often
Sometimes
Rarely
Never
[DON'T READ] DK/NS
[DON'T READ] RF

[SKIP TO E10]
[SKIP TO E10]
[SKIP TO E10]

E7. What does serving size mean to you? You can choose more than one answer. [READ AND ROTATE ITEMS] [CHECK ALL THAT APPLY]

- The amount of a food that people should eat
- The amount of a food that people usually eat
- Something that makes it easier to compare foods
- [DON'T READ] DK/NS
- [DON'T READ] RF

E8. Do you look for the amounts of any of these things when you read the food label? [READ AND ROTATE ITEMS] yes or no? What about? [REPEAT "YES OR NO" WHEN NECESSARY]

- Yes
- No
- [DON'T READ] DK/NS
- [DON'T READ] RF

- a. saturated fat
- b. trans fat or trans fatty acid
- c. calories
- d. cholesterol
- e. carbohydrates
- f. sodium
- g. sugar

E9. Do you look for the amounts of any of these things when you read the food label? [READ AND ROTATE ITEMS] yes or no? What about? [REPEAT "YES OR NO" WHEN NECESSARY]

- Yes
- No
- [DON'T READ] DK/NS
- [DON'T READ] RF

- a. calcium
- b. iron
- c. vitamin A
- d. vitamin C
- e. potassium
- f. fiber
- g. vitamin D

(2008)

E10. Food packages sometimes have statements on the front of the package that describe the product as "low sodium" or "rich in antioxidants." When it is available, how

often do you use this information when deciding to buy a product? Would you say often, sometimes, rarely, or never?

Often

Sometimes

Rarely

Never

[DON'T READ] I've never seen these products [SKIP TO E12]

[DON'T READ] DK/NS [SKIP TO E12]

[DON'T READ] RF [SKIP TO E12]

(2008)

E11. About how many of the food labels that use statements like “low sodium” or “rich in antioxidants” do you believe accurately describe the food—just about all of them, most of them, only some of them or almost none of them?

All of them

Most of them

Some of them

None of them

[DON'T READ] DK/NS

[DON'T READ] RF

E11x. To the best of your knowledge, does the government set standards about which products are qualified to use statements like “low sodium” or “rich in antioxidants”?

Yes

No

[DON'T READ] DK/NS

[DON'T READ] RF

E12. Some food packages say the products are “natural” or “100% natural.” When it is available, how often do you use this information when deciding to buy a product? Would you say often, sometimes, rarely, or never?

Often

Sometimes

Rarely

Never

[DON'T READ] I've never seen these products [SKIP TO E15]

[DON'T READ] DK/NS [SKIP TO E15]

[DON'T READ] RF [SKIP TO E15]

E13. About how many of the food labels that use statements like “natural” or “100% natural” do you believe accurately describe the food —just about all of them, most of them, only some of them or almost none of them?

- All of them
- Most of them
- Some of them
- None of them
- [DON'T READ] DK/NS
- [DON'T READ] RF

E13x. To the best of your knowledge, does the government set standards about which products are qualified to use statements like “natural” or “100% natural”?

- Yes
- No
- [DON'T READ] DK/NS
- [DON'T READ] RF

E14. I am going to read two statements about “natural” or “100% natural” products. Please tell me how strongly you agree or disagree with each statement. [ROTATE ITEMS]

- Strongly agree
- Agree
- Disagree
- Strongly disagree
- [DON'T READ] DK/NS
- [DON'T READ] RF

- a. A product is more nutritious if it says it is “natural” or “100% natural” than if it does not say it is “natural” or “100% natural.”
- b. A product is less likely to cause food poisoning if it says it is “natural” or “100% natural” than if it does not say it is “natural” or “100% natural.”

E15. Some food packages say the products “contains no HFCS” or “contains no High Fructose Corn Syrup.” When it is available, how often do you use this information when deciding to buy a product? Would you say often, sometimes, rarely, or never?

- Often
- Sometimes
- Rarely
- Never
- [DON'T READ] I've never seen these products/ I don't know what high fructose corn syrup or HFCS is/I've never heard of high fructose corn syrup or HFCS [SKIP TO E20]
- [DON'T READ] DK/NS [SKIP TO E20]
- [DON'T READ] RF [SKIP TO E20]

E17. About how many of the food labels that use statements like “contains no High Fructose Corn Syrup” do you believe accurately describe the food—just about all of them, most of them, only some of them or almost none of them?

- All of them
- Most of them
- Some of them
- None of them
- [DON'T READ] DK/NS
- [DON'T READ] RF

E17x. To the best of your knowledge, does the government set standards about which products are qualified to use statements like “contains no High Fructose Corn Syrup”?

- Yes
- No
- [DON'T READ] DK/NS
- [DON'T READ] RF

E18. I am going to read two statements about products that say they “contain no High Fructose Corn Syrup.” Please tell me how strongly you agree or disagree with each statement. [ROTATE ITEMS]

- Strongly agree
- Agree
- Disagree
- Strongly disagree
- [DON'T READ] DK/NS
- [DON'T READ] RF

- a. A product is more nutritious if it says it “contains no High Fructose Corn Syrup” than if it does not say it “contains no High Fructose Corn Syrup.”
- b. A product is less likely to cause food poisoning if it says it “contains no High Fructose Corn Syrup” than if it does not say it “contains no High Fructose Corn Syrup.”

E20. Some food packages say the product “contains no added sugar” or it has “no sugar added.” When it is available, how often do you use this information when deciding to buy a product? Would you say often, sometimes, rarely, or never?

- Often
- Sometimes
- Rarely
- Never

[DON'T READ] I've never seen these products/I don't know what added sugar is/I've never heard of added sugar [SKIP TO NF1]

[DON'T READ] DK/NS [SKIP TO NF1]

[DON'T READ] RF [SKIP TO NF1]

E21. About how many of the food labels that use statements like “contains no added sugar” or “no sugar added” do you believe accurately describe the food—just about all of them, most of them, only some of them or almost none of them?

All of them

Most of them

Some of them

None of them

[DON'T READ] DK/NS

[DON'T READ] RF

E21x. To the best of your knowledge, does the government set standards about which products are qualified to use statements like “contains no added sugar” or “no sugar added”?

Yes

No

[DON'T READ] DK/NS

[DON'T READ] RF

E22. I am going to read two statements about products that say they “contain no added sugar” are or “no sugar added.” Please tell me how strongly you agree or disagree with each statement. [ROTATE ITEMS]

Strongly agree

Agree

Disagree

Strongly disagree

[DON'T READ] DK/NS

[DON'T READ] RF

- a. A product is more nutritious if it says it “contains no added sugar” or has “no sugar added” than if it does not say it “contains no added sugar” or has “no sugar added.”
- b. A product is less likely to cause food poisoning if it says it “contains no added sugar” or has “no sugar added” than if it does not say it is “contains no added sugar” or has “no sugar added.”

SECTION D. DIETARY MANAGEMENT AND KNOWLEDGE

(2007)

NF1. Have you tried to limit any of the following things in your diet in the past 30 days? Have you tried to limit the amount of [READ AND ROTATE ITEMS.] in your diet, yes or no? What about? [REPEAT "YES OR NO" WHEN NECESSARY.]

Yes
No
[DON'T READ] DK/NS
[DON'T READ] RF

- a. saturated fat
- b. trans fat or trans fatty acid
- c. calories
- d. cholesterol
- e. carbohydrates
- f. sodium
- g. sugar

NF2. Have you tried to eat enough of any of the following things in your diet in the past 30 days? Have you tried to eat enough of [READ AND ROTATE ITEMS.] in your diet, yes or no? What about? [REPEAT "YES OR NO" WHEN NECESSARY]

Yes
No
[DON'T READ] DK/NS
[DON'T READ] RF

- a. calcium
- b. iron
- c. vitamin A
- d. vitamin C
- e. potassium
- f. fiber
- g. vitamin D

(2007)

NF7. Have you heard or read about any health problems caused by [READ AND ROTATE ITEMS]

Yes
No [SKIP TO NEXT SECTION]
[DON'T READ] I don't know what potassium/vitamin D/dietary fiber is [SKIP TO NEXT SECTION]
[DON'T READ] DK/NS [SKIP TO NEXT SECTION]
[DON'T READ] RF [SKIP TO NEXT SECTION]

- a. not eating enough potassium
- b. not eating enough vitamin D
- c. not eating enough dietary fiber

NF8. Which health problems are they.... [DON'T READ LIST; RECORD UP TO TWO PROBLEMS FOR EACH ITEM]

- a. heart disease/coronary heart disease/heart attack/stroke/artery problems
- b. diabetics or high blood sugar
- c. hypertension/high blood pressure
- d. cancer (all types)
- e. bowel problems (constipation, irregularity, digestive problems, colitis/colon problems)
- f. dental problems - cavities/caries
- g. bone problem/osteoporosis/rickets
- h. obesity/overweight
- i. other (please specify)

SECTION E. PHONE USE STATUS, HEALTH STATUS, AND DEMOGRAPHICS

V2. *[ONLY respondents reached via a landline number]* Now, I have a few questions for statistical purposes. Are there any telephone numbers in addition to [the telephone number being called] in your home that you receive calls on? Please exclude cell phone numbers or numbers used only for fax or computer.

Yes [GO TO V2a]

No [If SCR3a="cell also," GO TO V4a. OTHERWISE, SKIP TO V5]

[DON'T READ] DK/NS [If SCR3a="cell also," GO TO V4a. OTHERWISE, SKIP TO V5]

[DON'T READ] RF [If SCR3a="cell also," GO TO V4a. OTHERWISE, SKIP TO V5]

V2a. *[ONLY respondents reached via a landline number]* Is this/Are these number(s) for ...

Home use

Business and home use

Business use only

[DON'T READ] DK/NS

[DON'T READ] RF

[ASK IF SCR5='landline also,' OR IF V2='no/dk/ns/rf AND ROUTED TO V4A]

V4a. Of all the telephone calls that you or your household receive, are all or almost all calls received on cell phones, some received on cell phones and some on regular phones, or very few or none received on cell phones?

All or almost all calls received on cell phones

Some received on cell phones and some on regular phones

Very few or none on cell phones

[DON'T READ]DK/NS

[DON'T READ]RF

V4b. Thinking just about the **landline** home phone, **not** your cell phone, if that telephone rang and someone was home, under normal circumstances, how likely would it be answered? Would you say extremely likely the landline would be answered, very likely, somewhat likely, somewhat unlikely or not at all likely the landline would be answer?

Extremely likely that landline would be answered

Very likely that landline would be answered

Somewhat likely that landline would be answered

Somewhat unlikely that landline would be answered

Very unlikely that landline would be answered

Not at all likely that landline would be answered
[DON'T READ]DK/NS
[DON'T READ]RF

(2008)

V3. How many adults, age 18 and older, including yourself live in your household?

NUMBER: _____ (RANGE: 1-15)
[DON'T READ] DK/NS
[DON'T READ] RF

(2008)

V5. What is the last grade or year of school that you have completed? [DO NOT READ LIST.]

0-11years
12 years or high school graduate
1-3 years of college
4 years of college or college graduate
Postgraduate/Masters/doctorate/law degree/MD
[DON'T READ] DK/NS
[DON'T READ] RF

(2008)

V6. Are you of Hispanic or Latino origin?

Yes
No
[DON'T READ] DK/NS
[DON'T READ] RF

(2008)

V7. What is your race? Please select one or more categories. [ACCEPT MULTIPLE ANSWERS]

Yes
No
[DON'T READ] DK/NS
[DON'T READ] RF

- a. White
- b. Black or African American
- c. Asian
- d. Native Hawaiian or other Pacific Islander
- e. American Indian or Alaskan Native

(2008)

V8. What year were you born?

19 _____ (RANGE: 1914-1996)

[DON'T READ] DK/NS

[DON'T READ] RF

[RESPONDENT AGE = 2013 – V8.]

“The next few questions may seem a bit personal. But we need this information because this survey is about nutrition and health.”

(2008)

V9. How tall are you without shoes? [WHEN THE RESPONDENT REPORTS FRACTIONS, ROUND UP TO THE NEXT WHOLE NUMBER. FOR EXAMPLE, 3.5 INCHES SHOULD BE CODED AS 4 INCHES. DON'T PROBE.]

() feet and () inches

OR

() meter(s) and/or () centimeters

[DON'T READ] DK/NS [ENTER 88 FEET 0 INCH]

[DON'T READ] RF [ENTER 99 FEET 0 INCH]

(2008)

V10. How much do you weigh without shoes? [WHEN THE RESPONDENT REPORTS FRACTIONS ROUND UP TO THE NEXT WHOLE NUMBER. FOR EXAMPLE, 122.5 POUNDS SHOULD BE CODED AS 123 POUNDS. DON'T PROBE.]

() pounds

OR

() kilograms

[DON'T READ] DK/NS [ENTER 8888 POUNDS]

[DON'T READ] RF [ENTER 9999 POUNDND]

(2008)

V11. How do you describe your health? In general, would you say your health is...?
[READ ITEMS]

Excellent

Very good

Good

Fair, or

Poor

[DON'T READ] DK/NS

[DON'T READ] RF

(2008)

V12. Have you ever been told by a doctor or other healthcare professional that you have any of the following health conditions? I don't need to know which condition, just whether you have **any** of them. [READ: "high blood pressure, diabetes, high cholesterol, heart disease, obesity, overweight, or cancer."]

Yes

No

[DON'T READ] DK/NS

[DON'T READ] RF

(2008)

V13. I am going to read you a list of categories of income. Please stop me when I read the category that includes your total household income before taxes for year 2012.

Less than twenty-five thousand dollars

From twenty-five to less than fifty thousand dollars

From fifty to less than seventy-five thousand dollars

From seventy-five to less than one-hundred thousand dollars

One hundred thousand dollars or more

[DON'T READ] DK/NS

[DON'T READ] RF

Thank you. Those are all the questions I have at this time.