

**Could your genes predict your weight?**

Q1.

Which of the following *best* describes you?

- I am trying to lose weight
- I am trying to keep off the weight that I have lost
- I am actively trying not to gain any weight
- I am trying to gain weight
- I don't think about my weight

**Where you get information**

Q2a.

Where do you get information about factors that influence weight (e.g., diet, exercise)? These can be places where you look for information, or places where you see this information even if you aren't looking for it.

Choose all that apply:

People

- Family
- Friends/co-workers
- Your primary health care provider (e.g., your personal doctor)
- Another health care provider
- Clergy

Media and Online

- Nutrition, exercise or weight loss websites
- Scientific websites or journals
- Social networks, online message boards or forums
- Blogs
- Mobile apps
- Magazines (online or paper)
- Newspapers (online or paper)
- Television
- Radio
- Books
- Brochures, pamphlets

Other

- School or classes
- Workplace education
- Weight loss program or group
  
- I do not look for or see this information
- Other (Please List): \_\_\_\_\_

Q2b-d.

Here are the places where you get information about factors that influence weight:

- b. Which source gives the *best* information
- c. Which source gives the *second-best* information
- d. Which source gives the *third-best* information

### Discussing your weight

Q3.

With whom do you discuss your weight (choose all that apply)?

- Spouse/partner
- Family
- Close friends
- Casual friends/co-workers
- Clergy
- Your primary health care provider (e.g., your personal doctor)
- Another health professional
- Weight loss group leader or members
- People on online forums/blogs
- I do not discuss my weight with anybody

#### Talking with your primary care provider:

During this survey, please think of “your primary care provider” as the health care professional you see to take care of your overall health. This would be the person you would go to for medical checkups when you are well. This could be a doctor, another health care provider like a nurse practitioner or physician assistant, or a group of medical professionals like the doctors at a clinic.

Q4.	<p>How much do you look to your primary care provider for help with your weight?</p> <p>1----- 2----- 3----- 4----- 5----- 6-----7</p> <p><i>Not at all</i> <i>Somewhat</i> <i>Very much</i></p>
Q5.	<p>How much do you think it's your primary care provider's responsibility to help you with your weight?</p> <p>1----- 2----- 3----- 4----- 5----- 6-----7</p> <p><i>Not at all</i> <i>Somewhat</i> <i>Very much</i></p>
Q6.	<p>Would discussing weight with your primary care provider be helpful to you?</p> <p>1----- 2----- 3----- 4----- 5----- 6-----7</p> <p><i>Not at all</i> <i>Somewhat</i> <i>Very much</i></p>
<b>Your thoughts about the causes of weight</b>	
Q7.	<p>How much do you think someone's body weight is inherited or influenced by genetics?</p> <p>1----- 2----- 3----- 4----- 5----- 6-----7</p> <p><i>Not at all</i> <i>Somewhat</i> <i>Very much</i></p>
Q8.	<p>How much do you think someone's body weight is caused by overeating and not exercising?</p> <p>1----- 2----- 3----- 4----- 5----- 6-----7</p> <p><i>Not at all</i> <i>Somewhat</i> <i>Very much</i></p>

There are genetic factors that influence people's weight. Right now, it is possible to find out if someone has a slightly higher risk of being overweight (e.g., gaining an extra 3-7 pounds) by testing whether or not they have certain versions of a gene.

Thinking about this information...

Q9.	How interested are you in learning more about how genetics affects weight? 1-----2-----3-----4-----5-----6-----7 <i>Not at all</i> <i>Somewhat</i> <i>Very much</i>
Q10.	How interested are you in learning more about how <i>your</i> genes affect <i>your</i> weight? 1-----2-----3-----4-----5-----6-----7 <i>Not at all</i> <i>Somewhat</i> <i>Very much</i>
Again, thinking about this information...	
Q11.	How much would you look to your primary care provider for help with your weight? 1-----2-----3-----4-----5-----6-----7 <i>Not at all</i> <i>Somewhat</i> <i>Very much</i>
Q12.	How much do you think it's your primary care provider's responsibility to help you with your weight? 1-----2-----3-----4-----5-----6-----7 <i>Not at all</i> <i>Somewhat</i> <i>Very much</i>

Q13.	<p>Would discussing weight with your primary care provider be helpful to you?</p> <p>1----- 2----- 3----- 4----- 5----- 6-----7</p> <p><i>Not at all</i> <i>Somewhat</i> <i>Very much</i></p>
<p>In the future, it could be possible to look at someone's entire genome to predict much more of their risk for being overweight. It might also be possible to create a personalized diet and exercise program based on someone's genes. This could make it easier for people to lose weight or to maintain a healthy weight.</p> <p>If this were possible...</p>	
Q14.	<p>How interested would you be in learning more about how genetics affects weight?</p> <p>1----- 2----- 3----- 4----- 5----- 6-----7</p> <p><i>Not at all</i> <i>Somewhat</i> <i>Very much</i></p>
Q15a.	<p>Where would you go to get more information about how genetics affects weight? (choose all that apply)</p> <p><u>People</u></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Family</li> <li><input type="checkbox"/> Friends/co-workers</li> <li><input type="checkbox"/> Your primary health care provider</li> <li><input type="checkbox"/> Another health care provider</li> <li><input type="checkbox"/> Genetic counselor</li> <li><input type="checkbox"/> Clergy</li> </ul>

Media and Online

- Nutrition, exercise or weight loss websites
- Scientific websites or journals
- Social networks, online message boards or forums
- Blogs
- Mobile app
- Magazines (online or paper)
- Newspapers (online or paper)
- Television
- Radio
- Books
- Brochures, pamphlets

Other

- School or classes
- Workplace education
- Weight loss program or group
- Genetic testing company
- None
- Other (Please List): \_\_\_\_\_

Q15b-d.

Here are the places where you would go to get more information about genetics and weight:

- b. Which source gives the *best* information
- c. Which source gives the *second-best* information
- d. Which source gives the *third-best* information

If this were possible...

Q16.

If you could choose, where would you want to have your genes tested?

- I would not want to have my genes tested
- A private genetic testing company
- Your medical insurer
- Your primary health care provider
- A genetic counselor
- Another health care provider or clinic
- A government program
- I don't know
- Other (Please List): \_\_\_\_\_

Q17.

How would you prefer to get the results of your genetic test?

- I would not want the results of my genetic test
- Over the internet
- In a mailed report
- From your primary health care provider
- From a nutritionist
- From a genetic counselor
- From another health care professional or clinic



	<ul style="list-style-type: none"><li><input type="checkbox"/> In a weight loss group or program</li><li><input type="checkbox"/> I don't know</li><li><input type="checkbox"/> Other (Please List): _____</li></ul>
Q18.	<p>How would you prefer to get recommendations for diet and exercise based on your genetic test results?</p> <ul style="list-style-type: none"><li><input type="checkbox"/> I would not want recommendations for diet and exercise based on my genetic test results</li><li><input type="checkbox"/> Over the internet</li><li><input type="checkbox"/> In a mailed report</li><li><input type="checkbox"/> From your primary health care provider</li><li><input type="checkbox"/> From a nutritionist</li><li><input type="checkbox"/> From a genetic counselor</li><li><input type="checkbox"/> From another health care professional or clinic</li><li><input type="checkbox"/> In a weight loss group or program</li><li><input type="checkbox"/> I don't know</li><li><input type="checkbox"/> Other (Please List): _____</li></ul>
Q19.	<p>With whom would you want to discuss your genetic test results? (choose all that apply)</p> <ul style="list-style-type: none"><li><input type="checkbox"/> Spouse/partner</li><li><input type="checkbox"/> Family</li><li><input type="checkbox"/> Close friends</li><li><input type="checkbox"/> Casual friends/co-workers</li></ul>

- Clergy
- Your primary health care provider
- A nutritionist
- A genetic counselor
- Another health professional
- Weight loss group leader or members
- People on online forums/blogs
- I would not want to discuss my results with anybody

Again, If this were possible...

Q20.	<p>How much would you look to your primary care provider for help with your weight?</p> <p>1-----2-----3-----4-----5-----6-----7</p> <p><i>Not at all</i> <span style="margin-left: 200px;"><i>Somewhat</i></span> <span style="margin-left: 200px;"><i>Very much</i></span></p>
Q21.	<p>How much do you think it would be your primary care provider's responsibility to help you with your weight?</p> <p>1-----2-----3-----4-----5-----6-----7</p> <p><i>Not at all</i> <span style="margin-left: 200px;"><i>Somewhat</i></span> <span style="margin-left: 200px;"><i>Very much</i></span></p>
Q22.	<p>Would discussing weight with your primary care provider be helpful to you?</p> <p>1-----2-----3-----4-----5-----6-----7</p> <p><i>Not at all</i> <span style="margin-left: 200px;"><i>Somewhat</i></span> <span style="margin-left: 200px;"><i>Very much</i></span></p>

Q23.	<p>How much would you look to your primary care provider to talk with you about how your genes affect your weight?</p> <p>1----- 2----- 3----- 4----- 5----- 6-----7</p> <p><i>Not at all</i> <i>Somewhat</i> <i>Very much</i></p>
Q24.	<p>What do you think your results would be if you had your genes tested to find out your risk of becoming overweight?</p> <p><input type="checkbox"/> Much higher risk of being overweight</p> <p><input type="checkbox"/> Somewhat higher risk of being overweight</p> <p><input type="checkbox"/> Average risk of being overweight</p> <p><input type="checkbox"/> Somewhat lower risk of being overweight</p> <p><input type="checkbox"/> Much lower risk of being overweight</p> <p><input type="checkbox"/> I don't know</p>
<b>About your weight</b>	
Q25.	<p>How important is it to you to have a healthy weight?</p> <p>1----- 2----- 3----- 4----- 5----- 6-----7</p> <p><i>Not at all</i> <i>Somewhat</i> <i>Very much</i></p>
Q26.	<p>How tall are you? _____feet; _____inches</p>
Q27.	<p>How much do you weigh? _____pounds</p>

Q28.	<p>Right now, do you think you are :</p> <p><input type="checkbox"/> underweight</p> <p><input type="checkbox"/> about right</p> <p><input type="checkbox"/> overweight</p> <p><input type="checkbox"/> very overweight</p>
Q29.	<p>Throughout your life, how much of the time have you been on a diet, trying to follow a diet, or in some way limiting how much you were eating in order to lose weight or keep from regaining weight you had lost?</p> <p>1-----2-----3-----4-----5-----6-----7</p> <p><i>None or hardly any of the time</i> <span style="float: right;"><i>Nearly all of the time</i></span></p>
<b>About your primary health care provider</b>	
Q30.	<p>Do you have a primary health care provider?</p> <p><input type="checkbox"/> yes</p> <p><input type="checkbox"/> no</p>
Q31.	<p>Do you see your primary health care provider for checkups when you are well?</p> <p><input type="checkbox"/> yes</p> <p><input type="checkbox"/> no</p>
Q32.	<p>Who is your primary health care provider?</p> <p><input type="checkbox"/> A doctor</p> <p><input type="checkbox"/> A physician assistant</p>

- A nurse practitioner
- A team/group of health care providers
- Other (Please List): \_\_\_\_\_