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SUBJECT: Round 2 Cognitive Testing of ATUS Eating and Health Module Questions

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## Introduction

The American Time Use Survey (ATUS) is an ongoing, nationally representative telephone survey of the civilian non-institutional population age 15 and over, collecting data from approximately 9,750 Americans per year. Respondents are asked to sequentially describe what they did “yesterday,” from 4 a.m. of the previous day to 4 a.m. of the interview day. The sample is chosen from those households that completed the eighth (final) CPS interview, and in each of these households, one person is randomly selected to be interviewed for the ATUS. Each person is also assigned to be interviewed about activities for a particular day (e.g., Tuesday), with interviewers attempting to reach the designated person after the assigned day for up to eight weeks. About half of the respondents are interviewed on a weekday and about half on a weekend day.

In 2014-2016, BLS conducted an ATUS Eating and Health Module (EHM) sponsored by the Economic Research Service (ERS) that captured information from ATUS respondents about secondary eating—that is, eating while doing another activity, soft drink consumption, grocery shopping preferences and fast food purchases, meal preparation and food safety practices, food assistance participation, general health, height and weight, exercise, and income. (See: <https://www.bls.gov/tus/ehdatafiles.htm>).

ERS has sponsored another Eating and Health Module to be administered in 2022-2023. The 2022-2023 ATUS Eating and Health Module will accomplish similar objectives as the 2014-2016 module. As the module is sponsored by ERS, measures were added, dropped, or edited based on ERS’s objectives and needs. The questions that were dropped were based on a review of their use by researchers. ERS developed the new and revised questions in consultation with subject matter experts and a review of other dietary surveys (e.g. NHANES and FoodAPS). Although many questions remain the same, some have been dropped, and some have been added to obtain better information about topics including: foods eaten that people commonly forget to include in surveys (e.g., Zeballos, Todd, and Restrepo, 2019), grocery shopping and food preparation, online grocery shopping (both delivery and for pickup), and general health.

This memo provides findings and recommendations from the second round of cognitive interviewing of the proposed questions for the 2022-2023 module. Cognitive interviewing was conducted to gain insight about respondents' understanding of the terms, definitions, and concepts associated with eating and health. Some changes to the questions were made after the first round of cognitive interviews, these edits were tested during the second round of cognitive testing. Findings from the second round of cognitive testing will be used to make final wording recommendations for the EHM. The tests were conducted by BLS staff in the Office of Survey Methods Research (OSMR) and observed by Office of Employment and Unemployment Statistics (OEUS).

The results of the cognitive interviews are summarized below, including general feedback about the instrument and question-specific feedback and recommendations. Note that the suggestions should be reviewed carefully by ERS prior to finalizing the questionnaire. OSMR is happy to meet with ERS to discuss these recommendations and finalize the questionnaire.

## **Method**

The cognitive testing protocol was developed to explore topics of potential concern that arose during the development of the module and resulting from an expert review conducted by OSMR. The protocol was also reviewed by OSMR after the first round of cognitive testing. After gaining informed consent, participants first completed a shortened version of the ATUS time diary, asking them to walk through their activities starting at 4:00 am yesterday until 4:00 am the day of the interview. This was done to capture the context of how respondents would experience the Eating and Health Module in the production survey and for reference during some of the module questions that cite times when respondents are eating. The interviews were conducted remotely over Microsoft Teams, using an interviewer administered mode, similar to methodology used by ATUS and over the telephone if requested. In round 1 of cognitive testing, 11 interviews were conducted remotely over Microsoft Teams and 2 interviews were conducted over the telephone. In round 2 of cognitive testing, 14 interviews were conducted remotely over Microsoft Teams and 1 interview was conducted over the telephone. Following the time diary, participants completed the survey questions from the 2022-2023 Eating and Health Module. After the survey questions were answered, participants were asked debriefing questions which were focused on the new or revised questions to better understand their responses and reactions to the questions.

The cognitive interview guides for both rounds 1 and 2 are included as attachments in this document.

# Participants

**Table 1.0 Round 1**

Characteristics	Count
Gender	
Male	4
Female	8
Transgender	1
Age, mean	37.6
Employment status	
Employed	11
Unemployed	1
Not Employed	1
Household Size	
1	4
2 to 3	4
4 to 5	4
6+	1
Children in Household	
Yes	10
No	3
Meal Prep	13
	1
Online Grocery Shopping	1

**Table 2.0 Round 2**

Characteristics	Count
Gender	
Male	5
Female	10
Age, mean	40.6
Employment status	
Employed	12
Unemployed	1
Not Employed	2
Household Size	
1	0
2 to 3	9
4 to 5	5
6+	1
Children in Household	
Yes	10
No	5
Meal Prep	15
Online Grocery Shopping	12

We recruited 28 participants across two rounds from online job posting bulletin boards on Craigslist.com. Job posting sites were targeted in cities with higher populations (e.g., New York, Atlanta, Chicago, and Dallas/Fort Worth). During recruitment and telephone screening, we collected the following information to ensure that we were interviewing a cross-section of target population characteristics: employment status, gender, age, household size, presence of children in the household, those who have shopped for groceries online recently (past month), and those who prepare food for their household. Efforts were made to recruit diversely across those characteristics (see Tables 1.0 and 2.0).

All participants were offered an electronic \$40 Visa gift card for participation in this study to cover the costs and burden associated with participation.

## Overall Results

This section summarizes general feedback on the instrument.

- Overall, cognitive testing results were positive across both rounds of cognitive testing. Participants were able to provide relevant responses to the EHM questions. In both rounds of testing, many participants commented that the survey was “easy to understand”, “didn’t ask anything too personal”, that the survey was “clear” and “straightforward”.
- There was no indication of participants experiencing burden or sensitivity in reaction to the core set of questions in the EHM. Indications of sensitivity were related to questions about weight, income, and being asked about food stamp benefits.
- In both rounds 1 and 2, “don’t know” responses were not reported for substantive questions in the EHM, suggesting that the requested information is easily recalled.
- The observed timing for the EHM was longer than anticipated for both rounds of cognitive interviews. Across the two rounds participants took between 7 to 14 minutes to complete the EHM, which is longer than the targeted time of 5 minutes to completion. It is important to note that the researchers conducting the cognitive interviews are not trained ATUS interviewers, which did impact the overall timing of the module. Participants were also recruited for characteristics that would have them answer most or all the questions in the module. Additionally, due to the nature of the interview, several participants who took longer did so because they ‘thought aloud’ as they answered, explaining their thought processes as they completed the questions. ERS and the ATUS teams may want to consider estimates of how many respondents will be eligible to answer the majority of questions in considering whether additional questions need to be cut from the module. Overall timing may be impacted if fewer respondents are not preparing food or doing grocery shopping for the household.
  - OSMR does not have a suggestion about which question(s) may be suitable for removing from the module at this time. If there is a desire to cut any questions from the module, OSMR would be happy to discuss any potential cuts and how those edits may impact the module.
- The EHM has several different reference periods, the last 30 days, the last 7 days, and yesterday. Interviewers will need to be trained / prepared for participants verifying the reference period back to them – such as “you mean the last 30 days?”. This occurred across both rounds of testing, even with an emphasis being placed on the reference periods by the OSMR interviewers during round 2 testing, this could also impact the timing of the module.

## Question by Question Results

This section covers question by question results, focusing on the new or revised questions to the EHM, which were specifically probed on during the cognitive interviews for both round 1 and round 2 cognitive testing. Edits to the questions for final recommendations are shown in red to help easily identify any changes that are suggested. Attachment C includes all of the final recommendations for the EHM question wording, please note that suggested interviewer instructions have not been included in that document.

Original Proposed Wording	Final Recommendation
<p><b>EAT:</b>            [Fill: Yesterday, you reported eating or drinking between [read times].]            [Fill: You did not report any eating or drinking as a main activity yesterday.]            Were there any [fill: other] times you were eating any meals or snacks yesterday, for example while you were doing something else?</p> <p>When thinking about meals or snacks, also consider any fruits, veggies, sweets, salty snacks, or any other small meal or snack that you ate while doing something else.</p>	<p><b>EAT:</b>            [Fill: Yesterday, you reported eating or drinking between [read times].]            [Fill: You did not report any eating or drinking as a main activity yesterday.]            Were there any [fill: other] times you were eating any meals or snacks yesterday, for example while you were doing something else?</p> <p>When thinking about meals or snacks also consider any fruits, veggies, sweets, or salty snacks you ate.</p>

- **Finding:** nearly all participants answered “yes” to EAT, highlighting the importance of asking this question to capture snacks/meals not reported during the time diary.
- **Finding:** The definitional text: “*When thinking about meals or snacks, also consider any fruits, veggies, sweets, salty snacks, or any other small meal or snack that you ate while doing something else*” was difficult to read and respondents often interrupted and gave their response to the question before the information was completely read.
- **Recommendation:** If such instructions do not already exist in ATUS training, additional interviewer instructions may be beneficial, which address how to deal with participants answering the question prior to hearing all the definitional information.
- **Finding:** When participants were giving feedback on this question, two participants in the second round mentioned that the text in the definition ... “or any other small meal or snack that you ate while doing something else” seemed redundant. Additionally, participants mentioned that they tend to think of small meals and snacks as interchangeable terminology.
- **Recommendation:** Remove “*or any other small meal or snack that you ate while doing something else*” from the definitional information to be read to participants. This may assist with timing issues as well as reduce repetitive language within this question.
- **Finding:** Participants who answered “yes” to EAT and received: EATSUM, EATWHN, and DUR had difficulties with DUR across both rounds of interviews. Participants often mentioned that it was difficult to provide an exact time estimate either due to snacking intermittently during another activity, or only snacking for brief time periods.

- **Recommendation:** Given that ERS has indicated the importance of capturing DUR there may need to be specific interviewer instructions or training given to help respondents give a time estimate if they indicate difficulty responding or provide a range of time (e.g., 5 to 10 minutes). An example of this could be: [Note for interviewers: think about when you started and completely stopped eating the small meal or snack.]

<i>Original Proposed Wording</i>	<i>Tested Revision</i>	<i>Final Recommendation</i>
<p><b>GROSH2P2:</b> How much of the grocery shopping in the household are you usually responsible for?</p> <p>[Note for interviewers: “grocery shopping” includes both in-store shopping for groceries, and shopping for groceries online or by phone, and either picking them up or asking for them to be delivered to you]</p> <p>1. None 2. A little 3. Some 4. A lot 5. All</p>	<p><b>GROSH2P2:</b> How much of the grocery shopping in the household do you usually do?</p> <p>[Note for interviewers: “grocery shopping” includes both in-store shopping for groceries, and shopping for groceries online or by phone, and either picking them up or asking for them to be delivered to you]</p> <p>1. None 2. A little 3. Some 4. A lot 5. All</p>	<p><b>GROSH2P2:</b> How much of the grocery shopping in the household <b>do you usually do?</b></p> <p>[Note for interviewers: “grocery shopping” includes both in-store shopping for groceries, and shopping for groceries online or by phone, and either picking them up or asking for them to be delivered to you]</p> <p>1. None 2. A little 3. Some 4. A lot 5. All</p>

- **Finding:** Across both rounds participants did not have difficulty understanding “grocery shopping” and did not need to have the additional definitional text read to them when completing the module.
- **Finding:** During round 1 of cognitive testing, when respondents were probed about what it means to be “responsible” for grocery shopping, the issue of whether responsible meant the act of picking up/or picking out the groceries or whether it was related to paying for groceries came up. One participant mentioned that while she physically picked-up or picked-out the groceries she did not pay for them, therefore she did not see herself as “responsible” for the grocery shopping.
- **Tested revision:** to assist with the potential confusion in GROSH2P2 with the term “responsible”, we tested a revision of the question wording during round 2 cognitive interviews: “How much of the grocery shopping in the household do you usually do?”
- **Finding:** The revised text for GROSH2P2 tested well, participants did not have difficulties answering the question. Issues of confusion around picking groceries up/or picking out groceries and payment did not occur during round 2 of testing.
- **Recommendation:** continue to use the revised question text for GROSH2P2.

<i>Original Proposed Wording</i>	<i>Tested Revision</i>	<i>Final Recommendation</i>
<p><b>GROSH3:</b> How much do you enjoy doing the grocery shopping for your household?</p> <p>1. Not at all 2. A little 3. Somewhat 4. A lot</p>	<p><b>GROSH3:</b> How much do you enjoy doing the grocery shopping for your household?</p> <p>1. Not at all 2. Somewhat 3. A lot</p>	<p><b>GROSH3:</b> How much do you enjoy doing the grocery shopping for your household?</p> <p>1. Not at all 2. A little 3. Somewhat 4. A lot</p>

- **Finding:** Across both rounds of testing, participants did not indicate that they had any difficulties answering GROSH3. Participants were able to discuss why they chose a particular response, giving a variety of reasons for why they enjoyed or did not enjoy grocery shopping.
- **Finding:** Based on feedback from an OEUS observer on the interviews for round 1, they suggested that there may be difficulties in distinguishing between the response categories “somewhat” and “a little”. While this issue did not come up during the cognitive interviews with participants, this could be a potential issue with any question using these response options.
- **Tested revision:** after discussing options with OEUS and ERS we tested the revised response options of “not at all”, “somewhat” and “a lot” during round 2 of cognitive testing.
- **Finding:** most participants in round 2 chose “A lot” with a few choosing “somewhat”, indicating that the sample may have been more biased towards favorable attitudes towards shopping.
- **Recommendation:** We are recommending utilizing the original response options for GROSH3. Testing in round 1 found more variability in the response options chosen when there were four response options. Testing in round 2 had almost uniform reporting of “a lot”. We are concerned that with the tested revision there will be little variability in responses.

<i>Original Proposed Wording</i>	<i>Final Recommendation</i>
<p><b>STORES:</b> Where do you get the majority of your groceries when shopping in person? Do you get them at the...</p> <p>READ ALOUD ITEMS IN BOLD [interviewers select one]:</p> <ol style="list-style-type: none"> <li><b>Grocery store</b></li> <li><b>Supercenter, such as Wal-Mart or Target</b></li> <li><b>Warehouse club, such as Costco, Sam’s, or BJ’s, or</b></li> <li><b>Drugstore or convenience store?</b></li> <li>Other</li> </ol>	<p><b>STORES:</b> Where do you get the <b>MAJORITY</b> of your groceries when shopping <b>IN-PERSON</b>? Do you get them at the...</p> <p>READ ALOUD ITEMS IN BOLD [interviewers select one]:</p> <ol style="list-style-type: none"> <li><b>Grocery store</b></li> <li><b>Supercenter, such as Wal-Mart or Target</b></li> <li><b>Warehouse club, such as Costco, Sam’s, or BJ’s, or</b></li> <li><b>Drugstore or convenience store?</b></li> <li>Other</li> </ol>

- **Finding:** During round 1 testing, while answering STORES, some respondents indicated that they were thinking about or included their online grocery shopping when answering this question. In round 1 testing, two respondents indicated that they would change their responses when considering only grocery shopping in-person.
- **Recommendation:** emphasize “in-person” text to interviewers through all caps (e.g. IN-PERSON)
- **Finding:** Across both rounds of testing, several participants indicated that they had difficulty in only selecting one response option. When probed on this, participants indicated that they were focusing more on the store that they frequented the most but that may not be the same store that where they get the most groceries.
- **Recommendation:** provide interviewer training or instructions on how to direct respondents to choose one response option, emphasizing where participants get the **majority** of their groceries.
- **Finding:** During round 1 testing, several participants indicated that they considered stores such as Whole Foods to be “specialty stores” and had difficulty placing them into the existing response options. Some respondents heard the response options and used terminology such as “supermarket”.
- **Recommendation:** provide interviewer instructions about where to code stores such as Whole Foods that may be labeled or considered as a specialty store by respondents.
- **Finding:** Some participants gave the actual name of a stores/regional chains of grocery stores such as Giant, Kroger’s, Jewel etc., rather than answering with the given response options.
- **Recommendation:** provide interviewer instructions about how to follow-up with respondents providing only a name for a regional chain of stores. For example, “Would you categorize that as a grocery store, supercenter, or warehouse club?”

<i>Original Proposed Wording</i>	<i>Tested Revision</i>	<i>Final Recommendation</i>
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<p><b>STREASON:</b> What is the main reason you shop there? Is it because of...</p> <p>READ ALOUD ITEMS IN BOLD [interviewers select one]:</p> <ol style="list-style-type: none"> <li>1. <b>Price</b></li> <li>2. <b>Location</b></li> <li>3. <b>Convenience</b></li> <li>4. <b>Quality of products</b></li> <li>5. <b>Variety of products, or</b></li> <li>6. <b>Customer service</b></li> <li>7. Other</li> </ol>	<p><b>STREASON:</b> What is the MAIN reason you shop there? Is it because of...</p> <p>READ ALOUD ITEMS IN BOLD [interviewers select one]:</p> <ol style="list-style-type: none"> <li>1. <b>Price</b></li> <li>2. <b>Location</b></li> <li>3. <b>Quality of products</b></li> <li>4. <b>Variety of products</b></li> <li>5. <b>Customer service, or</b></li> <li>6. <b>Physical safety</b></li> <li>7. Other</li> </ol>	<p><b>STREASON:</b> What is the MAIN reason you shop there? Is it because of...</p> <p>READ ALOUD ITEMS IN BOLD [interviewers select one]:</p> <ol style="list-style-type: none"> <li>1. <b>Price</b></li> <li>2. <b>Location</b></li> <li>3. <b>Quality of products</b></li> <li>4. <b>Variety of products</b></li> <li>5. <b>Customer service, or</b></li> <li>6. <b>Physical safety</b></li> <li>7. Other</li> </ol>
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- **Finding:** during the first round of testing, participants indicated that they had difficulty distinguishing between the response option “location” and “convenience” when answering STREASON. When participants were asked about defining these two response options, they often indicated that location is a reason why they consider a store as convenient. This indicated that the response options were not mutually exclusive.
- **Finding:** during the first round of cognitive testing, at least one participant mentioned physical safety as a potential reason why they would choose to shop at a particular store.
- **Tested revision:** to assist with the two findings listed above, we tested different response categories, by removing “convenience” and adding “physical safety”.
- **Finding:** During round 2 testing, a few participants did mention “convenience” initially as a reason for shopping at a particular place, but when participants were questioned about why something was convenient, they easily were able to provide a more specific reason, such as the location of a store.
- **Recommendation:** provide interviewer training to help direct respondents towards one of the response options if they mention only “convenience”. An example of this could be: is it convenient because of the price, location, quality of products, variety of products, customer safety, or physical safety?
- **Finding:** The revised response options tested well during the second round of cognitive interviews, with participants choosing multiple response options.
- **Recommendation:** continue to use the revised question text for GROSHP2.
- **Finding:** several participants indicated that they had difficulty in only selecting one response option.
- **Recommendation:** provide interviewer training or instructions on how to direct respondents to choose one response option, emphasizing the **main** reason they shop there.

<i>Original Proposed Wording</i>	<i>Final Recommendation</i>
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<p><b>ONLINE1:</b> Thinking back over the last 30 days, how many times did you purchase groceries online for pick up or delivery?</p> <p><i>(Read if necessary: Examples of online grocery shopping include grocery delivery, in-app purchases, curbside pickup, or meal kit delivery and subscriptions)</i></p> <p>_____ Number of times</p>	<p><b>ONLINE1:</b> Thinking back over the <b>LAST 30 DAYS</b>, how many times did you purchase <b>GROCERIES ONLINE</b> for pick up or delivery for <b>your household</b>?</p> <p><i>(Read if necessary: Examples of online grocery shopping include grocery delivery, in-app purchases, curbside pickup, or meal kit delivery and subscriptions)</i></p> <p>_____ Number of times</p>
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- **Finding:** across both rounds of cognitive interviews, when answering ONLINE1, some participants were providing rates, such as 2-3 times per week, indicating that they would use the “usual” frequency that they got groceries online and multiply that by 4 weeks to get to a 30-day estimate, rather than recalling and counting specific instances. This question seemed to be more difficult for participants who shopped more frequently for their groceries online. This indicates a lack of precision in answering this question from some participants where estimates were provided.
- **Recommendation:** emphasize the reference period text, “last 30 days” to interviewers through capitalization.
- **Finding:** During round 1 testing, at least one participant indicated that they were considering all their online shopping during the past month, not just groceries. Additionally, some participants indicated that they were purchasing other products with their groceries such as paper products or other household essentials such as cleaners.
- **Recommendation:** emphasize “groceries” text to interviewers through capitalization.
- **Finding:** During round 2 testing at least one participant mentioned that they purchased groceries and had them delivered to others that were not living in the same household (e.g., for their elderly parents).
- **Recommendation:** If ERS wants to emphasize online grocery orders for their household and not all online grocery orders, we suggest adding the following text to the end of ONLINE1 “...for your household”. This text can help clarify that we want respondents to **only** report online grocery purchases for their household.
- **Finding:** Across both rounds of interviews, participants did not have difficulty understanding “online grocery shopping” and did not need to have the additional definitional text read to them when completing the module.
- **Finding:** when participants were shown and asked to provide feedback on the definitional text, several participants mentioned that they did not consider meal kit delivery as purchasing online groceries. This finding is caveated that we did not actively recruit for people who were utilizing meal kit delivery services and we did not capture whether participants were getting meal kits, so this may not be an issue for people who do receive meal kit delivery services.
- **Recommendation:** If ERS is concerned about not capturing this information, OSMR can work on a recommendation that includes meal kit delivery services into the question text.

<i>Original Proposed Wording</i>	<i>Final Recommendation</i>
<p><b>ONLINE2:</b> Did you usually pick up your online grocery order or did you have it delivered?</p> <ol style="list-style-type: none"> <li>1. Usually pickup</li> <li>2. Usually delivered</li> <li>3. About equal between pickup and delivery</li> </ol>	<p><b>ONLINE2:</b> Did you usually pick up your online grocery order or did you have it delivered?</p> <ol style="list-style-type: none"> <li>1. Usually pickup</li> <li>2. Usually delivered</li> <li>3. About equal between pickup and delivery</li> </ol>

- **Finding:** Participants did not indicate any difficulties in answering ONLINE2 during either round of testing. Across both rounds of cognitive interviews, we did have variation in responses given by participants with all response options being chosen.
- **Recommendation:** leave the question as originally worded.

<i>Original Proposed Wording</i>	<i>Final Recommendation</i>
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<p><b>ONLINE3:</b> What is the main reason you chose to purchase groceries online instead of in person?</p> <p>[Interviewers field code response options and select one]:</p> <ol style="list-style-type: none"> <li>1. Price</li> <li>2. Quality of products</li> <li>3. Variety of products</li> <li>4. Convenience</li> <li>5. Customer service</li> <li>6. Needing specialty foods (such as gluten free or vegan, etc.)</li> <li>7. Easier to compare prices across stores</li> <li>8. Transportation limitations</li> <li>9. Time constraints</li> <li>10. Safety concerns</li> <li>11. Other reason</li> </ol>	<p><b>ONLINE3:</b> What is the <b>MAIN</b> reason you chose to purchase groceries <b>ONLINE</b> instead of in person?</p> <p>[Interviewers field code response options and select <b>one</b>]:</p> <ol style="list-style-type: none"> <li>1. Price</li> <li>2. Quality of products</li> <li>3. Variety of products</li> <li>4. Customer service</li> <li>5. Needing specialty foods (such as gluten free or vegan, etc.)</li> <li>6. Easier to compare prices across stores</li> <li>7. Transportation limitations</li> <li>8. Time constraints</li> <li>9. <b>Physical</b> safety concerns</li> <li>10. Other reason</li> </ol>
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- **Finding:** during the first round of testing, at least two participants indicated that they were shopping online mainly due to the COVID-19 pandemic. During follow-up questions, when shown all of the response options, these participants indicated that they would like to see a specific response option for COVID-19.
- **Recommendation:** given that the COVID-19 pandemic may not be as relevant/applicable when the supplement is fielded, our recommendation is to add instructions for interviewers to field code any mention of the pandemic or COVID-19 under “safety concerns”.
- **Finding:** during the first round of cognitive testing, participants responded with “convenience” to this question, however, when probed on what they meant by this, additional information given indicated that another response option was more appropriate, particularly transportation limitations.
- **Tested revision:** we tested different response categories, by removing “convenience” as a response option.
- **Recommendation:** continue to use the revised response options for ONLINE3.
- **Finding:** several participants indicated that they had difficulty in only selecting one response option.
- **Recommendation:** provide interviewer training or instructions on how to direct respondents to choose one response option, emphasizing the **main** reason they purchase groceries online.
- **Finding:** across both rounds of interviews, participants indicated several responses that did not directly align with the options given or wording of the response options (e.g., I ordered online because I was feeling lazy, or I can find items online I cannot find in-store)
- **Recommendation:** to aid in interviewer training, we suggest that ERS provide definitions and examples of what is included for each of these response options to ensure consistency with field coding by interviewers.

- o **Additional Recommendation:** if ERS is concerned about a large number of “other” responses, in addition to interviewer training materials, an “Other specify” response option could be added to this question, however that could add additional timing to the length of the survey.

Original Proposed Wording	Final Recommendation
<p><b>ONLINE4:</b> What is the main reason you did not buy groceries online?</p> <p>[Interviewers field code response options and select one]:</p> <ol style="list-style-type: none"> <li>1. Delivery fee</li> <li>2. Higher prices online</li> <li>3. I can't find the products I like online</li> <li>4. I like being able to see and touch products in person</li> <li>5. I can't wait for the delivery</li> <li>6. I don't like missing, or wrong items in the delivery</li> <li>7. It is difficult to get substitutions I like if an item isn't available</li> <li>8. It takes too long to put an order together</li> <li>9. The grocery websites or apps are too hard to use</li> <li>10. I don't have access to the technology to place an order</li> <li>11. Delivery is not available in my neighborhood</li> <li>12. Other reason</li> </ol>	<p><b>ONLINE4:</b> What is the <b>MAIN</b> reason you did not buy groceries online?</p> <p>[Interviewers field code response options and select one]:</p> <ol style="list-style-type: none"> <li>1. Delivery fee</li> <li>2. Higher prices online</li> <li>3. I can't find the products I like online</li> <li>4. I like being able to see and touch products in person</li> <li>5. I can't wait for the delivery</li> <li>6. I don't like missing, or wrong items in the delivery</li> <li>7. It is difficult to get substitutions I like if an item isn't available</li> <li>8. It takes too long to put an order together</li> <li>9. The grocery websites or apps are too hard to use</li> <li>10. I don't have access to the technology to place an order</li> <li>11. Delivery is not available in my neighborhood</li> <li>12. Other reason</li> </ol>

- **Finding:** across both rounds of cognitive interviews, those who were eligible to receive this question did not have any difficulties in providing a reason why they do not shop for groceries online. These responses matched well and could be easily field coded by the OSMR staff. Given that most respondents we spoke to *did* shop for groceries online, we also solicited feedback on the response options from participants who shopped online. Those respondents indicated that the response options made sense. Additional considerations mentioned included: not being able to use in-store coupons, online apps are not trustworthy or do not work well.
- **Recommendation:** continue to use the original response options for ONLINE4.

Original Proposed Wording	Tested Revision	Final Recommendation
<p><b>FASTFD2:</b> In the last 7 days, how many times did you purchase prepared, ready-to-eat food from a deli, carryout, delivery food, fast food place, or restaurant?</p> <p>[Read if necessary: “Prepared foods from a deli” include ready-to-eat foods from a grocery store deli department, such as rotisserie chicken, pizza, sandwiches, and salads from a salad bar. Frozen foods, including frozen meals, are not included.]</p> <p>_____ Number of times</p>	<p><b>FASTFD2:</b> In the LAST 7 DAYS, excluding frozen foods, how many times did you PURCHASE prepared, ready-to-eat food from a deli, carryout, delivery food, fast food place, or restaurant?</p> <p>[Read if necessary: “Prepared foods from a deli” include ready-to-eat foods from a grocery store deli department, such as rotisserie chicken, pizza, sandwiches, and salads from a salad bar. Frozen foods, including frozen meals, are not included.]</p> <p>_____ Number of times</p>	<p><b>FASTFD2:</b> In the LAST 7 DAYS, excluding frozen foods, how many times did you PURCHASE prepared, READY-TO-EAT food from a deli, carryout, delivery food, fast food place, or restaurant, for your household?</p> <p><b>OR</b> In the LAST 7 DAYS, excluding frozen foods, how many times did you PURCHASE prepared, READY-TO-EAT food from a deli, carryout, delivery food, fast food place, or restaurant, for yourself?</p> <p>[Read if necessary: “Prepared foods from a deli” include ready-to-eat foods from a grocery store deli department, such as rotisserie chicken, pizza, sandwiches, and salads from a salad bar. Frozen foods, including frozen meals, are not included.]</p> <p>_____ Number of times</p>

- **Finding:** During this first round of cognitive testing, FASTFD2 was the question that posed the most difficulty for participants. Participants had difficulty with the reference period shift, some participants indicated that they were thinking about the past 30 days.
- **Recommendation:** emphasize “7 days” text to interviewers through capitalization.
- **Recommendation:** program a soft edit check in the CATI instrument to verify that the respondent is talking about the last 7 days. For example, any response given that is higher than 21 (3 meals a day, times 7 days) triggers a follow-up from interviewers to ask, “is that for the last 7 days”?
- **Recommendation:** emphasize “purchase” text to interviewers through capitalization.
- **Finding:** Across both rounds of interviews, participants did not have difficulty understanding “Prepared foods from a deli” and did not need to have the additional definitional text read to them when completing the module.
- **Finding:** During the first round of cognitive testing, participants indicated confusion upon seeing the additional definitional text related to frozen food. The main issue raised by participants is that prepared foods can still require heating up (e.g., non-frozen burrito from 7-11 or pizza that is fresh but not cooked), and that was not viewed differently than heating up a frozen meal.

- **Recommendation:** place exclusionary text in the question wording, such as, “excluding frozen foods”.
- **Recommendation:** during the ERS review of the round one results memo, they indicated they would like to see “ready-to-eat” emphasized in the question text. We agree with this and recommend that “ready-to-eat” be emphasized to interviewers through capitalization.
- **Tested revision:** we tested the edited question that included emphasis indicators for the reference period, purchase, and new language about excluding frozen foods.
- **Finding:** in both rounds of cognitive testing, participants continued to indicate some difficulty between purchasing and consuming the prepared food. Several participants mentioned purchasing fast food or ready-to-eat food for others in their household, but not for themselves, and several mentioned prepared foods having been purchased for them by another household member. This led to some confusion about what should be included in this question.
- **Recommendation:** depending on what ERS would like to emphasize (either purchasing for the household or for themselves), we recommend either of the following question wording edits:
  - o In the LAST 7 DAYS, excluding frozen foods, how many times did you PURCHASE prepared, READY-TO-EAT food from a deli, carryout, delivery food, fast food place, or restaurant, **for your household?**
  - o In the LAST 7 DAYS, excluding frozen foods, how many times did you PURCHASE prepared, READY-TO-EAT food from a deli, carryout, delivery food, fast food place, or restaurant, **for yourself?**

<i>Original Proposed Wording</i>	<i>Final Recommendation</i>
<p><b>FASTFD_YEST2:</b> Yesterday, did you eat food prepared by any food service provider, such as a deli, restaurant, fast food place, cafeteria, or any other type of eatery?</p> <p>[Read if necessary: “Prepared foods from a deli” include ready-to-eat foods from a grocery store deli department, such as rotisserie chicken, pizza, sandwiches, and salads from a salad bar. Frozen foods, including frozen meals, are not included.]</p> <p>1. Yes 2. No</p>	<p><b>FASTFD_YEST2:</b> <b>YESTERDAY</b>, did you <b>EAT</b> food prepared by any food service provider, such as a deli, restaurant, fast food place, cafeteria, or any other type of eatery?</p> <p>[Read if necessary: “Prepared foods from a deli” include ready-to-eat foods from a grocery store deli department, such as rotisserie chicken, pizza, sandwiches, and salads from a salad bar. Frozen foods, including frozen meals, are not included.]</p> <p>1. Yes 2. No</p>

- **Finding:** Participants did not indicate any difficulties in answering FASTFD\_YEST2 in either rounds of testing.
- **Recommendation:** leave the question as originally worded. For consistency with other questions, place emphasis on the reference period, “yesterday” with capitalization and on “eat” to address any potential difficulties with eating versus purchasing in the previous question.
- **Finding:** Across both rounds of interviews, participants did not have difficulty understanding “Prepared foods from a deli” and did not need to have the additional definitional text read to them when completing the module.
- **Recommendation:** ERS may want to consider removing “[Read if necessary: “Prepared foods from a deli” include ready-to-eat foods from a grocery store deli department, such as rotisserie chicken, pizza, sandwiches, and salads from a salad bar. Frozen foods, including frozen meals, are not included.]” text as it did not appear to be necessary for this question.

<i>Original Proposed Wording</i>	<i>Final Recommendation</i>
<p><b>PRPMEL2:</b> How much of the meal preparation in the household are you usually responsible for?</p> <ol style="list-style-type: none"> <li>1. None</li> <li>2. A little</li> <li>3. Some</li> <li>4. A lot</li> <li>5. All</li> </ol>	<p><b>PRPMEL2:</b> How much of the meal preparation in the household are you usually responsible for?</p> <ol style="list-style-type: none"> <li>1. None</li> <li>2. A little</li> <li>3. Some</li> <li>4. A lot</li> <li>5. All</li> </ol>

- **Finding:** Participants did not indicate any difficulties in answering PRPMEL2 in either rounds of testing. Participants did indicate some variety in responses, but most of the people we spoke to indicated that they did “a lot” or “all” of the meal preparation and were able to articulate how they made distinctions between those options.
- **Recommendation:** leave the question as currently worded.

<i>Original Proposed Wording</i>	<i>Tested Revision</i>	<i>Final Recommendation</i>
<p><b>PRPMEL3:</b> How much do you enjoy doing the food preparation for your household?</p> <ol style="list-style-type: none"> <li>1. Not at all</li> <li>2. A little</li> <li>3. Somewhat</li> <li>4. A lot</li> </ol>	<p><b>PRPMEL3:</b> How much do you enjoy doing the food preparation for your household?</p> <ol style="list-style-type: none"> <li>1. Not at all</li> <li>2. Somewhat</li> <li>3. A lot</li> </ol>	<p><b>PRPMEL3:</b> How much do you enjoy doing the food preparation for your household?</p> <ol style="list-style-type: none"> <li>1. Not at all</li> <li>2. A little</li> <li>3. Somewhat</li> <li>4. A lot</li> </ol>

- **Finding:** Across both rounds of testing, participants did not indicate that they had any difficulties answering PRPMEL3. Participants were able to discuss why they chose a particular response, giving a variety of reasons for why they enjoyed or did not enjoy doing the food preparation for their household.
- **Finding:** Based on feedback from an OEUS observer on the interviews for round 1, they suggested that there may be difficulties in distinguishing between the response categories “somewhat” and “a little”. While this issue did not come up during the cognitive interviews with participants, this could be a potential issue with any questions using these response options.
- **Tested revision:** after discussing options with OEUS and ERS we tested the revised response options of “not at all”, “somewhat” and “a lot” during round 2 of cognitive testing.
- **Finding:** the majority of participants in round 2 chose “A lot” with a few choosing “somewhat”.

- **Recommendation:** We are recommending utilizing the original response options for PRPMEL3. Testing in round 1 found more variability in the response options chosen when there were four response options. Testing in round 2 had almost uniform reporting of “a lot”. We are concerned that with the tested revision there will be little variability in responses.

## Attachment A: Cognitive Interview Guide for Round 1 Testing

### ATUS Eating and Health Module 2022-2023 Cognitive Interviewing Protocol Round 1

#### Introduction

Hello, my name is \_\_\_\_\_ and I work the Bureau of Labor Statistics. Thank you for taking the time to talk with me today. I'm joined by my colleague \_\_\_\_\_ today.

We are going to be working with some questions that might be asked as part of the American Time Use Survey, which is an ongoing national survey that provides information about how Americans spend their time. This survey first asks how you spent your time in the previous 24 hours. After these questions, some questions about eating, drinking and health.

Before new survey questions are asked, it's important to test them out with people like you, to make sure that they make sense and are easy to follow. Your answers will help us improve the questions. There are no right or wrong answers; we're looking for your reactions and honest feedback. Your name will not be included in the report, and nothing that you say will be attributed directly to you.

We are not here to evaluate you, we are looking to improve the questions. We are actually more interested in how easy the questions are to understand more than the information about your eating and health.

#### Informed Consent:

Upon beginning a remote testing session, participants will read this information or shown the following information and asked for their verbal consent prior to beginning the study:

- We estimate the session will last 45 to 60 minutes.
- Your participation in this research project is voluntary, and you have the right to stop at any time.
- The Bureau of Labor Statistics is conducting this voluntary study under OMB No. 1220-0141, which expires on April 30, 2021. Without this currently approved number, we could not conduct this research. Your responses are also protected by law:

The Bureau of Labor Statistics, its employees, agents, and partner statistical agencies, will use the information you provide for statistical purposes only and will hold the information in confidence to the full extent permitted by law. In accordance with the Confidential Information Protection and Statistical Efficiency Act (44 U.S.C. 3572) and other applicable Federal laws, your responses will not be disclosed in identifiable form without your informed consent

Do you have any questions before we proceed?

Do you agree to participate?

#### Questionnaire completion:

*If reading the survey/administering over the phone:*

- I will read the survey aloud to you, please tell me your answers.

- If a question isn't clear or you don't understand some wording that is used, please let me know. We want these questions to be clear and easy to understand.
- If there are any questions you would rather not answer, let me know.

Before we get started, I want to verify some information. Can you please confirm your age and the number of people living in your household?

- Age: \_\_\_\_
- Household size: \_\_\_\_

Thank you. As mentioned, the American Time Use Survey is interested in understanding how people spent their time in the previous 24-hours. So now I'd like to find out how you spent your time yesterday, <DAY & DATE>. If an activity is too personal, there's no need to mention it.

- Let's begin with yesterday, <DAY>, at 4 a.m. What were you doing?
  - o (if sleeping) What time did you wake up yesterday?
  - o (if not sleeping) What did you do next?
- What did you do next?
  - o How long did you spend <ACTIVITY>?
- What did you do next?
  - o How long did you spend <ACTIVITY>?
- What did you do next?
  - o How long did you spend <ACTIVITY>?
- \*... (Continue until the participant mentions sleep or runs through 4 a.m. of the interview day)
  - o What time did you wake up?
  - o (If woke up before 4 am) What did you do next?
    - How long did you spend <ACTIVITY>?
    - \*...(Continue until the participant reaches 4am of the interview day)

### **EHM Questions**

Thank you for walking me through your day. Next, I would now like to ask you some questions about eating and health. We're interested in finding out more about how people fit meals and snacks into their schedules.

### **Debriefing section**

Thanks for your answers so far. I would like to get some general feedback before we talk about some of the questions individually, so I can understand what you were thinking when you answered them.

- What was your reaction to the questions overall? (if necessary, specify just the EHM questions)
- Did any of those questions stand out to you for any reason?
- Were there any questions in this survey that you think some people might find sensitive?
- Were there any questions in this survey that you think some people might find difficult?

## EAT

[Fill: Yesterday, you reported eating or drinking between [read times].]

[Fill: You did not report any eating or drinking as a main activity yesterday.]

Were there any [fill: other] times you were eating any meals or snacks yesterday, for example while you were doing something else?

When thinking about meals or snacks, also consider any fruits, veggies, sweets, salty snacks, or any other small meal or snack that you ate while doing something else.

1. Yes [Go to EATSUM]
2. No [Go to FDPRP]
- Don't know/Refused [Go to FDPRP]

- What do you think this question is really asking?
- What comes to mind when you think of “small meals.” How about “snacks?”
- What does it mean to fit small meals and snacks into your schedule while doing something else? How do you do this?

## GROSH2

How much of the grocery shopping in the household are you usually responsible for?

[Note for interviewers: “grocery shopping” includes both in-store shopping for groceries, and shopping for groceries online or by phone, and either picking them up or asking for them to be delivered to you]

1. None
  2. A little
  3. Some
  4. A lot
  5. All
- Don't know/Refused

- How did you come up with that answer?
- To you, what does it mean to be “responsible” for the grocery shopping?
- What does “usually” mean to you in this question? Did you think about a certain timeframe?

## GROSH3

How much do you enjoy doing the grocery shopping for your household?

1. Not at all
2. A little
3. Somewhat

4. A lot

Don't know/Refused

All entries: [Go to STORES]

- For this question you answered \_\_\_\_\_. Can you tell me more about that?
  - (If somewhat or a lot) for what reasons do you enjoy grocery shopping?
  - (If not at all or a little) for what reasons do you not enjoy grocery shopping?

## STORES

Where do you get the majority of your groceries when shopping in person? Do you get them at the...

READ ALOUD ITEMS IN **BOLD** [interviewers select one]:

1. **Grocery store** [Go to STREASON]
  2. **Supercenter, such as Wal-Mart or Target** [Go to STREASON]
  3. **Warehouse club, such as Costco, Sam's or BJ's, or** [Go to STREASON]
  4. **Drugstore or convenience store?** [Go to STREASON]
  5. Other
- Don't know/Refused [Go to ONLINE1]

- How did you come up with your answer?
  - How did you decide that \_\_\_\_\_ was where you get the majority of your groceries?
- Was it easy or difficult to select only one of these options? How so?
- What does "shopping in person" mean to you?

## STREASON

What is the main reason you shop there? Is it because of...

READ ALOUD ITEMS IN **BOLD** [interviewers select one]:

8. **Price**
  9. **Location**
  10. **Convenience**
  11. **Quality of products**
  12. **Variety of products, or**
  13. **Customer service**
  14. Other
- Don't know/Refused

- For this question you answered \_\_\_\_\_. Can you tell me more about that?
- Was it easy or difficult to select only one of these options? How so?
- To you, what is the difference between Location and Convenience?

### ONLINE1

Thinking back over the last 30 days, how many times did you purchase groceries online for pick up or delivery?

(*Read if necessary:* Examples of online grocery shopping include grocery delivery, in-app purchases, curbside pickup, or meal kit delivery and subscriptions)

\_\_\_\_\_ Number of times

- Could you tell me what you think this question was asking in your own words?
- (If more than 1 time) For this question you answered \_\_\_\_\_ number of times. Can you tell me more about how you came up with that number?
- What time frame were you thinking about when you answered this question?
- To you, what does “purchasing groceries online” mean? What are some examples that come to mind of online grocery shopping?
- [Insert ERS definition/examples] What is your reaction to this definition? Would you change anything about it?

### ONLINE2

Did you usually pick up your online grocery order or did you have it delivered?

1. Usually pickup
2. Usually delivered
3. About equal between pickup and delivery

Don't know/Refused

- Could you tell me what you think this question was asking in your own words?
- How did you come up with that answer?
- What does “usually” mean to you in this question? Did you think about a certain timeframe?

### ONLINE3

What is the main reason you chose to purchase groceries online instead of in person? [Interviewers field code response options and select **one**]:

1. Price
2. Quality of products
3. Variety of products
4. Convenience
5. Customer service
6. Needing specialty foods (such as gluten free or vegan, etc.)

7. Easier to compare prices across stores
8. Transportation limitations
9. Time constraints
10. Safety concerns
11. Other reason

- For this question you answered \_\_\_\_\_. Can you tell me more about that?
- Besides your answer of \_\_\_\_\_, what other reasons might people choose to purchase groceries online instead of in person?
- I am going to read/show you a list of potential reasons why people might grocery shop online (display ONLINE3 response options). After you see/hear them, what are your reactions? Do any of them stand out to you?
- (If needed) What other reasons not listed you can think of?

#### ONLINE4

What is the main reason you did not buy groceries online?

[Interviewers field code response options and select **one**]:

1. Delivery fee
2. Higher prices online
3. I can't find the products I like online
4. I like being able to see and touch products in person
5. I can't wait for the delivery
6. I don't like missing, or wrong items in the delivery
7. It is difficult to get substitutions I like if an item isn't available
8. It takes too long to put an order together
9. The grocery websites or apps are too hard to use
10. I don't have access to the technology to place an order
11. Delivery is not available in my neighborhood
12. Other reason

- For this question you answered \_\_\_\_\_. Can you tell me more about that?
- Besides your answer of \_\_\_\_\_, what other reasons might people choose NOT to purchase groceries online?
- I am going to read/show you a list of potential reasons why people might NOT grocery shop online (display ONLINE4 response options). After you see/hear them, what are your reactions? Do any of them stand out to you?
- What other reasons not listed you can think of?

#### FASTFD2

In the last 7 days, how many times did you purchase prepared, ready-to-eat food from a deli, carryout,

delivery food, fast food place, or restaurant?

[*Read if necessary:* “Prepared foods from a deli” include ready-to-eat foods from a grocery store deli department, such as rotisserie chicken, pizza, sandwiches, and salads from a salad bar. Frozen foods, including frozen meals, are not included.]

\_\_\_\_\_ Number of times

Don't know/Refused

- (If zero) For this question you answered 0 times. Did you or someone else in your household prepare meals?
- (If more than 1 times) For this question you answered \_\_\_\_\_ number of times. Can you tell me more about how you came up with that number?
- What went through your mind when you came up with that answer?
- What time frame were you thinking about when you answered this question?
- What foods come to mind when you hear “ready-to-eat food?”
- What foods come to mind when you hear “prepared foods from a deli?”
- I am going to show/read you a definition of “prepared foods from a deli”:
  - *Prepared foods from a deli” include ready-to-eat foods from a grocery store deli department, such as rotisserie chicken, pizza, sandwiches, and salads from a salad bar. Frozen foods, including frozen meals, are not included.*
- What are your reactions to that definition? Are there foods that came to mind not included in the examples?

## FASTFD\_YEST2

Yesterday, did you eat food prepared by any food service provider, such as a deli, restaurant, fast food place, cafeteria, or any other type of eatery?

[*Read if necessary:* “Prepared foods from a deli” include ready-to-eat foods from a grocery store deli department, such as rotisserie chicken, pizza, sandwiches, and salads from a salad bar. Frozen foods, including frozen meals, are not included.]

1. Yes
2. No

Don't know/Refused

- For this question you answered \_\_\_\_\_. Can you tell me more about that?
- (If yes), what type of food did you eat?
- What time frame did you think about when answering this question?
- To you, what does the term “food service provider” mean?
- When you heard the term “any other type of eatery” what types of places came to mind?
- When you hear the term “nonprofit food provider” what types of places come to mind?
- When you considered other types of eateries, can you tell me whether any of the following came to mind?
  - Meals on wheels
  - Food pantry
  - Soup kitchen

- o School cafeteria
- o Any others?
- Did you find this question personal? Do you think other people would find it personal?

### **PRPMEL2**

How much of the meal preparation in the household are you usually responsible for?

1. None
2. A little
3. Some
4. A lot
5. All

Don't know/Refused

- How did you come up with that answer?
- To you, what does being "responsible" for meal preparation mean?
- What does "usually" mean to you in this question? Did you think about a certain timeframe?

### **PRPMEL3**

How much do you enjoy doing the food preparation for your household?

1. Not at all
2. A little
3. Somewhat
4. A lot

Don't know/Refused

- For this question you answered \_\_\_\_\_. Can you tell me more about that?
  - o (If somewhat or a lot) for what reasons do you enjoy doing the food preparation for your household?
  - o (If not at all or a little) for what reasons do you not enjoy doing the food preparation for your household?

### **Conclusion**

Thank you very much for that information. I have a few final follow-up questions for you:

- Is there anything you would like to see changed or improved in the survey?
- Is there anything that we have not already discussed that you would like to share?

Thank you very much for your time. We very much appreciate all of your feedback.

### **Attachment B: Cognitive Interview Guide for Round 2 Testing**

## ATUS Eating and Health Module 2022-2023 Cognitive Interviewing Protocol Round 2

### Introduction

Hello, my name is \_\_\_\_\_ and I work the Bureau of Labor Statistics. Thank you for taking the time to talk with me today. I'm joined by my colleague \_\_\_\_\_ today.

We are going to be working with some questions that might be asked as part of the American Time Use Survey, which is an ongoing national survey that provides information about how Americans spend their time. This survey first asks how you spent your time in the previous 24 hours. After these questions, some questions about eating, drinking and health.

Before new survey questions are asked, it's important to test them out with people like you, to make sure that they make sense and are easy to follow. Your answers will help us improve the questions. There are no right or wrong answers; we're looking for your reactions and honest feedback. Your name will not be included in the report, and nothing that you say will be attributed directly to you.

We are not here to evaluate you, we are looking to improve the questions. We are actually more interested in how easy the questions are to understand more than the information about your eating and health.

### Informed Consent:

Upon beginning a remote testing session, participants will read this information or shown the following information and asked for their verbal consent prior to beginning the study:

- We estimate the session will last 45 to 60 minutes.
- Your participation in this research project is voluntary, and you have the right to stop at any time.
- The Bureau of Labor Statistics is conducting this voluntary study under OMB No. 1220-0141, which expires on April 30, 2021. Without this currently approved number, we could not conduct this research. Your responses are also protected by law:

The Bureau of Labor Statistics, its employees, agents, and partner statistical agencies, will use the information you provide for statistical purposes only and will hold the information in confidence to the full extent permitted by law. In accordance with the Confidential Information Protection and Statistical Efficiency Act (44 U.S.C. 3572) and other applicable Federal laws, your responses will not be disclosed in identifiable form without your informed consent

Do you have any questions before we proceed?

Do you agree to participate?

### Questionnaire completion:

*If reading the survey/administering over the phone:*

- I will read the survey aloud to you, please tell me your answers.

- If a question isn't clear or you don't understand some wording that is used, please let me know. We want these questions to be clear and easy to understand.
- If there are any questions you would rather not answer, let me know.

Before we get started, I want to verify some information. Can you please confirm your age and the number of people living in your household?

- Age: \_\_\_\_
- Household size: \_\_\_\_

Thank you. As mentioned, the American Time Use Survey is interested in understanding how people spent their time in the previous 24-hours. So now I'd like to find out how you spent your time yesterday, <DAY & DATE>. If an activity is too personal, there's no need to mention it.

- Let's begin with yesterday, <DAY>, at 4 a.m. What were you doing?
  - o (if sleeping) What time did you wake up yesterday?
  - o (if not sleeping) What did you do next?
- What did you do next?
  - o How long did you spend <ACTIVITY>?
- What did you do next?
  - o How long did you spend <ACTIVITY>?
- What did you do next?
  - o How long did you spend <ACTIVITY>?
- \*... (Continue until the participant mentions sleep or runs through 4 a.m. of the interview day)
  - o What time did you wake up?
  - o (If woke up before 4 am) What did you do next?
    - How long did you spend <ACTIVITY>?
    - \*...(Continue until the participant reaches 4am of the interview day)

### **EHM Questions**

Thank you for walking me through your day. Next, I would now like to ask you some questions about eating and health. We're interested in finding out more about how people fit meals and snacks into their schedules.

### **Debriefing section**

Thanks for your answers so far. I would like to get some general feedback before we talk about some of the questions individually, so I can understand what you were thinking when you answered them.

- What was your reaction to the questions overall? (if necessary, specify just the EHM questions)
- Did any of those questions stand out to you for any reason?
- Were there any questions in this survey that you think some people might find sensitive?
- Were there any questions in this survey that you think some people might find difficult?

## EAT

[Fill: Yesterday, you reported eating or drinking between [read times].]

[Fill: You did not report any eating or drinking as a main activity yesterday.]

Were there any [fill: other] times you were eating any meals or snacks yesterday, for example while you were doing something else?

When thinking about meals or snacks, also consider any fruits, veggies, sweets, salty snacks, or any other small meal or snack that you ate while doing something else.

1. Yes [Go to EATSUM]
2. No [Go to FDPRP]
- Don't know/Refused [Go to FDPRP]

- What do you think this question is really asking?
- What comes to mind when you think of "small meals." How about "snacks?"
- What does it mean to fit small meals and snacks into your schedule while doing something else? How do you do this?

## GROSH2

How much of the grocery shopping in the household do you usually do?

[Note for interviewers: "grocery shopping" includes both in-store shopping for groceries, and shopping for groceries online or by phone, and either picking them up or asking for them to be delivered to you]

6. None
  7. A little
  8. Some
  9. A lot
  10. All
- Don't know/Refused

- How did you come up with that answer?
- What does "usually" mean to you in this question? Did you think about a certain timeframe?
- [If necessary, probe on if they are including in-store, online, or both]
- [If necessary, probe on if have any difficulties with picking-up versus paying for groceries]

### GROSH3

How much do you enjoy doing the grocery shopping for your household?

- 5. Not at all
- 6. Somewhat
- 7. A lot

Don't know/Refused

All entries: [Go to STORES]

- For this question you answered \_\_\_\_\_. Can you tell me more about that?
  - o (If a lot) for what reasons do you enjoy grocery shopping?
  - o (If not at all) for what reasons do you not enjoy grocery shopping?

### STORES

Where do you get the majority of your groceries when shopping IN-PERSON? Do you get them at the...

READ ALOUD ITEMS IN **BOLD** [interviewers select one]:

- 6. **Grocery store** [Go to STREASON]
- 7. **Supercenter, such as Wal-Mart or Target** [Go to STREASON]
- 8. **Warehouse club, such as Costco, Sam's or BJ's, or** [Go to STREASON]
- 9. **Drugstore or convenience store?** [Go to STREASON]
- 10. Other
- Don't know/Refused [Go to ONLINE1]

- How did you come up with your answer?
  - o How did you decide that \_\_\_\_\_ was where you get the majority of your groceries?
- Was it easy or difficult to select only one of these options? How so?
- What does "shopping in person" mean to you?

### STREASON

What is the MAIN reason you shop there? Is it because of...

READ ALOUD ITEMS IN **BOLD** [interviewers select one]:

- 15. **Price**
- 16. **Location**
- 17. **Quality of products**
- 18. **Variety of products**
- 19. **Customer service, or**
- 20. **Physical safety**
- 21. Other

Don't know/Refused

- For this question you answered \_\_\_\_\_. Can you tell me more about that?
- Was it easy or difficult to select only one of these options? How so?

### ONLINE1

Thinking back over the LAST 30 DAYS, how many times did you purchase GROCERIES ONLINE for pick up or delivery?

*(Read if necessary: Examples of online grocery shopping include grocery delivery, in-app purchases, curbside pickup, or meal kit delivery and subscriptions)*

\_\_\_\_\_ Number of times

- Could you tell me what you think this question was asking in your own words?
- (If more than 1 time) For this question you answered \_\_\_\_\_ number of times. Can you tell me more about how you came up with that number?
- What time frame were you thinking about when you answered this question?
- To you, what does “purchasing groceries online” mean? What are some examples that come to mind of online grocery shopping?
- [Insert ERS definition/examples] What is your reaction to this definition? Would you change anything about it?

### ONLINE2

Did you usually pick up your online grocery order or did you have it delivered?

4. Usually pickup
5. Usually delivered
6. About equal between pickup and delivery

Don't know/Refused

- Could you tell me what you think this question was asking in your own words?
- How did you come up with that answer?
- What does “usually” mean to you in this question? Did you think about a certain timeframe?

### ONLINE3

What is the MAIN reason you chose to purchase groceries online instead of in person? [Interviewers field code response options and select **one**]:

12. Price
13. Quality of products
14. Variety of products
15. Customer service
16. Needing specialty foods (such as gluten free or vegan, etc.)
17. Easier to compare prices across stores
18. Transportation limitations
19. Time constraints
20. Physical safety concerns
21. Other reason

- For this question you answered \_\_\_\_\_. Can you tell me more about that?
- Besides your answer of \_\_\_\_, what other reasons might people choose to purchase groceries online instead of in person?
- I am going to read/show you a list of potential reasons why people might grocery shop online (display ONLINE3 response options). After you see/hear them, what are your reactions? Do any of them stand out to you?
- (If needed) What other reasons not listed you can think of?

### ONLINE4

What is the MAIN reason you did not buy groceries online?

[Interviewers field code response options and select **one**]:

13. Delivery fee
14. Higher prices online
15. I can't find the products I like online
16. I like being able to see and touch products in person
17. I can't wait for the delivery
18. I don't like missing, or wrong items in the delivery
19. It is difficult to get substitutions I like if an item isn't available
20. It takes too long to put an order together
21. The grocery websites or apps are too hard to use
22. I don't have access to the technology to place an order
23. Delivery is not available in my neighborhood
24. Other reason

- For this question you answered \_\_\_\_\_. Can you tell me more about that?
- Besides your answer of \_\_\_\_, what other reasons might people choose NOT to purchase groceries online?
- I am going to read/show you a list of potential reasons why people might NOT grocery shop online (display ONLINE4 response options). After you see/hear them, what are your reactions? Do any of them stand out to you?
- What other reasons not listed you can think of?

## FASTFD2

In the LAST 7 DAYS, excluding frozen foods, how many times did you PURCHASE prepared, ready-to-eat food from a deli, carryout, delivery food, fast food place, or restaurant?

[*Read if necessary:* “Prepared foods from a deli” include ready-to-eat foods from a grocery store deli department, such as rotisserie chicken, pizza, sandwiches, and salads from a salad bar. Frozen foods, including frozen meals, are not included.]

\_\_\_\_\_ Number of times

Don't know/Refused

- (If zero) For this question you answered 0 times. Did you or someone else in your household prepare meals?
- (If more than 1 times) For this question you answered \_\_\_\_\_ number of times. Can you tell me more about how you came up with that number?
- What time frame were you thinking about when you answered this question?
- What foods come to mind when you hear “ready-to-eat food?”
- What foods come to mind when you hear “prepared foods from a deli?”
- I am going to show/read you a definition of “prepared foods from a deli”:
  - o *Prepared foods from a deli” include ready-to-eat foods from a grocery store deli department, such as rotisserie chicken, pizza, sandwiches, and salads from a salad bar. Frozen foods, including frozen meals, are not included.*
- What are your reactions to that definition? Are there foods that came to mind not included in the examples?

## FASTFD\_YEST2

YESTERDAY, did you EAT food prepared by any food service provider, such as a deli, restaurant, fast food place, cafeteria, or any other type of eatery?

[*Read if necessary:* “Prepared foods from a deli” include ready-to-eat foods from a grocery store deli department, such as rotisserie chicken, pizza, sandwiches, and salads from a salad bar. Frozen foods, including frozen meals, are not included.]

3. Yes

4. No

Don't know/Refused

- For this question you answered \_\_\_\_\_. Can you tell me more about that?

- (If yes), what type of food did you eat?
- What time frame did you think about when answering this question?
- To you, what does the term “food service provider” mean?
- When you heard the term “any other type of eatery” what types of places came to mind?
- When you hear the term “nonprofit food provider” what types of places come to mind?
- When you considered other types of eateries, can you tell me whether any of the following came to mind?
  - Meals on wheels
  - Food pantry
  - Soup kitchen
  - School cafeteria
  - Any others?
- Did you find this question personal? Do you think other people would find it personal?

### PRPMEL2

How much of the meal preparation in the household are you usually responsible for?

6. None
7. A little
8. Some
9. A lot
10. All

Don't know/Refused

- How did you come up with that answer?
- To you, what does being “responsible” for meal preparation mean?
- What does “usually” mean to you in this question? Did you think about a certain timeframe?

### PRPMEL3

How much do you enjoy doing the food preparation for your household?

5. Not at all
6. Somewhat
7. A lot

Don't know/Refused

- For this question you answered \_\_\_\_\_. Can you tell me more about that?
  - (If a lot) for what reasons do you enjoy doing the food preparation for your household?
  - (If not at all) for what reasons do you not enjoy doing the food preparation for your household?

### Conclusion

Thank you very much for that information. I have a few final follow-up questions for you:

- Is there anything you would like to see changed or improved in the survey?
- Is there anything that we have not already discussed that you would like to share?

Thank you very much for your time. We very much appreciate all of your feedback.

## **Attachment C: Suggested Revisions to 2022-23 EHM Questionnaire**

### **INTRO:**

I would now like to ask you some questions about eating and health. We're interested in finding out more about how people fit meals and snacks into their schedules.

[Go to EAT]

Secondary eating:

**EAT:**

[Fill: Yesterday, you reported eating or drinking between [read times].]

[Fill: You did not report any eating or drinking as a main activity yesterday.]

Were there any [fill: other] times you were eating any meals or snacks yesterday, for example while you were doing something else?

When thinking about meals or snacks also consider any fruits, veggies, sweets, or salty snacks you ate.

1. Yes [Go to EATSUM]
2. No [Go to FDPRP]  
Don't know/Refused [Go to FDPRP]

**EATSUM:**

During which activities?

*\*Read if necessary: Were there any other times you were eating yesterday?*

1. Respondent reports activities [Go to EATWHN]
2. None/no more eating activities [Go to FDPRP]  
Don't know/Refused [Go to FDPRP]

**EATWHN:**

Were you eating the entire time you were [fill: ACTIVITY]?

1. Yes [Go to next activity with secondary eating]
2. No [Go to DUR]  
Don't know/Refused [Go to next activity with secondary eating]

**DUR:**

About how long would you say you were eating while you were [fill: ACTIVITY]?

\_\_\_\_\_ hours \_\_\_\_\_ minutes

[If additional activities identified in EATSUM, Go to EATWHN]

[If no more activities identified in EATSUM, Go to FDPRP]

Grocery shopping & food preparation:

**FDPRP:**

Now I'd like to ask some questions about grocery shopping and food preparation.

All entries: [Go to GROSHP2]

**GROSHP2:**

How much of the grocery shopping in the household do you usually do?

[note for interviewers: "grocery shopping" includes both in-store shopping for groceries, and shopping for groceries online or by phone, and either picking them up or asking for them to be delivered to you]

11. None

12. A little

13. Some

14. A lot

15. All

Don't know/Refused

Entries of 1 or DK/R: [Go to FASTFD2]

Entries of 2-5: [Go to GROSHP3]

**GROSHP3:**

How much do you enjoy doing the grocery shopping for your household?

1. Not at all

2. A little

3. Somewhat

4. A lot

Don't know/Refused

All entries: [Go to STORES]

**STORES:**

Where do you get the MAJORITY of your groceries when shopping IN-PERSON? Do you get them at the...

READ ALOUD ITEMS IN **BOLD** [interviewers select one]:

- 11. **Grocery store** [Go to STREASON]
- 12. **Supercenter, such as Wal-Mart or Target** [Go to STREASON]
- 13. **Warehouse club, such as Costco, Sam's or BJ's, or** [Go to STREASON]
- 14. **Drugstore or convenience store?** [Go to STREASON]
- 15. Other  
    Don't know/Refused [Go to ONLINE1]

**STREASON:**

What is the MAIN reason you shop there? Is it because of...

READ ALOUD ITEMS IN **BOLD** [interviewers select one]:

- 22. **Price**
- 23. **Location**
- 24. **Quality of products**
- 25. **Variety of products**
- 26. **Customer service, or**
- 27. **Physical Safety**
- 28. Other  
    Don't know/Refused

All entries: [Go to ONLINE1]

**ONLINE1:**

Thinking back over the LAST 30 DAYS, how many times did you purchase GROCERIES ONLINE for pick up or delivery for your household?

*(Read if necessary: Examples of online grocery shopping include grocery delivery, in-app purchases, curbside pickup, or meal kit delivery and subscriptions)*

\_\_\_\_\_ Number of times

[If zero, Go to ONLINE4]

[If 1 or more, Go to ONLINE2]

[If Don't know/Refused, Go to FASTFD2]

**ONLINE2:**

Did you usually pick up your online grocery order or did you have it delivered?

- 7. Usually pickup

8. Usually delivered
9. About equal between pickup and delivery

Don't know/Refused

All entries: [Go to ONLINE3]

**ONLINE3:**

What is the MAIN reason you chose to purchase groceries ONLINE instead of in person?

[Interviewers field code response options and select **one**]:

22. Price
23. Quality of products
24. Variety of products
25. Customer service
26. Needing specialty foods (such as gluten free or vegan, etc.)
27. Easier to compare prices across stores
28. Transportation limitations
29. Time constraints
30. Physical safety concerns
31. Other reason

Don't know/Refused

All entries: [Go to FASTFD2]

**ONLINE4:**

What is the MAIN reason you did not buy groceries online?

[Interviewers field code response options and select **one**]:

25. Delivery fee
26. Higher prices online
27. I can't find the products I like online
28. I like being able to see and touch products in person
29. I can't wait for the delivery
30. I don't like missing, or wrong items in the delivery
31. It is difficult to get substitutions I like if an item isn't available
32. It takes too long to put an order together
33. The grocery websites or apps are too hard to use
34. I don't have access to the technology to place an order
35. Delivery is not available in my neighborhood
36. Other reason

Don't know/Refused

All entries: [Go to FASTFD2]

**FASTFD2:**

In the LAST 7 DAYS, excluding frozen foods, how many times did you PURCHASE prepared, READY-TO-EAT food from a deli, carryout, delivery food, fast food place, or restaurant, for your household?

[or]

In the LAST 7 DAYS, excluding frozen foods, how many times did you PURCHASE prepared, READY-TO-EAT food from a deli, carryout, delivery food, fast food place, or restaurant, for yourself?

[Read if necessary: "Prepared foods from a deli" include ready-to-eat foods from a grocery store deli department, such as rotisserie chicken, pizza, sandwiches, and salads from a salad bar. Frozen foods, including frozen meals, are not included.]

\_\_\_\_\_ Number of times

Don't know/Refused

All entries: [Go to FASTFD\_YEST2]

**FASTFD\_YEST2:**

YESTERDAY, did you EAT food prepared by any food service provider, such as a deli, restaurant, fast food place, cafeteria, or any other type of eatery?

[Read if necessary: "Prepared foods from a deli" include ready-to-eat foods from a grocery store deli department, such as rotisserie chicken, pizza, sandwiches, and salads from a salad bar. Frozen foods, including frozen meals, are not included.]

5. Yes

6. No

Don't know/Refused

All entries: [Go to PRPMEL2]

**PRPMEL2:**

How much of the meal preparation in the household are you usually responsible for?

- 11. None
- 12. A little
- 13. Some
- 14. A lot
- 15. All

Don't know/Refused

Entries of 1 or DK/R: [Go to FDSIT2]

Entries of 2 to 5: [Go to PRPMEL3]

**PRPMEL3:**

How much do you enjoy doing the food preparation for your household?

- 8. Not at all
- 9. A little
- 10. Somewhat
- 11. A lot

Don't know/Refused

All entries: [Go to FDSIT2]

**FDSIT2:**

[if HH size = 1, fill "I"; if HH size > 1, fill "we"]

The next question is about the food eaten in your household. Which of the following statements best describes the amount of food eaten in your household in the last 30 days—enough of the kinds of food [fill: I/we] want, enough but not always the kinds of food [fill: I/we] want, sometimes not enough to eat, or often not enough to eat?

- 1. Enough of the kinds of food we want to eat
- 2. Enough, but not always the kinds of food we want to eat
- 3. Sometimes not enough to eat
- 4. Often not enough to eat

Don't know/Refused

All entries: [Go to FDSTP]

**FDSTP:**

In the past 30 days, did you or any member of this household receive [fill State SNAPNAME], SNAP, or food stamp benefits?

*\*Read if Necessary: SNAP is the Supplemental Nutrition Assistance Program that was formerly known as the Food Stamp Program; it provides benefits for the purchase of groceries.*

NOTE: The fill <SNAPNAME> is the State program name. If the State name is SNAP or Food Stamps, then the question reads, "...receive SNAP or food stamp benefits."

Interviewer instruction: Do NOT include WIC, the School Lunch Program, or assistance from food banks.

1. Yes
2. No

Don't Know/Refused

All entries: [Go to WIC if household has a woman ages 15-50 or a child age 0-5]  
[Else go to DIET]

**WIC:**

**Universe: Households that have at least one woman between the ages of 15-50 or at least one child age 0-5**

*\*Read if Necessary: WIC is short for the Special Supplemental Food Program for Women, Infants, and Children. This program provides food assistance and nutritional screening to low-income pregnant and postpartum women and their infants, as well as to low-income children up to age 5.*

In the last 30 days, did [fill: you/you or any member of your household] receive benefits from the WIC program, that is, the Women, Infants and Children program?

1. Yes
2. No

Don't Know/Refused

All entries: [Go to DIET]

**DIET:**

In general, would you say that the quality of your diet is...

1. Excellent
2. Very good
3. Good
4. Fair
5. Poor

Don't know/Refused

All entries: [Go to HLTHINT]

Physical health:

**HLTHINT:**

Alright, we're almost done here. I'm going to switch topics and ask you a few final questions about your physical health that might affect how you use your time.

[Go to HEALTH]

**HEALTH:**

In general, would you say that your health is excellent, very good, good, fair, or poor?

1. Excellent
2. Very good
3. Good
4. Fair
5. Poor

Don't Know/Refused

All entries: [Go to EXERCISE]

**EXERCISE:**

During the past seven days, other than your regular job, did you participate in any leisure-time physical activities or exercises for fitness and health such as running, bicycling, working out in a gym, walking for exercise, or playing sports?

1. Yes [Go to EXFREQ]
  2. No [Go to HEIGHT]
- Don't Know/Refused [Go to HEIGHT]

**EXFREQ:**

How many times over the past seven days did you take part in these activities?

\_\_\_\_\_ Times per past seven days

Don't Know/Refused

All entries: [Go to EXINT]

**EXINT:**

How much of this leisure-time physical activity and exercise was vigorous enough to cause a large increase in breathing or heart rate?

1. None
2. A little
3. Some
4. A lot
5. All

Don't Know/Refused

All entries: [Go to HEIGHT]

**HEIGHT:**

How tall are you without shoes?

All entries: [Go to WGHT]

**WGHT:**

How much do you weigh without shoes? [fill: Since pregnancy affects weight, please let me know if you are currently pregnant.\*\*]

\*\*If the respondent is a woman ages 18 to 50, fill "Since pregnancy affects weight, please let me know if you are currently pregnant"

All entries: [Go to INCOME]

**INCOME:**

The next question is about your household income.

All entries: [Go to INCOME3]

**INCOME3:**

Last month, was your total household income before taxes more or less than [fill: 200 percent of poverty threshold\*\*] per month?

1. More
2. Less
3. Equal

Don't know/refused

\*\* Amount for fill depends on the number of household members.

All entries: [Go to THANKYOU]