



<b>Afternoon (14h00 – 17h00)</b>		
<b>Supper Time (17h00 – sunset)</b>		
<b>After supper, at bedtime and through the night</b>		

dsp1	Was this a usual day in terms of eating? (CIRCLE ONLY <b><u>ONE</u></b> ANSWER.)	Yes.....1 No.....2	Skip to anthropometry section if answer is yes
dsp2	If not, what was the reason?		

**CHECK THE QUESTIONNAIRE & THANK THE RESPONDENT FOR PROVIDING INFORMATION ON YESTERDAY’S FOOD INTAKE. PROCEED WITH SSB CONSUMPTION QUESTIONNAIRE.**

SUPERVISOR INITIAL FOR CHECKING 24HR RECALL	
INITIAL FOR CODING OF 24HR RECALL	



# HEALTH

No.	QUESTIONS	ANSWERS	SKIPS
he1	Has a professional ever diagnosed you with one of the following diseases? (PROMPT FOR EACH ITEM; CIRCLE ONLY ONE ANSWER FOR EACH ITEM)	Diabetes Mellitus..... Yes.....1 No.....2	
		Heart disease..... Yes.....1 No.....2	
		High cholesterol..... Yes.....1 No.....2	
		Hypertension/high blood pressure..... Yes.....1 No.....2	
		Cancer..... Yes.....1 No.....2	
		Overweight / Obesity..... Yes.....1 No.....2	
he2	Do you currently smoke?	Yes..... 1 No, but smoked previously..... 2 Yes, occasionally..... 3 No, never smoked..... 4	
he3	What do you smoke most of the time?	Cigarettes..... 1 Pipe..... 2 Hookah pipe..... 3	
he4	Do you ever drink any alcohol?	Yes..... 1 No..... 2	
he5	Do you ever exercise?	Yes..... 1 No..... 2	
he6	How many days a week do you usually do at least 20 minutes the following type of exercise?	A. Walking ..... <input type="checkbox"/> B. Moderate exercise..... <input type="checkbox"/> C. Vigorous exercise ..... <input type="checkbox"/>	
he7	For how many hours in an average week, do you watch movies / television / series/ play electronic games	<1 hour per week..... 1 1-3 hrs / week..... 2 4-7hrs / week..... 3 8-14hrs / week (2hrs/day)..... 4 15-21hrs / week (3hrs/day)..... 5 >21hrs/week..... 6	
he8	How do you perceive your own weight?	Underweight..... 1 Normal weight..... 2 Overweight..... 3 Obese..... 4	
he9	Is the following statement true or false when you shop for food?	I pay attention to the information on a package like "no sugar added" True.....1 False.....2	

# KNOWLEDGE ATTITUDE AND PERCEPTION

(Rivard et al 2012; Madiba et al 2017; Vital Strategies)

I would like to ask you some questions about your understanding of foods and health. Please remember that there is no right or wrong answer, I am just trying to get an understanding of your perception.

No.	QUESTION	ANSWERS	SKIPS	
sb1	<p>When you think of the term “sugary drinks” which ones come to mind?</p> <p><b>(DO NOT PROMPT. PROBE ANYTHING ELSE?)</b></p> <p><b>(CIRCLE YES FOR EACH ITEM MENTIONED AND NO FOR EACH ITEM NOT MENTIONED)</b></p>	A. Bottled water (still, sparkling, flavoured)	Yes.....1 No.....2	
		B. 100% fruit juice (eg. Liquifruit, Ceres, Appletiser)	Yes.....1 No.....2	
		C. Nectars or canned juices that contain fruit (eg. Tropicana)	Yes.....1 No.....2	
		D. Milk (full cream, low fat, fat free) (unflavoured)	Yes.....1 No.....2	
		E. Milk (sweetened and flavoured) (eg. Nesquick, Steristumpie, Yogisip)	Yes.....1 No.....2	
		F. Soda or soft drinks (eg. Coca Cola, Sprite, Ginger beer Iron Brew, Dry lemon, Kingsley)	Yes.....1 No.....2	
		G. Diet soda / artificially sweetened beverages (eg. Coca Cola Light, Tab, Diet Sprite)	Yes.....1 No.....2	
		H. Sweetened Iced Tea (eg. BOS, Lipton ice tea, Fuze)	Yes.....1 No.....2	
		I. Coffee/tea with sugar (incl. cappuccino, frapuccino)	Yes.....1 No.....2	
		J. Energy drinks (eg. Red Bull, Monster, Dragon)	Yes.....1 No.....2	
		K. Sports drinks (eg. Energade, Powerade, Lucozade)	Yes.....1 No.....2	
		L. Powdered drinks (eg. Game)	Yes.....1 No.....2	
		M. Cordials and concentrates (eg. Oros)	Yes.....1 No.....2	
N. Other specify .....	Yes.....1 No.....2			

No.	QUESTION	ANSWERS				SKIPS	
		Not sugary (1)	Some what (2)	Sugary (3)	Don't Know (99)		
sb2	<p><b>(PROMPT FOR EACH ITEM)</b></p> <p><b>(MARK ONLY ONE ANSWER FOR EACH ITEM)</b></p>	A. Bottled water (still)					
		B. Bottled water (sparkling)					
		C. Bottled water (flavoured)					
		D. 100% fruit juice (eg. Liquifruit, Ceres, Appletiser)					
		E. Nectars or canned juices that contain fruit (eg. Tropicana)					
		F. Milk (full cream, low fat, fat free) (unflavoured)					
		G. Milk (sweetened and flavoured) (eg. Nesquick, Steristumpie, Yogisip)					
		H. Soda or soft drinks (eg. Coca Cola, Sprite, Ginger beer, Iron Brew, Dry lemon, Kingsley)					
		I. Diet soda / artificially sweetened beverages (eg. Coca Cola Light, Tab, Diet Sprite)					
		J. Sweetened Iced Tea (eg. BOS, Lipton ice tea, Fuze)					
		K. Coffee/tea with sugar (incl. cappuccino, frapuccino)					
		L. Energy drinks (eg. Red Bull, Monster, Dragon)					
		M. Sports drinks (eg. Energade, Powerade, Lucozade)					
		N. Powdered drinks (eg. Game)					
		O. Cordials and concentrates (eg. Oros)					
		P. Alcohol (beer)					
		Q. Alcohol (wine)					
R. Alcohol (spirits)							
S. Alcohol (ciders)							

No.	QUESTION	ANSWERS	SKIPS
sb3	<p><b>NOTE: For the purpose of this survey, what we mean by sugary drinks, is all soda or carbonated drinks, energy drinks, sports drinks, flavoured milk or fruit concentrates/nextars or powders for preparing soft drinks. All of them are high in either natural or added sugar.</b></p> <p>To the best of your knowledge, does the consumption of sugary drinks increase the risk of suffering from .....?</p> <p><i>(PROMPT FOR EACH DISEASE)</i></p> <p><i>(CIRCLE ONLY ONE ANSWER FOR EACH DISEASE)</i></p>	<p>A. HIV</p> <p>Not at all ....1 A little.....2 Somewhat..3 A lot .....4 Not sure/dk.5</p>	
		<p>B. Diabetes</p> <p>Not at all ....1 A little.....2 Somewhat..3 A lot .....4 Not sure/dk.5</p>	
		<p>C. High blood pressure</p> <p>Not at all ....1 A little.....2 Somewhat..3 A lot .....4 Not sure/dk.5</p>	
		<p>D. Obesity</p> <p>Not at all ....1 A little.....2 Somewhat..3 A lot .....4 Not sure/dk.5</p>	
		<p>E. Dental problems</p> <p>Not at all ....1 A little.....2 Somewhat..3 A lot .....4 Not sure/dk.5</p>	
		<p>F. Cancer</p> <p>Not at all ....1 A little.....2 Somewhat..3 A lot .....4 Not sure/dk.5</p>	
sb4	<p>To the best of your knowledge, does obesity increases the risk of suffering from...?</p>	<p>HIV</p> <p>Not at all..... 1 Just a little ...2 Somewhat...3 A lot.....4 Not sure.....99</p>	
		<p>Diabetes (Sugar diabetes)</p> <p>Not at all..... 1 Just a little ...2 Somewhat...3 A lot.....4 Not sure.....99</p>	
		<p>High blood pressure</p> <p>Not at all..... 1 Just a little ...2 Somewhat...3 A lot.....4 Not sure.....99</p>	

	To the best of your knowledge, does obesity increases the risk of suffering from...?	Dental problems	Not at all.....1 Just a little ...2 Somewhat...3 A lot.....4 Not sure.....99			
		Cancer	Not at all.....1 Just a little ...2 Somewhat...3 A lot.....4 Not sure.....99			
sb5	Are you aware of the new Health Promotion Levy (also called Sugary Beverage Tax)?	Yes.....	1			
		No.....	2			
sb6	Do you support the taxation of foods that are less healthy or unhealthy?	Strongly oppose.....	1			
		Oppose.....	2			
		Support.....	3			
		Strongly support.....	4			
sb7	Government has approved a new tax on sugary sweetened beverages which will come into effect on 1 April 2018. If this tax will result in an increase in price of about R2 for 2liters of sugary beverages, how likely will it have the following effect on your purchasing intentions? <i>(PROMT. MARK ONLY ONE ANSWER FOR EACH OPTION)</i>	Yes	No	Maybe	Don't know	
		C. I will switch to untaxed drinks				
		B. I will cut back on my sweetened beverage consumption				
		A. I will continue to consume the same drinks. The tax will have no impact at all.				
sb8	If you will cut back or switch to untaxed drinks, which drinks are you most likely to drink more of....? <i>(DO NOT PROMPT)</i> <i>(MARK YES IF AN OPTION IS MENTIONED. MARK NO IF OPTION IS NOT MENTIONED)</i>	A. Diet soda	Yes.....1 No.....2			
		B. Fruit juice	Yes.....1 No.....2			
		C. Water	Yes.....1 No.....2			
		D. Milk	Yes.....1 No.....2			
		E. Alcohol	Yes.....1 No.....2			
		F. Other (specify) .....	Yes.....1 No.....2			





Code	Food Item	Unit most often consumed	Never <1/mo	1-3/ mo	1/ wk	2-4/ wk	5-6/ wk	1/ day	2-3/ day	≥4/ day
bev19	Alcohol Wine									
bev20	Alcohol Beer									
bev21	Alcohol Spirits									
bev22	Alcohols Ciders (e.g. Smirnoff Spin)									
bev23	Traditional beer (Umqubothi)									
bev24	Other (specify):									

No.	QUESTION	ANSWER	
bev25	Have you changed your beverage consumption because of the drought in the Western Cape?	Yes.....1 No.....2	
bev26	If yes, please tell me what you drink more or less of as a result of the drought....	A. Drink more of...(specify)	
		B. Drink less of ....(specify)	

**THANK THE PARTICIPANTS FOR THEIR TIME  
SHARE TOKEN OF APPRECIATION WITH THE HOUSEHOLD**