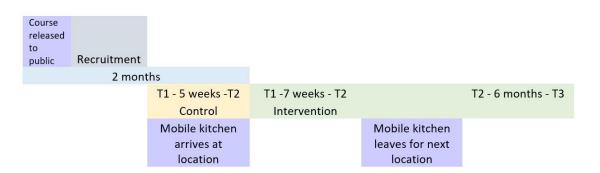


## Supplementary Material

# **Supplementary material - Additional File 1. Part a.** Study timetable of program dates and course locations throughout study period

Site	Site Type (visit number)	Course Dates	Course Release Date	Control Date	Intervention Date
1	Metro site A (1)	12/09/16-29/10/16	04/07/2016	08/08/2016	12/09/2016
2	Metro site B (1)	03/11/16-21/12/16	25/08/2016	29/09/2016	03/11/2016
3	Regional site A (1)	16/1/17-18/02/17	12/12/2016	N/A*	16/01/2017
4	Metro site A (2)	22/02/17-11/04/17	26/12/2016	18/01/2017	22/02/2017
5	Metro site A (3)	19/04/17-06/06/17	22/02/2017	15/03/2017	19/04/2017
6	Metro site C (1)	12/06/17-29/07/17	10/04/2017	08/05/2017	12/06/2017
7	Regional site B (1)	07/08/17-23/09/17	12/06/2017	03/07/2017	07/08/2017
8	Metro site D (1)	27/09/17-14/11/17	02/08/2017	23/08/2017	27/09/2017
9	Metro site E (1)	20/11/17-23/12/17	25/09/2017	16/10/2017	20/11/2017
10	Regional site A (2)	08/01/18-25/2/18	13/11/2017	04/12/2017	08/01/2018
11	Metro site A (4)	02/03/18-24/04/18	05/01/2018	26/01/2018	02/03/2018
12	Metro site A (5)	26/04/18-13/6/18	01/03/2018	22/03/2018	26/04/2018
13	Metro site F (1)	18/06/18-21/07/18	16/04/2018	14/05/2018	18/06/2018
14	Regional site C (1)	30/70/18-31/08/18	04/06/2018	25/06/2018	30/07/2018
15	Regional site B (2)	05/09/18-23/10/18	11/07/2018	01/08/2018	05/09/2018
16	Metro site A (6)	01/11/18-18/12/18	30/08/2018	27/09/2018	01/11/2018

\*No Control due to Christmas



#### Part b. Timeline for each location

Supplementary material – Additional File 2. LAB survey questions surrounding secondary outcome measures

#### HEALTHY COOKING:

[Never; Less than once; Once; 2-3 times; 4-6 times; Daily]

- In a typical week, how often do you prepare and cook a main meal from basic ingredients?
- In a typical week, how often do you eat ready-made meals at home?
- In a typical week, how often do you include salad or vegetables with the main meal?

#### HEALTHY EATING:

[Never; Less than once; Once; 2-3 times; 4-6 times; Daily]

- How often do you include salad or vegetables with the main meal? For example, chicken with vegetables or pasta with salad.
- How many serves of vegetables including fresh, dried, frozen and tinned vegetables do you usually eat each day, where a serve is half a cup of cooked vegetables or 1 cup of salad?
- How many serves of fruit including fresh, dried, frozen and tinned vegetables do you usually eat each day, where a serve is a medium piece or two small pieces of fruit, or a cup of diced pieces?
- How many times do you eat take-away or 'fast-foods' from places such as McDonalds, Red-Rooster, fish and chip shop, Asian take-away or local take-away pizza places?

#### AFFORDABILITY OF A HEALTHY MEAL

- In a typical week, how much does your household spend in total on food and drink?
- In a typical week, how much does your household spend in total on fruit and vegetables?
- In a typical week, how much does your household spend in total on take away/fast foods?

### SOCIAL CONNECTEDNESS AROUND COOKING AND EATING

[Never; Less than once; Once; 2-3 times; 4-6 times; Daily]

- In a typical week, how often do you eat together at home, with the other people in your household in the evenings?
- In a typical week, how often do you eat your dinner in front of the TV?
- In a typical week, how often do you eat your dinner sitting at a dinner table or equivalent?

#### ATTITUDES AND BELIEFS

- Please choose the answer which best indicates how much you agree or disagree with each of the following statements. [Strongly disagree; somewhat disagree; somewhat agree; strongly agree]
- I find it easy to change my eating habits
- My lifestyle prevents me eating a healthy diet
- Vegetables can be tasty foods
- I eat enough fruit and vegetables
- I can put together a healthy meal from scratch in 30 minutes

- I enjoy cooking
- I enjoy cooking for others
- I get a lot of satisfaction from cooking my meals
- I enjoy eating a meal with others
- I can prepare a meal from basic ingredients that is low in price
- Fruit and vegetables are cheaper when they are in season
- Buying more fruit and vegetables would be difficult on my budget

### NUTRITION KNOWLEDGE

• Which of the following choices do you think is not high in salt and could be used to enhance the flavours in food?

[Bacon, Cheese, Tomato sauce, Herbs and spices, Once a week, Not sure]

• Out of the items listed below, which foods do you think health experts recommend eating the least?

[Olive oil, Butter, Avocados, Nuts and seeds, Vegetable oil, Not sure]

• If a person felt like something sweet, but was trying to cut down on sugar, which would be the best choice?

[Glass of fruit juice, A piece of fruit, A plain biscuit, A cereal snack bar, Not sure]

	T1 Control	<b>T1</b>	<b>T1</b>	T2
	n (%)	Intervention	χ² Test	χ <sup>2</sup> Test
		n (%)	p value <sup>1</sup>	<i>p</i> value <sup>1</sup>
Male	39 (23.8)	111 (22.5)	0.729	
Female	125 (76.2)	382 (77.5)	0.738	0.378
<sup>#</sup> Age	$44.4 \pm 14.9$	$43.9 \pm 14.7$	0.698	0.886
<sup>#</sup> BMI kg/m <sup>2</sup>	$27.1\pm6.2$	$27.5\pm6.1$		0.103
Speaks English as the main language at home	143 (87.2)	453 (91.9)	0.073	0.157
Completed education beyond Year 12 high	110 (67.0)	314 (63.7)	0.556	0.552
school Occupation				
Working full-time	51 (31.1)	148 (30)		
Working part-time	44 (26.8)	139 (28.2)		
Full-time student	20 (12.2)	35 (7.1)		
Part-Time student	5 (3.0)	13 (2.6)		
Home duties/carer	12 (7.3)	49 (9.9)		
Not working (unemployed, retired, unable to	32 (19.5)	109 (22.1)		
work and others)				
Household yearly income >\$50,000	96 (67.1)	290 (68.1)	0.684	0.218
Access to a kitchen to prepare own meals	163 (99.4)	492 (99.8)	0.413	0.576
Attending participant does household food shopping	138 (82.9)	418 (84.8)	0.570	0.694

**Supplementary material – Additional File 3.** Comparison of demographic characteristics by group at T1 and comparison of means at T2.

<sup>1</sup> Significance defined as p<0.05 and p<0.01, <sup>#</sup>Mean  $\pm$ SD

mean (SE²)p value³Confidence about heing able to cook from basic ingredients0.006 (0.08)0.94Confidence about groparing and cooking new foods and recipes0.010 (0.09)0.010Confidence about proparing and cooking new foods and recipes0.010 (0.010)0.92Confidence about stating foods not eaten before0.047 (0.12)0.69Confidence about stating foods not eaten before0.005 (0.11)0.96Confidence about stating foods not eaten before0.005 (0.11)0.96mat typical week, how often do you prepare and cook a main meal from basic ingredients?0.125 (0.16)0.42In a typical week, how often do you eat ready-made meals at home?0.125 (0.16)0.42In a typical week, how often do you include salad or vegetables with the main meal?0.1100.16With the main meal?0.010 (0.16)0.670.67Indend vegetables, including fresh, dried, frozen and tined vegetables do you usually eat each day, where a serve is half a cup of cooked vegetables or 1 cup of salad?0.010 (0.16)0.534How many serves of fruit, including fresh, dried, frozen and pieces?0.017 (0.09)0.597Hordnolity of a healty meal pieces?0.017 (0.09)0.597In a typical week, how much does your household spend in total on foad and rink?0.12 (0.65)0.46In typical week, how much does your household spend in total on foad and rink?0.033 (0.24)0.89In a typical week, how often do you at tagetfort in total on foad and rink?0.033 (0.24)0.89In a typical week, how ofte	measures from T2 to T3 (6 months post-program) in interventi Cooking confidence	Change (T3-T2)	Post Hoc
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tinned fruit do you usually eat each day, where a serve is a medium piece or two small pieces of fruit, or a cup of diced pieces? How many times do you eat take-away or 'fast foods'? -0.047 (0.09) 0.597 <b>Affordability of a healthy meal</b> In a typical week, how much does your household spend in total -0.19 (0.13) 0.15 on food and drink? In a typical week, how much does your household spend in total -0.12 (0.65) 0.46 on fruit and vegetables? In a typical week, how much does your household spend in total 0.033 (0.24) 0.89 on take away/fast foods? <b>Social connectedness around cooking and eating</b> <sup>4</sup> In a typical week, how often do you eat together at home, with 0.58 (0.33) 0.09 the other people in your household in the evenings? In a typical week, how often do you eat your dinner in front of -0.002 (0.15) 0.99	serve is half a cup of cooked vegetables or 1 cup of salad?		
medium piece or two small pieces of fruit, or a cup of diced pieces?How many times do you eat take-away or 'fast foods'?-0.047 (0.09)0.597Affordability of a healthy meal-0.19 (0.13)0.15In a typical week, how much does your household spend in total on food and drink?-0.19 (0.13)0.15In a typical week, how much does your household spend in total on fruit and vegetables?-0.12 (0.65)0.46In a typical week, how much does your household spend in total on fruit and vegetables?0.033 (0.24)0.89In a typical week, how much does your household spend in total on take away/fast foods?0.58 (0.33)0.09Ho a typical week, how often do you eat together at home, with th o.58 (0.33)0.090.09In a typical week, how often do you eat your dinner in front of the other people in your household in the evenings?0.002 (0.15)0.99	How many serves of fruit, including fresh, dried, frozen and	-0.10 (0.16)	0.534
pieces? How many times do you eat take-away or 'fast foods'? -0.047 (0.09) 0.597 Affordability of a healthy meal In a typical week, how much does your household spend in total -0.19 (0.13) 0.15 on food and drink? In a typical week, how much does your household spend in total -0.12 (0.65) 0.46 on fruit and vegetables? In a typical week, how much does your household spend in total 0.033 (0.24) 0.89 on take away/fast foods? Social connectedness around cooking and eating <sup>4</sup> In a typical week, how often do you eat together at home, with 0.58 (0.33) 0.09 the other people in your household in the evenings? In a typical week, how often do you eat your dinner in front of -0.002 (0.15) 0.99	tinned fruit do you usually eat each day, where a serve is a		
How many times do you eat take-away or 'fast foods'?-0.047 (0.09)0.597Affordability of a healthy meal	medium piece or two small pieces of fruit, or a cup of diced		
Affordability of a healthy mealIn a typical week, how much does your household spend in total on food and drink?-0.19 (0.13)0.15In a typical week, how much does your household spend in total on fruit and vegetables?-0.12 (0.65)0.46In a typical week, how much does your household spend in total on take away/fast foods?0.033 (0.24)0.89Social connectedness around cooking and eating4In a typical week, how often do you eat together at home, with te other people in your household in the evenings?0.58 (0.33)0.09In a typical week, how often do you eat your dinner in front of te other people in your household in the evenings?0.002 (0.15)0.99	pieces?		
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on food and drink? In a typical week, how much does your household spend in total -0.12 (0.65) 0.46 on fruit and vegetables? In a typical week, how much does your household spend in total 0.033 (0.24) 0.89 on take away/fast foods? Social connectedness around cooking and eating <sup>4</sup> In a typical week, how often do you eat together at home, with 0.58 (0.33) 0.09 the other people in your household in the evenings? In a typical week, how often do you eat your dinner in front of -0.002 (0.15) 0.99	Affordability of a healthy meal		
In a typical week, how much does your household spend in total on fruit and vegetables?-0.12 (0.65)0.46In a typical week, how much does your household spend in total on take away/fast foods?0.033 (0.24)0.89Social connectedness around cooking and eating4In a typical week, how often do you eat together at home, with the other people in your household in the evenings?0.58 (0.33)0.09In a typical week, how often do you eat your dinner in front of In a typical week, how often do you eat your dinner in front of-0.002 (0.15)0.99	In a typical week, how much does your household spend in total	-0.19 (0.13)	0.15
on fruit and vegetables?0.033 (0.24)0.89In a typical week, how much does your household spend in total0.033 (0.24)0.89on take away/fast foods?0.00000000000000000000000000000000000	on food and drink?		
In a typical week, how much does your household spend in total0.033 (0.24)0.89on take away/fast foods?	In a typical week, how much does your household spend in total	-0.12 (0.65)	0.46
on take away/fast foods? Social connectedness around cooking and eating <sup>4</sup> In a typical week, how often do you eat together at home, with 0.58 (0.33) 0.09 the other people in your household in the evenings? In a typical week, how often do you eat your dinner in front of -0.002 (0.15) 0.99	on fruit and vegetables?		
Social connectedness around cooking and eating4In a typical week, how often do you eat together at home, with the other people in your household in the evenings?0.58 (0.33)0.09In a typical week, how often do you eat your dinner in front of-0.002 (0.15)0.99	In a typical week, how much does your household spend in total	0.033 (0.24)	0.89
In a typical week, how often do you eat together at home, with the other people in your household in the evenings?0.58 (0.33)0.09In a typical week, how often do you eat your dinner in front of 0.002 (0.15)-0.002 (0.15)0.99	on take away/fast foods?		
the other people in your household in the evenings?In a typical week, how often do you eat your dinner in front of-0.002 (0.15)0.99	Social connectedness around cooking and eating <sup>4</sup>		
In a typical week, how often do you eat your dinner in front of -0.002 (0.15) 0.99	In a typical week, how often do you eat together at home, with	0.58 (0.33)	0.09
	the other people in your household in the evenings?		
the TV?	In a typical week, how often do you eat your dinner in front of	-0.002 (0.15)	0.99
	the TV?		

**Supplementary material – Additional File 4.** Program interaction effects over time for outcome measures from T2 to T3 (6 months post-program) in intervention group

In a typical week, how often do you eat your dinner sitting at a	0.11 (0.18)	0.56
dinner table or equivalent?		
Attitudes and beliefs regarding healthy eating <sup>5</sup>		
I find it easy to change my eating habits	-0.03 (0.11)	0.794
My lifestyle prevents me eating a healthy diet <sup>^</sup>	0.02 (0.11)	0.85
Vegetables can be tasty foods	0.03 (0.07)	0.71
I eat enough fruit and vegetables	0.08 (0.10)	0.43
Fruit and vegetables are cheaper when they are in season	0.006 (0.09)	0.95
Cooking ability, enjoyment and satisfaction <sup>5</sup>		
I can put together a healthy meal from scratch in 30 minutes	0.06 (0.09)	0.56
I enjoy cooking	-0.034 (0.08)	0.688
I enjoy cooking for others	-0.09 (0.08)	0.252
I get a lot of satisfaction from cooking my meals	-0.13 (0.10)	0.214
I enjoy eating a meal with others	0.03 (0.08)	0.723
Attitudes & beliefs of affordability of a healthy meal <sup>5</sup>		
I can prepare a meal from basic ingredients that is low in price	-0.05 (0.08)	0.498
Buying more fruit and vegetables would be difficult on my	-0.10 (0.13)	0.440
budget <sup>^</sup>		
General health and self-esteem		
In general how do you feel about your health? <sup>6</sup>	-0.13 (0.11)	0.228
Global self-esteem	-0.33 (0.53)	0.531
PCS12	-0.08 (0.95)	0.933
MCS12	-2.37 (1.19)	0.051
SVS_Total	-1.00 (0.74)	0.18
WEMWBS	-0.80 (0.87)	0.360
Values reported are adjusted for the effects of easy period DML income and adjustic	-	

 $^1Values$  reported are adjusted for the effects of age, gender, BMI, income and education  $^2SE$  = Standard Error of Measurement

3\*p < 0.05 and \*\*p < 0.01<sup>4</sup>Categorical response item/s where "Never" = 1 "Less than once a month" = 2 "Once a week" = 3 "2 times a week" = 4 "3-4 times a week" = 5 "5 or more times a week" = 6 "Don't know" = Missing = 7

<sup>5</sup>Likert scale response item/s where "Strongly disagree" = 1 "Somewhat disagree" = 2 "Somewhat agree" = 3 "Strongly agree" = 4 <sup>6</sup>Categorical response items where 1 = 'Excellent'; 2 = 'Very good'; 3 = 'Good'; 4 = 'Fair'; 5 = 'Poor'. ^ Item response recoded where "Strongly disagree" = 4 " Somewhat disagree" = 3 "Somewhat agree" = 2 "Strongly agree" = 1



**Supplementary material – Additional File 5.** Multivariable-adjusted general linear models of program interaction effects over time for secondary outcome measures at T1 (baseline), T2 (5/7-week follow-up) and T3 (6-month follow-up – intervention only) by group<sup>1</sup>.

		ction effect		Contro	ol Group n (SE <sup>2</sup> )	X			Interve	ntion Group an (SE)			
Secondary Outcome Measure	<i>p</i> value <sup>5</sup>	Effect size <sup>6</sup> (partial eta squared)	Baseline (T1)	Post Program (T2)	Change (T2-T1)	Post Hoc p value	Baseline (T1)	Post Program (T2)	Change (T2- T1)	Post Hoc p value	Post Program (T3)	Change (T3-T2)	Post Hoc p value
Healthy cooking													
In a typical week, how	0.628	$N/S^3$	2.57	2.32	0.25	NA <sup>4</sup>	2.45 (0.10)	2.26 (0.10)	-0.18 (0.08)	NA	2.06	0.125	0.42
often do you eat <u>ready-</u>			(0.171)	(0.17)	(0.12)						(0.19)	(0.16)	
made meals at home?													
In a typical week, how	0.127	N/S	4.95	5.16	0.21	NA <sup>4</sup>	4.85 (0.08)	5.24 (0.07)	0.40 (0.07)	NA	4.93	0.21	0.10
often do you include			(0.14)	(0.11)	(0.12)						(0.11)	(0.13)	
salad or vegetables													
with the main meal?													
Healthy eating										•			1
How many serves of	0.624	N/S	4.15	4.68	0.53	NA	4.36 (0.12)	4.98 (0.12)	0.62 (0.11)	NA	4.89	0.08	0.67
vegetables, including			(0.20)	(0.20)	(0.17)						(0.21)	(0.18)	
fresh, dried, frozen and													
tinned vegetables do													
you usually eat each													
day, where a serve is													
half a cup of cooked													
vegetables or 1 cup of													
salad?													
How many serves of	0.890	N/S	3.54	3.84	0.30	NA	3.49 (0.11)	3.81 (0.11)	0.32 (0.09)	NA	3.69	-0.10	0.534
fruit, including fresh,			(0.18)	(0.18)	(0.15)						(0.18)	(0.16)	
dried, frozen and tinned													
fruit do you usually eat													
each day, where a serve													
is a medium piece or													
two small pieces of													
fruit, or a cup of diced													
pieces?													

## Supplementary Material

	Interac	ction effect		Contro mean	l Group (SE <sup>2</sup> )					ntion Group an (SE)			
Secondary Outcome Measure	<i>p</i> value <sup>5</sup>	Effect size <sup>6</sup> (partial eta squared)	Baseline (T1)	Post Program (T2)	Change (T2-T1)	Post Hoc p value	Baseline (T1)	Post Program (T2)	Change (T2- T1)	Post Hoc p value	Post Program (T3)	Change (T3-T2)	Post Hoc p value
How many times do	0.540	N/S	2.85	2.72	-0.12	NA	2.67 (0.08)	2.47 (0.07)	-0.20 (0.07)	NA	2.50	-0.047	0.597
you eat take-away or			(0.13)	(0.11)	(0.11)						(0.09)	(0.09)	
'fast foods'?													
Affordability of a health	y meal										1		
In a typical week, how	0.489	N/S	5.75	5.61	-0.14	NA	5.62 (0.09)	5.56 (0.10)	-0.05 (0.07)	NA	5.56	-0.19	0.15
much does your			(0.15)	(0.15)	(0.12)						(0.15)	(0.13)	
household spend in													
total on food and drink													
In a typical week, how	0.814	N/S	4.63	4.79	0.16	NA	4.67 (0.10)	4.80 (0.10)	0.13 (0.07)	NA	4.77	-0.12	0.46
much does your			(0.16)	(0.16)	(0.12)						(0.16)	(0.65)	
household spend in													
total on fruit and													
vegetables													
In a typical week, how	0.208	N/S	3.69	3.65	-0.05	NA	3.64 (0.14)	3.33 (0.13)	-0.31 (0.12)	NA	3.44	0.033	0.89
much does your			(0.22)	(0.21)	(0.19)						(0.22)	(0.24)	
household spend in													
total on take away/fast													
foods													
Social connectedness are	ound cookin	g and eating <sup>7</sup>							1	1	<b>I</b>	<b>I</b>	
In a typical week, how	0.108	N/S	4.53	4.50	-0.035	NA	4.74 (0.16)	4.97 (0.15)	0.24 (0.10)	NA	4.89	0.58	0.09
often do you eat			(0.26)	(0.24)	(0.16)						(0.24)	(0.33)	
together at home, with													
the other people in your													
household in the													
evenings													
In a typical week, how	0.784	N/S	4.29	4.07	-0.21	NA	4.04 (0.17)	3.78 (0.17)	-0.26 (0.09)	NA	3.82	-0.002	0.99
often do you eat your			(0.27)	(0.28)	(0.15)						(0.31)	(0.15)	
dinner in front of the													
TV													

	Interac	ction effect			l Group (SE <sup>2</sup> )					ntion Group an (SE)			
Secondary Outcome Measure	p value <sup>5</sup>	Effect size <sup>6</sup> (partial eta squared)	Baseline (T1)	Post Program (T2)	Change (T2-T1)	Post Hoc p value	Baseline (T1)	Post Program (T2)	Change (T2- T1)	Post Hoc p value	Post Program (T3)	Change (T3-T2)	Post Hoc p value
In a typical week, how	0.192	N/S	4.22	4.32	0.10	NA	4.20 (0.16)	4.50 (0.15)	0.30 (0.09)	NA	4.28	0.11	0.56
often do you eat your			(0.27)	(0.25)	(0.14)						(0.27)	(0.18)	
dinner sitting at a													
dinner table or													
equivalent													
Attitudes and beliefs rea	garding heal	thy eating <sup>8</sup>			•					<b>.</b>		<b>I</b>	-
Vegetables can be tasty	0.094	N/S	3.63	3.69	0.06	NA	3.57 (0.06)	3.79 (0.05)	0.21 (0.05)	NA	3.73	0.03	0.71
foods			(0.10)	(0.08)	(0.08)						(0.09)	(0.07)	
I eat enough fruit and	0.081	N/S	2.76	2.87	0.11	NA	2.61 (0.08)	2.91 (0.07)	0.30 (0.06)	NA	2.78	0.08	0.43
vegetables			(0.13)	(0.11)	(0.10)						(0.12)	(0.10)	
Fruit and vegetables	0.644	N/S	3.43	3.60	0.17	NA	3.49 (0.06)	3.70 (0.05)	0.21 (0.05)	NA	3.66	0.006	0.95
are cheaper when they			(0.09)	(0.08)	(0.08)						(0.08)	(0.09)	
are in season													
Cooking ability <sup>8</sup> , enjoyr	nent and sati	isfaction								1			<u> </u>
I enjoy eating a meal	0.217	N/S	3.54	3.54	0.004	NA	3.46 (0.05)	3.58 (0.05)	0.12 (0.05)	NA	3.55	0.03	0.723
with others			(0.09)	(0.08)	(0.09)						(0.09)	(0.08)	
Attitudes & beliefs of af	fordability o	of a healthy								1			<u> </u>
meal <sup>8</sup>													
I can prepare a meal	0.161	N/S	2.72	3.05	0.328	NA	2.92 (0.07)	3.40 (0.06)	0.484 (0.06)	NA	3.39	-0.05	0.498
from basic ingredients			(0.12)	(0.09)	(0.10)						(0.09)	(0.08)	
that is low in price													
Buying more fruit and	0.588	N/S	3.05	3.16	0.11	NA	3.18 (0.07)	3.36 (0.06)	0.067 (0.01)	NA	3.35	-0.10	0.440
vegetables would be difficult on my budget <sup>^</sup>			(0.11)	(0.10)	(0.11)						(0.11)	(0.13)	

<sup>1</sup>Values reported are adjusted for the effects of age, gender, BMI, income and education;  ${}^{2}SE = Standard Error of Measurement; {}^{3}N/S = No significant overall interaction effect; {}^{4}Not Applicable as the overall interaction effect is not significant; {}^{5}*p<0.05 and {}^{**}p<0.01; {}^{6}Partial eta squared effect size ranges: small effect = 0.00-0.01; medium effect = 0.01-0.06; large effect = 0.06 - 0.14; {}^{7}Categorical response items where "Never" = 1 "Less than once a month" = 2 "Once a week" = 3 "2 times a week" = 4 "3-4 times a week" = 5 "5 or more times a week" = 6 "Don't know" = Missing = 7; {}^{8}Likert scale response items where "Strongly disagree" = 1 "Somewhat disagree" = 2 "Somewhat agree" = 3 "Strongly agree" = 4; ^ Item response recoded where "Strongly disagree" = 4 "Somewhat disagree" = 3 "Strongly agree" = 4; ^ Item response recoded where "Strongly disagree" = 4 "Somewhat disagree" = 3 "Strongly agree" = 4; ^ Item response recoded where "Strongly disagree" = 4 "Somewhat disagree" = 3 "Strongly agree" = 4; ^ Item response recoded where "Strongly disagree" = 4 "Somewhat disagree" = 3 "Strongly agree" = 4; ^ Item response recoded where "Strongly disagree" = 4 "Somewhat disagree" = 3 "Strongly agree" = 4; ^ Item response recoded where "Strongly disagree" = 4 "Somewhat disagree" = 3 "Strongly agree" = 4; ^ Item response recoded where "Strongly disagree" = 4 "Somewhat disagree" = 3 "Strongly agree" = 4; ^ Item response recoded where "Strongly disagree" = 4 "Somewhat disagree" = 3 "Strongly agree" = 1$ 

