

# Questionnaire

## 2008/09 New Zealand Adult Nutrition Survey Questionnaire

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# New Zealand Adult Nutrition Survey 2008

## A0. NZANS Introduction

Thank you for agreeing to participate in the New Zealand Adult Nutrition Survey.

I will start by asking you some basic demographic questions followed by a series of question on the foods and drinks you consumed yesterday. We will then talk about your dietary habits, health and food security followed by some physical measurements (anthropometry).

Do you have any questions?

01. Has the consent form been signed?

- Yes
- No

02. Please enter any reasons why this hasn't happened

03. Interviewer only: Is this a repeat interview?

- Yes
- No

## A1. Initial Demographics

01. Introduction: Before we begin I need to collect some basic background information.

You are male/ female? (Interviewer: check aloud with respondent)

- Male
- Female

02. What is your date of birth?

[Interviewer: Please confirm this date by reading back the date you have just entered.]

\_\_\_\_/\_\_\_\_/\_\_\_\_

Sorry but this date of birth (\_\_\_\_/\_\_\_\_/\_\_\_\_) means the participant is under 15 years old and so cannot be part of the study!

Click Next to re-enter the date of birth. If this date of birth is correct please check that the computers date and time is set correctly - double-click the clock at the bottom right-hand corner of the screen to adjust the date.

03. Would you mind telling me your age?

\_\_\_\_\_

04. Looking at showcard A1.4 which of these age groups do you belong to?

- 15-19 years
- 20-24 years
- 25-34 years
- 35-44 years
- 45-54 years
- 55-64 years
- 65-69 years
- 70+ years

05a. Which ethnic group or groups do you belong to?

[Showcard A1.5 ]

- New Zealand European
- Maori
- Samoan
- Cook Island Maori
- Tongan
- Niuean
- Chinese
- Indian
- Other, such as Dutch, Japanese, Tokelauan

05b. What other ethnicity or ethnicities do you belong to?

Thank you, now we will move onto the 24-hour dietary recall.

## **B. NZANS 24-hour dietary recall**

01. LINZ24 module called here to collect 24 hour diet recall data

02. We are interested in whether or not your household uses any iodised salt. Not all salt is iodised, so it is best to view the packet.

Can you please bring me any packets of salt used in your household?

[Interviewer: Do any of the packets contain iodised salt?]

- YES - at least one is iodised
- NO - no salt is iodised
- Packaging not viewed - packaging not available or unable to be located
- N/A - do not use salt

03. Interviewer: Please take a moment to clarify the type of interview you are conducting. In an earlier question you stated that this "was/wasn't" a repeat interview.

Is this correct?

- Yes
- No - This "IS NOT/IS" a repeat interview.

Thank you. Now we will ask you about your usual eating habits, any nutrition related health issues, and about access to food.

## C1. Dietary Habits

For the rest of the interview we have available a booklet of show cards to help you make your choice. When a question uses one of these I will let you know.

The first section of this questionnaire is about your usual eating patterns. When answering these questions please think back over the past 4 weeks. Remember to think about all meals (that is breakfast, lunch and dinner) as well as snacks, and times when you eat both at home and away from home.

01. How many days in an average week do you have something to eat for breakfast? You may have eaten at home, in a car, at work or in a café.

[Interviewer note:

Includes both weekends and weekdays

Include breakfast drinks including smoothies and shakes

Breakfast is usually the first meal of the day, eaten within 2 hours of getting up]

"Please enter a valid number of days!"

\_\_\_\_\_

02. Using Showcard C1.2: On average, how many slices of bread/toast OR bread rolls do you eat per day?

SHOWCARD C1.2

- None, I don't eat bread or toast
- Less than one per day
- 1-2 per day
- 3-4 per day
- 5-6 per day
- 7 or more per day
- Don't know

03. Using Showcard C1.3: What type of bread, rolls or toast do you eat most of?

SHOWCARD C1.3

- White
- High fibre white
- Light grain bread (e.g. Molenberg, Freya's, Ploughmans, And MacKenzie High Country)
- Heavy grain bread (e.g. Vogels and Burgen)

- Other
- Don't know

04. Using Showcard C1.4: In the past four weeks which of the following have you eaten at all?

SHOWCARD C1.4

- Red meat - such as beef, pork, mutton, lamb and goat
- Chicken - such as chicken breast, drumsticks, or whole chickens, but not chicken nuggets or chicken roll.
- Processed meats - such as ham, bacon, sausages, luncheon, canned corned beef, pastrami, and salami.
- Seafood - such as fish or shellfish
- None
- Don't know

05. Using Showcard C1.5 - C1.6: How often do you eat red meat?

SHOWCARD C1.5 - C1.6

- Never
- Less than once per week
- 1-2 times per week
- 3-4 times per week
- 5-6 times per week
- 7 or more times per week
- Don't know

06. Using Showcard C1.5 - C1.6: How often do you eat chicken?

SHOWCARD C1.5 - C1.6

- Never
- Less than once per week
- 1-2 times per week
- 3-4 times per week
- 5-6 times per week
- 7 or more times per week
- Don't know

07. Using Showcard C1.7 - C1.8: How often do you remove excess fat from meat?

[Interviewer note: Includes fat removed before or after cooking, but before eating.]

SHOWCARD C1.7 - C1.8

- Never
- Rarely
- Sometimes
- Regularly
- Always
- Don't know

08. Using Showcard C1.7 - C1.8: How often do you remove the skin from chicken?

[Interviewer note:

Includes skin removed before or after cooking, but before eating.

If respondent indicates they only buy skinless cuts, enter this as "always"]

SHOWCARD C1.7 - C1.8

- Never
- Rarely
- Sometimes
- Regularly
- Always
- Don't know

09. Using Showcard C1.9 - C1.12: How often do you eat processed meat products? Processed meat includes ham, bacon, sausages, luncheon, canned corned beef, pastrami, and salami.

SHOWCARD C1.9 - C1.12

- Never
- Less than once per week
- 1-2 times per week
- 3-4 times per week
- 5-6 times per week
- 7 or more times per week
- Don't know

10. Using Showcard C1.9 - C1.12: How often do you eat fresh or frozen fish or shellfish? Do not include battered / fried or canned fish or shellfish.

SHOWCARD C1.9 - C1.12

- Never
- Less than once per week
- 1-2 times per week
- 3-4 times per week

- 5-6 times per week
- 7 or more times per week
- Don't know

11. Using Showcard C1.9 - C1.12: How often do you eat battered or fried fish or shellfish? This may include battered or deep fried fish bought from the 'Fish and Chip' shop.

SHOWCARD C1.9 - C1.12

- Never
- Less than once per week
- 1-2 times per week
- 3-4 times per week
- 5-6 times per week
- 7 or more times per week
- Don't know

12. Using Showcard C1.9 - C1.12: How often do you eat canned fish or shellfish? Canned fish includes products such as tuna, salmon, and sardines.

SHOWCARD C1.9 - C1.12

- Never
- Less than once per week
- 1-2 times per week
- 3-4 times per week
- 5-6 times per week
- 7 or more times per week
- Don't know

13. Using Showcard C1.13: On average how many servings of fruit - fresh, frozen, canned or stewed - do you eat per day? Do not include fruit juice or dried fruit.

A serving is the same as a medium piece of fruit such as an apple or two small pieces of fruit such as two apricots, or half a cup of stewed fruit.

SHOWCARD C1.13

- Never, I don't eat fruit
- Less than one serving per day
- 1 serving
- 2 servings
- 3 servings
- 4 or more servings
- Don't know

14. Using Showcard C1.14: On average how many servings of vegetables - fresh, frozen or canned - do you eat per day? Do not include vegetable juices.

A serving is the same as one potato/kumara, half a cup of peas or a cup of salad. For example, 2 medium potatoes + ½ cup of peas = 3 servings

SHOWCARD C1.14

- Never, I don't eat vegetables
- Less than one serving per day
- 1 serving
- 2 servings
- 3 servings
- 4 or more servings
- Don't know

15. Using Showcard C1.15: What type of milk do you use the most of?

SHOWCARD C1.15 (includes examples)

- None, I don't use milk
- Whole or standard milk (Dark blue or silver)
- Reduced fat (light blue)
- Skim or Trim (Green or yellow)
- Soy milk
- Other (such as rice, goats milk)
- Don't know

16. Using Showcard C1.16: What type of butter or margarine spread do you use the most of?

SHOWCARD C1.16 (includes examples)

- None, I don't use butter or margarine as spread
- Butter (including semi soft)
- Butter and margarine blend
- Margarine - Full fat (eg Canola, Sunflower, and Olive oil based)
- Lite or reduced fat margarine (eg Canola, Sunflower, and Olive oil based)
- Plant sterol margarine - full and low fat varieties (eg Proactive or Logicol)
- Don't know

17. Using Showcard C1.17: What type of fat or oil do you use most often when cooking?

SHOWCARD C1.17 (includes examples)

- None, I don't use fat or oil
- Butter
- Margarine
- Butter blend
- Oil
- Dripping or Lard
- Other
- Don't know

18. Using Showcard C1.18 - C1.20: How often do you add salt to your food after it has been cooked or prepared? Is it...

SHOWCARD C1.18 - C1.20

- Never
- Rarely
- Sometimes
- Regularly
- Always
- Don't know

19. Using Showcard C1.18 - C1.20: How often do you choose low or reduced fat varieties of foods instead of the standard variety?

SHOWCARD C1.18 - C1.20

- Never
- Rarely
- Sometimes
- Regularly
- Always
- Don't know

20. Using Showcard C1.18 - C1.20: How often do you choose low or reduced salt varieties of foods instead of the standard variety?

SHOWCARD C1.18 - C1.20

- Never
- Rarely

- Sometimes
- Regularly
- Always
- Don't know

21. Using Showcard C1.21 - C1.22: How often do you eat hot chips, French fries, wedges, or kumara chips? Think about lunch and dinner as well as snacks.

SHOWCARD C1.21 - C1.22

- Never
- Less than once per week
- 1-2 times per week
- 3-4 times per week
- 5-6 times per week
- 7 or more times per week
- Don't know

22. Using Showcard C1.21 - C1.22: How often do you eat fast food or takeaways from places like McDonalds etc Think about breakfast, lunch, dinner and snacks. Do not include times when you have only purchased a drink/beverage.

SHOWCARD C1.21 - C1.22

- Never
- Less than once per week
- 1-2 times per week
- 3-4 times per week
- 5-6 times per week
- 7 or more times per week
- Don't know

23. Using Showcard C1.23: How often do you drink fruit juices and drinks? Do not include diet or diabetic varieties.

[Interviewer note: Fruit juices and drinks include freshly squeezed varieties, and brands such as Just Juice, Fresh-up, Keri, Golden Circle, Ribena, Thextons, McCoy and Charlie's.

Excludes - 'diet varieties', soft drinks and energy drinks, flavoured waters (e.g. H2Go), and sports waters (e.g. Charlies Sports water, Mizone and Aqua-shot).]

SHOWCARD C1.23 (includes examples)

- Never
- Less than once per week
- 1-2 times per week
- 3-4 times per week
- 5-6 times per week
- 7 or more times per week
- Don't know

24. Using Showcard C1.24: How often do you drink soft drinks or energy drinks? Do not include diet varieties.

[Interviewer note: Soft drinks are often carbonated or 'fizzy' and include Coca-cola, Pepsi, Lemonade, Ginger beer, Energy drinks (e.g. 'V', Red Bull, Lift plus), Powerade, E2 and G-force.

Excludes - 'diet varieties', fruit juices and drinks, flavoured waters (e.g. H2Go), and sports waters (e.g. Charlies Sports water, Mizone and Aqua-shot).]

SHOWCARD C1.24 for (includes examples)

- Never
- Less than once per week
- 1-2 times per week
- 3-4 times per week
- 5-6 times per week
- 7 or more times per week
- Don't know

25. Using Showcard C1.25: How often do you eat lollies, sweets , chocolate and confectionary?

SHOWCARD C1.25

- Never
- Less than once per week
- 1-2 times per week
- 3-4 times per week
- 5-6 times per week
- 7 or more times per week
- Don't know

26. Now a few questions on dietary supplements. For these questions please think back over the past 12 months.

Did you take any supplements at any time during the last 12 months?

- Yes
- No

27a. Using Showcard C1.27a: For each supplement taken we have a series of questions

Which did you take? Can you please tell me the type OR do you still have the supplement container?

SHOWCARD C1.27a

- Brand/product - container MUST be available

- Multivitamin and multiminerals
- Multivitamins
- Multiminerals
- Single vitamin and/or single mineral
- Oil
- Other supplement
- Unsure of classification

27ai. INTERVIEWER: Please record all available information from the container which should include:

brand name  
 product name  
 single vitamin  
 multi-vitamin  
 single mineral  
 multi-mineral  
 bar code?  
 dosage/strength

27b. Please specify "the type of single vitamin and/or single mineral."/"the type of oil."/"as much detail about the supplement as possible."

27c. Using Showcard C1.27c: Please specify

SHOWCARD C1.27c

- Bran
- Lecithin
- LSA (linseed, sunflower and almond)
- Kelp
- Spirulina
- Glucosamine and/or chondroitin
- Echinachea
- Ginkgo
- Hypericum (St John's Wort)
- Sports supplement
- Other

27d. Please specify

28. Was it prescribed to you by a doctor / nurse practitioner / mid-wife ?

- Yes
- No

34a. How often did you take the supplement in the last 12 months?

- Daily
- More than once per week
- Once per week
- Monthly
- Episodic (REGULAR use but for a limited time period)
- Infrequent and irregular use
- Other
- Don't know

34b. Please specify

35. Are there any other supplements you have taken in the last 12 months you can tell me about

- Yes
- No

## C2. Nutrition Related Health Questionnaire

The second section of this questionnaire is about nutrition related health. This includes questions on chronic conditions such as diabetes, and medical, biological or lifestyle factors that can influence your health.

01. Have you ever been told by a doctor that you have had a heart attack?

- Yes
- No

02. Have you ever been admitted to hospital with a heart attack?

- Yes
- No

03. Have you ever been told by a doctor that you have angina?

[Interviewer note: Angina is typically chest pain when you walk or do exercise]

- Yes
- No

04. Have you ever been told by a doctor that you have had a stroke?

[Interviewer note: Please do not include 'mini stroke' or transient ischaemic attack (TIA)]

- Yes
- No

05. Have you ever been told by a doctor that you have diabetes?

"Please do not include diabetes during pregnancy"

- Yes
- No

06. How old were you when you were first told by a doctor that you had diabetes?

[Interviewer: If they don't know please enter -9  
If from birth please enter -5]

\_\_\_\_\_

07a. Using Showcard C2.7: What treatments do you now have for your diabetes?

SHOWCARD C2.7

- No treatment
- Insulin injections
- Medicines, tablets or pills
- Diet
- Exercise
- Other
- Don't know

07b. Please specify

\_\_\_\_\_

08. How long after diagnosis did you start insulin injections?

- A week
- A month
- A year
- 2 years
- 5 years

09. Have you ever been told by a doctor that you have osteoporosis, that is, thin or thinning bones?

- Yes
- No

10. Next, a few questions on smoking and alcohol consumption.

Have you ever smoked a total of more than 100 cigarettes in your whole life?

- Yes
- No

11. Using Showcard C2.11: How often do you currently smoke?

[Read response options. If more than one answer given, code the highest one.]

SHOWCARD C2.11

- I don't smoke now
- At least once a day
- At least once a week
- At least once a month
- Less often than once a month

12. Using Showcard C2.12: How long ago did you stop smoking?

SHOWCARD C2.12

- Within the last month
- 1 month to 6 months ago
- 6 to 12 months ago
- 1 to 2 years ago
- 2 to 5 years ago
- Longer than 5 years ago

13. On average, how many cigarettes do you smoke a day?

[If respondent is unable to suggest an average, ask for the typical number of cigarettes smoked in a week and divide by 7.]

Round answer to nearest number if necessary e.g. 2.5 cigarettes a day should be entered as 3.

\_\_\_\_\_

14. In your entire life, have you had at least one alcoholic drink, not counting small tastes or sips?

- Yes
- No

15. Have you had a drink containing alcohol in the last 12 months?

- Yes
- No

16. Using Showcard C2.16: How often do you have a drink containing alcohol?

[Interviewer: Don't prompt answer. Wait and code.]

SHOWCARD C2.16

- Monthly or less
- Up to 4 times per month
- Up to 3 times a week
- 4 or more times per week

17. Using Showcard C2.17: How many drinks containing alcohol do you have on a typical day when you are drinking?

[Interviewer: Take average and round to nearest whole number if necessary e.g. if respondent says 4 or 5, average is 4.5, round to nearest whole number = 5.]

SHOWCARD C2.17

- One or two
- Three or Four
- Five or Six
- Seven to Nine
- Ten or more

18. And finally in this section some questions on blood pressure, cholesterol and body weight.

Have you ever been told by a doctor that you have high blood pressure?

"Please do not include high blood pressure you may have had during pregnancy"

- Yes
- No

19. Are you currently taking pills regularly for high blood pressure?

- Yes
- No

20. Have you ever been told by a doctor that you have high cholesterol levels in your blood?

- Yes
- No

21. Using Showcard C2.21: Are you currently prescribed any of these medications regularly for high cholesterol?

SHOWCARD C2.21

- No
- Lipex (Simvastatin)
- Lipitor (Atorvastatin)
- Vytorin (Ezetimibe with simvastatin)
- Zocor (Simvastatin)
- Crestor (Rosuvastatin)
- Apo-nicotinic acid (Nicotinic acid)
- Bezalip retard (Bezafibrate)
- Colestid (Cholestipol hydrochloride)
- Ezetrol (Ezetimibe)
- Fibalip (Bezafibrate)
- Niacin-odan (Nicotinic acid)
- Olbetam (Acipimox)
- Questran-lite (Cholestyramine with aspartame)
- Other
- Don't know

22a. What was your weight at age 20?

[Answer in either kg or pounds]

\_\_\_\_\_ kg

22b. OR

\_\_\_\_\_ stone

22c.

\_\_\_\_\_ pounds (14 pounds to a stone)

23. Comparing yourself now to when you were 20 years old, would you say you have lost or gained weight? If so by how much?

Interviewer: FYI Half a stone = 7lbs  
Wait for answer and code appropriately

- Lost 10kg or more (22lb or 1st 8lb)
- Lost up to 10kg (22lb or 1st 8lb)
- No change (0)

- Gained up to 5kg (11lb)
- Gained up to 10kg (11 - 22lb or 11lb - 1st 8lb)
- Gained up to 15kg (22 - 33lb or 1st 8lb - 2st 5lb)
- Gained 15kg or more (33lb or 2st 5lb)
- Don't know

### C3. Food Security

I now want to ask you some questions about particular foods you choose, and the buying of food or gifting of food. We are interested in whether you feel you always have sufficient resources to have the food you need for yourself and the people you live with. We are not concerned with your budget, or how you spend money, but we are more interested in finding out about how people get the food that they need for their household to eat and share.

[Interviewer: There are eight statements about food security. Ask the respondent to consider each statement and respond. In each case "we" refers to the household unless it is a one-person household.]

01. Using SHOWCARD C3.1: First of all, we know that some people can't afford to eat properly and we are interested in whether you think you eat properly. It's what you think eating properly is - not what I or anyone else thinks.

SHOWCARD C3.1

I / WE CAN AFFORD TO EAT PROPERLY

- Always
- Sometimes
- Never
- Don't Know

02. Using SHOWCARD C3.2: We are interested in whether you run out of basics, like bread, potatoes, etc, because you do not have enough money. We are NOT referring to treats or special foods.

SHOWCARD C3.2

FOOD RUNS OUT IN MY / OUR HOUSEHOLD DUE TO LACK OF MONEY

How often has this been true for you (or your household) over the past year?

- Often
- Sometimes
- Never
- Don't Know

03. Using SHOWCARD C3.3: Now we are interested in whether a lack of money leads you to sometimes have smaller meals than you would like or whether a lack of money means there isn't enough for seconds or you sometimes skip meals?

SHOWCARD C3.3

I / WE EAT LESS BECAUSE OF LACK OF MONEY

How often has this been true for you (or your household) over the past year?

- Often
- Sometimes
- Never
- Don't Know

04. Using SHOWCARD C3.4: Now we are going to talk about the variety of foods you eat. By variety we mean the number of different kinds of foods you have.

SHOWCARD C3.4

THE VARIETY OF FOODS I AM (WE ARE) ABLE TO EAT IS LIMITED BY A LACK OF MONEY

How often has this been true for you (or your household) over the past year?

- Often
- Sometimes
- Never
- Don't Know

05. Using SHOWCARD C3.5: Some people rely on support and assistance from others for supplying their regular food and we are interested in finding out how many people fall into this group.

SHOWCARD C3.5

I / WE RELY ON OTHERS TO PROVIDE FOOD AND/OR MONEY FOR FOOD, FOR MY/OUR HOUSEHOLD, WHEN I / WE DON'T HAVE ENOUGH MONEY

How often has this been true for you (or your household) over the past year?

- Often
- Sometimes
- Never
- Don't Know

06. Using SHOWCARD C3.6: Also, some people have to rely on other sources of help such as food grants or food banks.

SHOWCARD C3.6

I / WE MAKE USE OF SPECIAL FOOD GRANTS OR FOOD BANKS WHEN I / WE DO NOT HAVE ENOUGH MONEY FOR FOOD.

How often has this been true for you (or your household) over the past year?

- Often
- Sometimes
- Never
- Don't Know

07. Using SHOWCARD C3.7: We know that some people get quite stressed and worried about providing enough food even though they don't actually go without food.

SHOWCARD C3.7

I FEEL STRESSED BECAUSE OF NOT HAVING ENOUGH MONEY FOR FOOD

How often has this been true for you (or your household) over the past year?

- Often
- Sometimes
- Never
- Don't Know

08. Using SHOWCARD C3.8: We recognise that for some people food and sharing food with others is important, to the point that they won't have enough food for themselves. In this question we are only interested in social situations which are gatherings within, or outside, the household. As a result people may find themselves stressed / whakama (embarrassed) about their koha (gift) when providing food for others.

SHOWCARD C3.8

I FEEL STRESSED BECAUSE I CAN'T PROVIDE THE FOOD I WANT FOR SOCIAL OCCASIONS

How often has this been true for you (or your household) over the past year?

- Often
- Sometimes
- Never
- Don't Know

#### C4. Additional socio-demographics

Now, I am going to ask you some general questions about you and your household.

01. Are you descended from Maori? That is did you have a Maori birth parent, grandparent, or great-grandparent or any other Maori ancestor?

- Yes
- No

02a. Which country were you born in?

- New Zealand
- Australia
- England
- Scotland
- China (People's Republic of)
- South Africa
- Samoa
- Cook Islands
- Other

02b. Specify current name of country

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03. In what year did you arrive to live in New Zealand? (Enter 9999 for don't know)

[Interviewer: Enter four digit date eg 1967]

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04a. Using Showcard C4.4: In which languages could you have a conversation about a lot of everyday things?

- English
- Maori
- Samoan
- NZ Sign Language
- Other language e.g. Gujarati, Cantonese, Greek etc

04b. Please specify

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05a. Using SHOWCARD C4.5: Now some questions about your education.

What is your highest secondary school qualification?

SHOWCARD C4.5

- None
- NZ School Certificate in one or more subjects or National Certificate Level 1 or NCEA Level 1
- NZ Sixth Form Certificate in one or more subjects or National Certificate Level 2 or NZ UE before 1986 in one or more subjects or NCEA Level 2
- NZ Higher School Certificate or Higher Leaving Certificate or NZ University Bursary/Scholarship or National Certificate Level 3 or NCEA Level 3 or NZ Scholarship Level 4
- Other secondary school qualification gained in NZ.
- Other secondary school qualification gained overseas

05b. Please specify

06. Using SHOWCARD C4.6: Apart from secondary school qualifications, do you have another completed qualification? Please do not count incomplete qualifications or qualifications that take less than 3 months of full-time study to get.

Please tell us your highest qualification.

SHOWCARD C4.6

- No qualification beyond secondary school
- Bachelors degree, eg BA, BSc
- Bachelors degree with honours
- Masters degree, eg MA, MSc
- PhD
- Diploma (not post-graduate)
- Diploma - Postgraduate
- Trade or technical certificate which took more than 3 months full-time study
- Professional qualification, eg ACA, teachers, nurses
- Other

07. The next few questions ask about your sources of income.

Using SHOWCARD C4.7: What is the total income that you yourself got from all sources, before tax or anything was taken out of it, in the last 12 months?

USE SHOWCARD C4.7

- Less than \$5,000
- \$5,001 - \$10,000
- \$10,001 - \$15,000
- \$15,001 - \$20,000
- \$20,001 - \$25,000
- \$25,001 - \$30,000
- \$30,001 - \$40,000
- \$40,001 - \$50,000
- \$50,001 - \$60,000
- \$60,001 - \$70,000
- \$70,001 - \$80,000
- \$80,000 - \$100,000
- \$100,001 - \$120,000
- \$120,001 - \$150,000
- \$150,001 or more

08. Using SHOWCARD C4.8 - C4.9: In the last 12 months, have you received any of these types of income support?

SHOWCARD C4.8 & C4.9

- NZ Superannuation
- Working for Families (Family Support, In Work Payment, Family Tax Credit)
- Unemployment benefit
- Domestic purposes benefit
- Sickness benefit
- Invalids benefit
- Student allowance
- Disability allowance
- ACC (as income support, not reimbursement for health services)
- Other government benefits (youth benefit, war pension, etc)
- None of the above

09. Using SHOWCARD C4.8 - C4.9: Are you currently receiving any of these types of income support?

SHOWCARD C4.8 & C4.9

- NZ Superannuation
-

Working for Families (Family Support, In Work Payment, Family Tax Credit)

- Unemployment benefit
- Domestic purposes benefit
- Sickness benefit
- Invalids benefit
- Student allowance
- Disability allowance
- ACC (as income support, not reimbursement for health services)
- Other government benefits (youth benefit, war pension, etc)
- None of the above

10. In the past 12 months, have you been out of paid work at any time for more than one month? Please do not include time out of paid work which was from your own choice, such as being retired, a homemaker, caregiver or full-time student.

- Yes
- No

11a. Using SHOWCARD C4.11: Which of these statements best describes your current work situation:

SHOWCARD C4.11

- Working in paid employment
- Not in paid work, and looking for a job
- Not in paid work, and not looking for a job, for any reason such as being retired, a homemaker, caregiver, or fulltime student
- Other

11b. Please specify

12. How many paid hours a week do you usually work?

{Interviewer: Record to nearest half an hour.}

\_\_\_\_\_

13. Could you tell me how many people live in this dwelling, INCLUDING yourself and any babies and children?

\_\_\_\_\_

14a. Using SHOWCARD C4.14: Which of these people live in the same household as you?

SHOWCARD C4.14

- My legal husband, wife or civil union partner
- My partner or de facto, boyfriend or girlfriend
- My son(s) and/or daughter(s), or partner's son(s) or daughter(s)
- My mother and/or father, or parent's spouse or partner
- My sister(s) and/or brother(s)
- My flatmate(s)
- Boarder(s)
- None of the above, I live by myself
- Other

14b. Please specify

## **D1. Screening questions and general information for examination module**

01. Before we start the measurements section, I need to ask you a few questions that assist us with interpretation of the results.

Firstly, I need to ask if you are pregnant at the moment?

- Yes
- No
- Unsure

02. Are you currently breastfeeding?

- Yes
- No

03. Are you currently taking the oral contraceptive pill (also known as "the Pill")?

- Yes
- No

## D2. Blood pressure measurement

Now I'm going to measure your blood pressure using this automatic blood pressure machine.

01. Is the participant willing to take blood pressure measurements

- Yes
- No
- Respondent unable to have blood pressure measured (e.g. chairbound, too unsteady on feet, in pain etc)

01a. 1st Systolic Blood Pressure (mmHg)

\_\_\_\_\_

01b. 1st Diastolic Blood Pressure (mmHg)

\_\_\_\_\_

01c. 1st Heart Rate/ Pulse (BPM)

\_\_\_\_\_

01d. One or more measurements have fallen outside of our range limits. Please check that they are correct:

Are these correct?

- Yes
- No

02a. 2nd Systolic Blood Pressure (mmHg)

\_\_\_\_\_

02b. 2nd Diastolic Blood Pressure (mmHg)

\_\_\_\_\_

02c. 2nd Heart Rate/ Pulse (BPM)

\_\_\_\_\_

02d. One or more measurements have fallen outside of our range limits. Please check that they are correct:

Are these correct?

- Yes
- No

03a. 3rd Systolic Blood Pressure (mmHg)

\_\_\_\_\_

03b. 3rd Diastolic Blood Pressure (mmHg)

\_\_\_\_\_

03c. 3rd Heart Rate/ Pulse (BPM)

\_\_\_\_\_

03d. One or more measurements have fallen outside of our range limits. Please check that they are correct:

Are these correct?

- Yes
- No

04. Interviewer: Please note any comments you have about these measurements

### **D3. Height, Weight and Waist Circumference measurements**

I am now going to take three measurements from you - height, weight, and waist circumference - in that order. I'm then going to take those measurements again, and if any of the second measures are not close enough to the first ones, I'll measure you for a third time.

While I'm setting up the equipment, could you please remove your shoes and all heavy outer clothing so we can obtain accurate measurements... Thank you.

01a. First height

\_\_\_\_\_

01b. First weight measurement

\_\_\_\_\_

01c. Waist circumference instructions

\_\_\_\_\_

02a. I'm now going to repeat all three measures starting with height again.

Second Height

\_\_\_\_\_

02b. Second weight measurement

\_\_\_\_\_

02c. Second waist instructions

\_\_\_\_\_

03a. I now need to record a third height measurement.

Third height

---

03b. I now need to record a third weight measurement.

Third weight measurement

---

03c. I now need to record a third waist measurement.

Third waist instructions

---

04. Interviewer: Please note any comments you have about these measurements

#### **D4. Blood and Urine collection**

Explain importance of the blood and urine sample collection.- more here please

Provide details of nearest clinic

01a. Was the consent form signed?

- Yes
- No

01b. Was the consent form and tubes left with participant?

- Yes
- No

02. Please scan the blood bar code.

---

02a. An incorrect bar code was entered. Please check the number carefully and re-scan the bar code.

The format of the bar code is AA9999A where A is an alpha character and 9 a digit. It is often easy to mistake some characters eg 1 and I, 0 and O, 6 and G etc

You entered: XXXXXXXX

Is this correct?

- Yes
- No - I will re-scan the bar code

03. If you have your blood taken we can send you a koha of either New World or Pak'n'Save grocery vouchers.

Which ones would you prefer to receive? We are sorry but we cannot mix them.

- New World - (or if they do not mind which)
- Pak'n'Save

**E. Recontact / Wrap up**

01a. You have been selected to complete a second 24 hour diet recall.

- Yes
- No

01b. Why would you not participate in the second diet recall?

Thank you for kindly participating in the NZ Adult Nutrition Survey. The Ministry of Health is very grateful that you have given your time to provide this important information to them.