Web appendix. The Health Survey for England Individual Questionnaire

Fruit and vegetable consumption

IF Age of respondent >= 5 THEN
> **VFInt**
> Now we are moving on to a different topic, and I'd like to ask you a few questions about some of the things you ate and drank yesterday. By yesterday I mean 24 hours from midnight to midnight. First I'd like to ask you some questions about the amount of fruit and vegetables you have eaten
> > 1   Continue
>
> **VegSal**
> Did you eat any salad yesterday? Don't count potato, pasta or rice salad or salad in a sandwich. INTERVIEWER: SALADS MADE MAINLY FROM BEANS CAN **EITHER** BE INCLUDED HERE **OR** AT THE NEXT QUESTION.
> > 1   Yes
> > 2   No
>
> **IF VegSal = Yes THEN**
> > **VegSalQ**
> > How many cereal bowls full of salad did you eat yesterday?
> > IF ASKED: 'Think about an average-sized cereal bowl'.
> > > Range: 0.5 - 50.0
> **ENDIF**
>
> **VegPul**
> Did you eat any pulses yesterday? By pulses I mean lentils and all kinds of peas and beans, including chickpeas and baked beans. Don't count pulses in foods like Chilli con carne.
> > 1   Yes
> > 2   No
>
> **IF VegPul = Yes THEN**
> > **VegPulQ**
> > **SHOWCARD H1**
> > How many tablespoons of pulses did you eat yesterday?
> > IF ASKED: 'Think about a heaped or full tablespoon'.
> > > Range: 0.5 - 50.0
> **ENDIF**
>
> **VegVeg**
> Not counting potatoes, did you eat any vegetables yesterday?
> Include fresh, raw, tinned and frozen vegetables.
> > 1   Yes
> > 2   No
>
> **IF VegVeg = Yes THEN**
> > **VegVegQ**
> > **SHOWARD H1**
> > How many tablespoons of vegetables did you eat yesterday?
> > IF ASKED: 'Think about a heaped or full tablespoon'.
> > > Range: 0.5 - 50.0
> **ENDIF**

VegDish

Apart from anything you have already told me about, did /Did you eat any *other* dishes made **mainly** from vegetables or pulses yesterday, such as vegetable lasagne or vegetable curry? Don't count vegetable soups or dishes made mainly from potatoes.

    1   Yes

    2   No

IF VegDish = Yes THEN
   VegDishQ
   SHOWCARD H1
   How many tablespoons of vegetables or pulses did you eat *in these kinds of dishes* yesterday?
   IF ASKED: 'Think about a heaped or full tablespoon'.
        Range: 0.5 - 50.0
ENDIF

VegUsual

Compared with the amount of vegetables, salads and pulses you usually eat, would you say that yesterday you ate...

...READ OUT...

        1   less than usual,

        2   more than usual,

        3   or about the same as usual?

FrtDrnk

Not counting cordials, fruit-drinks and squashes, did you drink any fruit juice yesterday?

        1   Yes

        2   No

IF FrtDrnk = Yes THEN
   FrtDrnkQ
   How many small glasses of fruit juice did you drink yesterday?
   IF ASKED: 'A small glass is about a quarter of a pint'.
        Range: 0.5.-.50.0
ENDIF

Frt

Did you eat any fresh fruit yesterday? Don't count fruit salads, fruit pies, etc.

    1   Yes

    2   No

IF Frt = Yes THEN
   FOR idx:= 1 TO 15 DO
     IF (idx = 1) OR (FrtMor[idx-1] = Yes) THEN
      FrtC[idx]
      What kind of fresh fruit did you eat yesterday?
      INTERVIEWER: USE THE **FRESH FRUIT SIZE LIST** IN YOUR
      SHOWCARDS/CODING FRAMES TO CODE THE SIZE OF THIS FRUIT. IF MORE
      THAN ONE KIND OF FRUIT MENTIONED, CODE ONE HERE ONLY
          1   Very large fruit
          2   Large fruit
          3   Medium-sized fruit
          4   Small fruit
          5   Very small fruit
          6   Not on coding list

IF FrtC[idx] IN [VLge..VSml] THEN
    IF FrtC[idx] = VLge THEN
      much:= 'many average slices'
    ELSEIF FrtC[idx] IN [Lge..Sml] THEN
      much:= 'much'
    ELSEIF FrtC[idx] = VSml THEN
      much:= 'many average handfuls'
ENDIF
FrtQ[idx]

How *much* of this fruit did you eat yesterday?
Range: 0.5.-.50.0

  ELSEIF FrtC[idx] = NotLst THEN
    FrtOth[idx]

What was the name of this fruit?
Text: Maximum 50 characters

    FrtNotQ[idx]

How much of this fruit did you eat?
Text: Maximum 50 characters
ENDIF

  IF idx < 15 THEN
    FrtMor[idx]

Did you eat any other fresh fruit yesterday?
    1   Yes
    2   No
  ENDIF
  ENDIF
ENDDO
ENDIF

FrtC to FrtMor repeated for up to 15 different types of fruit

FrtDry
Did you eat any dried fruit yesterday? Don't count dried fruit in cereal, cakes, etc.
    1   Yes
    2   No

IF FrtDry = Yes THEN
  FrtDryQ
  SHOWCARD H1
  How many tablespoons of dried fruit did you eat yesterday?
  IF ASKED: 'Think about a heaped or full tablespoon'."
    Range: 0.5.-.50.0
ENDIF

FrtFroz
Did you eat any frozen or tinned fruit yesterday?
    1   Yes
    2   No

IF FrtFroz = Yes THEN
    FrtFrozQ
    SHOWCARD H1
    How many tablespoons of frozen or tinned fruit did you eat yesterday?
    IF ASKED: 'Think about a heaped or full tablespoon'.
     Range: 0.5.-.50.0
ENDIF

    FrtDish
Apart from anything you have already told me about, did/Did you eat any *other* dishes made **mainly**
from fruit yesterday, such as fruit salad or fruit pie? Don't count fruit in yoghurts.
    1   Yes
    2   No

IF FrtDish = Yes THEN
    FrtDishQ
    SHOWCARD H1
    How many tablespoons of fruit did you eat *in these kinds of dishes* yesterday?
    IF ASKED: 'Think about a heaped or full tablespoon'.
        Range: 0.5.-.50.0
ENDIF