

SOCIAL SUPPORT AND EATING HABITS SURVEY

Below is a list of things people might do or say to someone who is trying to improve their eating habits. We are interested in high fat and high salt (or high sodium) foods. If you are not trying to make any of these dietary changes, then some of the questions may not apply to you, but please read and give an answer to every question.

Please rate each question *twice*. Under *family*, rate how often anyone living in your household has said or done what is described during the last three months. Under *friends*, rate how often your friends, acquaintances, or coworkers have said or done what is described during the last three months.

Please write *one* number from the following rating scale in each space:

SAMPLE:

- | | | |
|--|------------------------|------------------------|
| <p>A. If my family <i>rarely makes fun of the foods I eat, and my friends very often do</i>, I would answer like this:</p> <p>A. Made fun of the foods I eat</p> | <p>Family</p> | <p>Friends</p> |
| | <p>A. <u> 2 </u></p> | <p>A. <u> 5 </u></p> |

none	rarely	a few times	often	very often	does not apply
1	2	3	4	5	8

During the past three months, my family (or members of my household) or friends:

- | | Family | Friends |
|--|-----------------------|-----------------------|
| 1. Encouraged me not to eat "unhealthy foods" (cake, salted chips) when I'm tempted to do so. | 1. <u> </u> | 1. <u> </u> |
| 2. Discussed my eating habit. changes with me (asked me how I'm doing with my eating changes). | 2. <u> </u> | 2. <u> </u> |
| 3. Reminded me not to eat high fat, high salt foods. | 3. <u> </u> | 3. <u> </u> |
| 4. Complimented me on changing my eating habits ("Keep it up", "We are proud of you "). | 4. <u> </u> | 4. <u> </u> |
| 5. Commented if I went back to my old eating habits. | 5. <u> </u> | 5. <u> </u> |
| 6. Ate high fat or high salt foods in front of me. | 6. <u> </u> | 6. <u> </u> |
| 7. Refused to eat the same foods I eat. | 7. <u> </u> | 7. <u> </u> |
| 8. Brought home foods I'm trying not to eat. | 8. <u> </u> | 8. <u> </u> |
| 9. Got angry when I encouraged them to eat low salt, low fat foods. | 9. <u> </u> | 9. <u> </u> |
| 10. Offered me food I'm trying not to eat. | 10. <u> </u> | 10. <u> </u> |