

**Questionnaire adapted from Gregório, M.J., et al., Proposta metodológica para a avaliação da insegurança alimentar em Portugal. 2014**

**PART A: Socio-economic and demographic characterization**

**Section A1**

**Age:** \_\_\_\_\_

**Sex:**

\_\_\_ Female

\_\_\_ Male

**Weight (Kg):** \_\_\_\_\_

**Height (cm):** \_\_\_\_\_

**Attending education level:**

\_\_\_ Licentiate degree (BSc)

\_\_\_ Master's degree (MSc)

\_\_\_ Doctoral programme (PhD)

\_\_\_ Higher Professional and Technical Course (CTeSP)

**Professional status:**

\_\_\_ Student

\_\_\_ Student worker

**If you are a worker, indicate your profession:** \_\_\_\_\_

**Residence district:** \_\_\_\_\_

**Residence county:** \_\_\_\_\_

**Nationality:**

\_\_\_ Portuguese

\_\_\_ Unknown

\_\_\_ Other: \_\_\_\_\_

**Number of household members:** \_\_\_\_\_

**Number of household members with  $\geq 65$  years old:** \_\_\_\_\_

**Number of unemployed household members:** \_\_\_\_\_

**Number of household members contributing to family income:** \_\_\_\_\_

**Do you usually prepare meals for the household?**

- ☐ Yes
- ☐ No

**In general, how do you consider your health status?**

- ☐ Very good
- ☐ Good
- ☐ Reasonable
- ☐ Bad
- ☐ Very bad
- ☐ I don't know

**In your household, are there any members who smoke every day?**

- ☐ Yes
- ☐ No (skip to section A2)
- ☐ I don't know (skip to section A2)

**How many people smoke every day in your household? \_\_\_\_\_**

## **Section A2**

**Are there any children in the household under 18 years old?**

- ☐ Yes
- ☐ No (Skip to section B2)

**Specify the age of the household members under 18 years old:**

(More than one answer allowed)

- ☐ 0-2 years old
- ☐ 3-5 years old
- ☐ 6-9 years old
- ☐ 10-15 years old
- ☐ 16-18 years old

**Do children usually eat meals at home?**

- ☐ Yes
- ☐ No (Skip to section B1)

**Specify the meals that children usually eat at home:**

(More than one answer allowed)

- ☐ Breakfast
- ☐ Lunch
- ☐ Afternoon snack
- ☐ Dinner
- ☐ Other: \_\_\_\_\_

## **PART B: Food Insecurity Scale**

### **Section B1**

**In the last 3 months, have the children/adolescents in your household (under 18 years of age) been unable to have a healthy and varied diet due to lack of money?**

- ☐ Yes
- ☐ No
- ☐ I don't know

**In the last 3 months, did the children/adolescents in your household have to consume only a few foods that they still had at home because they ran out of money?**

- ☐ Yes
- ☐ No
- ☐ I don't know

**In the last 3 months, in general, did any child/adolescent in your household eat less than they should because there was no money to buy food?**

- ☐ Yes
- ☐ No
- ☐ I don't know

**In the last 3 months, was the amount of food in the meals of any child/adolescent in your household reduced because there was not enough money to buy food?**

- ☐ Yes
- ☐ No
- ☐ I don't know

**In the last 3 months, has any child/adolescent in your household skipped a meal because there was not enough money to buy food?**

- ☐ Yes
- ☐ No
- ☐ I don't know

**In the last 3 months, have any children/adolescents in your household felt hungry but did not eat due to lack of money to buy food?**

- ☐ Yes
- ☐ No
- ☐ I don't know

### **Section B2**

**In the past 3 months, have you ever felt worried that food in your household might run out before you had enough money to buy more?**

- ☐ Yes
- ☐ No
- ☐ I don't know

**In the last 3 months, did you run out of food before you had the money to buy more?**

- ☐ Yes
- ☐ No
- ☐ I don't know

**In the last 3 months, did your household members run out of money to have a healthy and varied diet?**

- ☐ Yes
- ☐ No
- ☐ I don't know

**In the last 3 months, did your household members have to eat the only food they still had at home because they ran out of money?**

- ☐ Yes
- ☐ No
- ☐ I don't know

**In the last 3 months, has any adult household member (aged 18 or over) missed a meal because he didn't have enough money to buy food?**

- ☐ Yes
- ☐ No
- ☐ I don't know

**In the last 3 months, did any adult household member eat less than he thought he should because he didn't have enough money to buy food?**

- ☐ Yes
- ☐ No
- ☐ I don't know

**In the last 3 months, has any adult member of the household felt hungry but did not eat due to lack of money to buy food?**

- ☐ Yes
- ☐ No
- ☐ I don't know

**In the last 3 months, has any adult member of the household gone a whole day without eating or had only one meal throughout the day, because he did not have enough money to buy food?**

- ☐ Yes
- ☐ No
- ☐ I don't know

### **PART C: Additional Questions**

**In the last 3 months, did your household members change its consumption of any food considered essential (e.g., fruit, vegetables, fish, meat, rice, potatoes, pasta) due to economic difficulties in purchasing it?**

- ☐ Yes
- ☐ No
- ☐ I don't know

**In the last 3 months, what were the main dietary changes in your household due to economic difficulties?** (More than one answer allowed)

- ☐ Eat out less
- ☐ Obtain food through own production, from family members or others
- ☐ Receives food or other outside help
- ☐ Doesn't apply

**The following reasons show why people do not always eat enough. Indicate if any of them apply to you:** (More than one answer allowed)

- ☐ Don't have enough money to buy food
- ☐ Lack of gas, electricity, or an electrical appliance
- ☐ Unable to cook or eat due to health problems
- ☐ Lack of time
- ☐ It is very difficult to have access to a food outlet
- ☐ Doesn't apply

**The following reasons show why people don't always have the types of food they want or need. Indicate if any of them apply to you:** (More than one answer allowed)

- ☐ Good quality food is not available
- ☐ The food desired are not available
- ☐ Don't have enough money to buy food
- ☐ It is very difficult to have access to a food outlet
- ☐ A healthier and varied diet turns out to be more expensive
- ☐ Doesn't apply

**In the last 3 months, the purchase of "white label" foods:**

- ☐ Didn't change
- ☐ Decreased
- ☐ Increased
- ☐ I don't know
- ☐ I don't buy "white label" foods

**In the last 3 months, do you consider that there has been a change in the number of visits to the doctor in your household, due to economic needs?**

- ☐ Didn't change
- ☐ Decreased
- ☐ Increased
- ☐ I don't know

**In the last 3 months, has there been a decrease in the purchase of medicines in your household, due to economic needs?**

- ☐ Yes
- ☐ No
- ☐ I don't know

**In the last 3 months, has there been an increase in visits to the psychiatrist and in the consumption of medication prescribed in your household?**

- ☐ Yes
- ☐ No
- ☐ I don't know
- ☐ Doesn't apply

**In the last 3 months, has there been an increase in the consumption of sleeping pills in your household?**

- ☐ Yes
- ☐ No
- ☐ I don't know