

## **Supplementary Material: Recommended short-form questions**

It is recommended that the parent complete the questions as a proxy if the child is less than 10 years old, and that the child complete the questions if they are more than 12 years old. Either the child or the parent proxy could complete the questions if the child is 10-12 years old. The questionnaire should indicate if the child or the parent completed the questions.

### **Recommended dietary intake questions**

The following questions are taken from the Many Rivers Diabetes Prevention Project [1]. It is recommended that the parent complete the questions as a proxy if the child is less than 10 years old, and that good visual prompts accompany the questions; for example those used in the Students as Lifestyle Activists (SALSA) high school community intervention currently run in high schools in Western Sydney [2,3]

- 1. How many serves of fruit do you USUALLY eat each day? (A 'serve' is 1 medium piece or 2 small pieces of fruit or a cup of diced pieces.) This includes all fresh, dried, frozen, and tinned fruit.**

- ☐ I don't eat fruit
- ☐ 1 serve or less
- ☐ 2 serves
- ☐ 3 serves
- ☐ 4 serves or more

- 2. How many serves of vegetables do you USUALLY eat each day? (A 'serve' is half a cup of cooked vegetables or 1 cup of salad vegetables.) This includes all fresh, dried, frozen and tinned vegetables.**

- ☐ I don't eat vegetables
- ☐ 1 serve or less
- ☐ 2 serves
- ☐ 3 serves
- ☐ 4 serves
- ☐ 5 serves or more

3. **How much soft drink, cordials or sports drinks do you USUALLY drink (e.g. cordial, Coke, Lemonade, Gatorade)? (one can of soft drink = 1 ½ cups)**

- ☐ I don't drink soft drink
- ☐ Less than one cup a week
- ☐ About 1-3 cups a week
- ☐ About 4-6 cups a week
- ☐ About 1-2 cups a day
- ☐ About 2-3 cups a day
- ☐ 3 cups or more a day

4. **How much water do you USUALLY drink each day? This can be plain tap water or bottled water. (1 average bottle = 2 cups)**

- ☐ I don't drink water
- ☐ Less than one cup a day
- ☐ About 1 to 2 cups a day
- ☐ About 2 to 3 cups a day
- ☐ About 3 to 4 cups a day
- ☐ About 4 cups or more a day

5. **How often do you eat hot chips, wedges, or hot French fried potatoes?**

- ☐ Never or rarely
- ☐ Less than once a week
- ☐ About 1 to 2 times a week
- ☐ About 3 to 4 times a week
- ☐ About 5 to 6 times a week
- ☐ About once a day
- ☐ 2 or more times a day

6. **How often do you have meals or snacks, such as burgers, pizza, chicken, or chips from places like McDonalds, Hungry Jacks, Pizza Hut, KFC, Red Rooster or local take-away food places?**

- ☐ Never or rarely
- ☐ Less than once a week
- ☐ About 1 to 2 times a week
- ☐ About 3 to 4 times a week
- ☐ About 5 to 6 times a week
- ☐ About once a day
- ☐ 2 or more times a day

We also recommend the inclusion of a question on eating dinner in front of television [4] because eating meals in front of the television is associated with increased weight and poorer diet quality [5,6].

**7. How many times a week do you usually eat your meal at night in front of the television (TV)?**

\_\_\_\_\_ days a week

OR

☐ I rarely / never eat in front of the TV

**Recommended physical activity question**

The following question is taken from Active Healthy Kids Australia [7], which is modified from Prochaska et al [8].

Over the past 7 days, on how many days were you/your child engaged in moderate to vigorous physical activity for at least 60 minutes (this can be accumulated over the entire day, for example in bouts of 10 minutes) each day?

**Moderate to vigorous activity is any activity that increases the heart rate and gets you out of breath some of the time**

☐ No days   ☐ 1 day   ☐ 2 days   ☐ 3 days   ☐ 4 days   ☐ 5 days   ☐ 6 days   ☐ 7 days

**Suggested sedentary behaviour question**

The following short question [4] may address the sedentary behaviour, however it is limited to weekdays and the screen time is limited to television viewing:

**On weekdays how much time do you usually spend watching television (TV)?**

\_\_\_\_\_ hours \_\_\_\_\_ minutes

## References

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