

Supplementary Materials

Article

Assessment of Dietary and Lifestyle Quality among the Romanian Population in the Post-Pandemic Period

QUESTIONNAIRE regarding adherence to the healthy lifestyle and balanced diet of the Romanian population

Personal data:

1. Please mention your age (in years):

2. Please mention your gender:

Male

Feminine

Other

3. Please mention your current residence:

Town

Commune/Village

4. Please mention your employment status:

Unemployed

Socially assisted

Householder

Retired

Student

Teleworking

I go to work every day

I work in a mixed regime (telework and commuting)

5. Please state your marital status:

Single

Divorced / separated

Married

6. Please mention the Level of education:

General/primary studies

Secondary education (baccalaureate degree)

Post-secondary studies

Higher education (bachelor's degree)

Postgraduate studies (master's, residency, doctorate, other specializations)

Anthropometric data

7. Please mention your weight (in kg):

8. Please mention your height (in cm):

Eating habits:

9. What is the main type of dietary fat consumed?

Margarine

Lard, tallow

Butter

Refined vegetable oil

Extra virgin or virgin vegetable oil

10. How many servings of vegetables (approx. 100 g) do you eat every day?

- Very rarely or not at all
- One
- Two
- Three
- More than three

11. How many servings of fruit (approx. 100 g) do you eat every day?

- Very rarely or not at all
- One
- Two
- Three
- More than three

12. How often do you eat meat?

- Very rarely or not at all
- Once a week
- Twice a week
- More than 2 times a week
- Daily

13. How often do you consume carbonated or sweetened drinks (1 portion = 330 ml, a glass)?

- Daily
- More than 2 times a week
- Twice a week
- Once a week
- Very rarely or not at all

14. How often do you consume alcoholic beverages (1 glass of wine=125ml, 1 glass of soft drink spirits =50ml)?

- Daily more than one serving
- One serving daily
- More than 2 times a week
- Twice a week
- Once a week
- Very rarely or not at all

15. How often do you eat fish or seafood?

- Very rarely or not at all
- Once a week
- Twice a week
- More than 2 times a week
- Daily

16. How often do you eat sweets / pastries?

- Daily
- More than 2 times a week
- Twice a week
- Once a week
- Very rarely or not at all

17. How often do you eat pasta, rice or other grains?

- Very rarely or not at all
- Once a week
- Twice a week
- More than 2 times a week
- Daily

18. How much bread do you eat per day?

- More than 12 slices

8-12 slices

5-7 slices

1-4 slices

Very rarely or not at all

19. How often do you consume dairy products?

Very rarely or not at all

Once a week

Twice a week

More than 2 times a week

Daily

20. How many eggs do you eat per week?

Very rarely or not at all

1 - 2 eggs

3 - 4 eggs

5 - 7 eggs

More than 7 eggs

21. Which food category do you eat most often?

Fast food products

Pizza, snacks, pastries, sweets

Products made from sausages and preserves

Food cooked in restaurants

Home cooked food

22. What type of cooked food do you eat most often?

Fried foods

Food prepared by cooking on wood or coals

Grilled food

Food prepared in the oven

Boiled or steamed foods

Non-thermally processed foods

23. How much water do you drink per day?

Under 1L

1 L

2 L

3 L

Over 3 L

24. Which category of liquids do you tend to consume most often?

Alcoholic drinks: sparkling drinks/wine, beer, etc.

Carbonated or sweetened non-alcoholic drinks

Coffee

What do you have

Plain water and natural juices

25. Which category of food products predominates in the daily diet?

Produce

Fish and seafood preparations

Cereals and pasta

Dairy products

Meat and meat preparations

Sweets and pastries

Foods high in fat

26. What type of meat do you eat most often?

Fish and/or seafood

Bird meat

Rabbit meat

Beef

Game meat
Pork
Mutton
Goat meat
Other
I don't eat meat

Lifestyle:

27. How are meals distributed per day?

Consuming 1-2 meals a day without a fixed schedule
I eat 3 meals a day without a fixed schedule
I eat 3 meals a day and 1-2 snacks without a fixed schedule
Consume 3 meals a day according to a fixed schedule
Consume 3 meals a day and 1-2 snacks according to a fixed schedule

28. How do you rate the amount of food consumed daily?

I consider myself a chaotic, excessive eater
I believe that I eat chaotically, insufficiently
Weighted food consumption, without excesses
Consume food according to the needs of the body by monitoring the weight

I eat food according to the ration established by a specialist

29. Do you think that your diet has affected your health?

I do not know
Yes, because I eat junk food
Yes, because I overeat
Yes, because I don't eat enough
No

30. When you serve the meal how do you do it?

I generally eat in a hurry
During the meal I usually do something else
They serve the meal quietly and unhurriedly

31. Do you think you need the advice of a nutritionist?

Yes, to help me choose healthy foods
Yes, to help me eat weighted
No

32. Which of the following factors do you consider to be most likely to affect your current state of health?

Overwork
Sleep quality
The stress
Unhealthy diet
Lack of movement
pollution
Excessive smoking
Excessive consumption of alcohol or drugs
Financial problems

33. What type of diet are you currently on?

Normal, omnivorous diet
Vegetarian diet/variants
Vegan diet/variants
Ketogenic diet
Mediterranean diet
Other

34. Have you ever gone on a diet to lose weight?

Yes, often
Yes, very rarely
No

35. What type of activity do you do?

Work in difficult and dangerous conditions (construction site, factory, mine, etc.)

Work in front of the computer or special devices
Office work or activity with minimal movement
Work standing
Work outdoors in non-hazardous conditions

36. Do you usually do sports / exercise?

Not
Yes, very rarely
Yes, 2-3 times a week
Yes, daily under an hour
Yes, daily at least one hour

37. Where do you do sports / exercise?

The home
Outdoor
Gym
I don't do sports / exercise

38. Do you smoke?

Yes, excessively daily
Yes, daily 1-2 cigarettes
Yes, 2-3 times a week
Yes, occasionally
No

39. How many hours a night you usually sleep?

I have frequent insomnia
Under 7 hours per night
Over 9 hours a night
7-9 hours a night

40. How do you rate the state of your immune system?

I consider myself to have a strong immune system
I believe I have a weakened immune system
I regularly use various methods to strengthen the immune system

41. What do you consider to be the main factors affecting your mental state?

Health problems

Fatigue state
The stress
Overwork
Problems at work
Lack of communication, isolation
Inappropriate surroundings
Family problems
Financial problems

42. What kind of problems do you encounter?

I am often tired
I am often nervous
I am often depressed
I have frequent panic attacks / anxiety states
I eat emotionally
I'm not hungry

I'm fine, I have no problem

43. Do you go to specialist doctors when you have health problems?

Never

Yes, only in very serious cases

Yes, generally when self-medication doesn't work

Yes, when the state of health deteriorates more

Yes, every time there are problems

44. Do you regularly assess your health?

No

Yes, very rarely

Yes, after two years

Yes, once a year

Yes, at least twice a year

45. How much time do you spend on average per day in front of the computer, tablet, phone or TV?

Over 8 hours

6-7 hours

4-5 hours

2-3 hours

Under 1 hour

46. What type of chronic conditions do you have?

Arterial Hypertension

Cardiovascular diseases

Diabetes

Gout

Obesity

Pulmonary diseases

Renal diseases

Autoimmune diseases

Gastric conditions

Liver diseases

Respiratory diseases

Rheumatic diseases

Bone disorders

Mental disorders

Other

I am clinically healthy

I do not know

47. What do you feel is currently lacking in a healthier lifestyle?

Free time

Peaceful sleep, rest

Financial resources

Advice from a nutritionist

Access to quality medical services

Solving stressful problems

Communication and socialization

Reducing time spent on social networks or various sites

Nutritional knowledge

Movement, physical activity

Quality food products

Nothing

48. How do you spend your free time?

Watching movies and TV programs

On social networks or various websites

Reading
DIY (Do It Yourself)
With family or friends
Outdoor activities
Participation in cultural activities
Participation in charity events
Participation in training courses
Other ways.