

UPBEAT

Uk Pregnancies Better Eating and Activity Trial



We are carrying out a study to find out more about pregnant women's feelings about eating and physical activity during pregnancy.

We are asking pregnant women to help by filling in this questionnaire.
The questionnaire will take around 30 minutes to complete.

Your responses will be **completely anonymous and confidential**. Your answers will not be shared with any third parties, and you will not be contacted by any third parties.

Once you have completed the questionnaire, please return it in the **FREEPOST** envelope provided – there is no need for a stamp.

TODAY'S DATE _____

Most people could make small changes in their diet and levels of physical activity. This questionnaire asks about eating more fruit and vegetables, less high fat, high sugar foods and being more physically active during pregnancy than when you are not pregnant.

Some examples of foods high in fat are butter, cheese, ice-cream, crisps, sausages, burgers, and fried food. Examples of foods high in sugar are chocolate, biscuits, cakes, puddings, and fizzy drinks. Some of the questions refer to eating less of these foods - this means *eating them less often or in smaller quantities than you do at the moment.*

Physical activity means *any type of moderate activity such as brisk walking, doing household chores such as mowing the lawn or Hoovering.*

A FEW QUESTIONS ABOUT YOU

How many weeks pregnant are you? _____ weeks

How many children do you have? _____

Have you ever been told you have diabetes? **Yes** **No**

Have you developed gestational diabetes during your pregnancy? **Yes** **No**

How tall are you? _____ feet _____ in **OR** _____ cms

How much did you weigh before you were pregnant? _____ stones _____ lbs **OR** _____ kgs

How much do you weigh now? _____ stones _____ lbs **OR** _____ kgs

EATING AND ACTIVITY IN PREGNANCY

Please circle one number on each row.

Eating more fruit and vegetables than I do now would be:

Very unenjoyable	1	2	3	4	5	Very enjoyable
Very important	1	2	3	4	5	Very unimportant
Very difficult	1	2	3	4	5	Very easy

Eating fewer high-sugar foods than I do now would be:

Very unenjoyable	1	2	3	4	5	Very enjoyable
Very important	1	2	3	4	5	Very unimportant
Very difficult	1	2	3	4	5	Very easy

Eating fewer high-fat foods than I do now would be:

Very unenjoyable	1	2	3	4	5	Very enjoyable
Very important	1	2	3	4	5	Very unimportant
Very difficult	1	2	3	4	5	Very easy

Being more physically active than I am now would be:

Very unenjoyable	1	2	3	4	5	Very enjoyable
Very important	1	2	3	4	5	Very unimportant
Very difficult	1	2	3	4	5	Very easy

FRUIT AND VEGETABLES IN PREGNANCY

	Strongly Disagree	Disagree	Neither Agree or Disagree	Agree	Strongly Agree
Eating too few fruit and vegetables could cause health problems for me	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Eating too few fruit and vegetables during pregnancy could cause health problems for my baby	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I would worry about my health if I ate too few fruit and vegetables during pregnancy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I would worry about my baby's health if I ate too few fruit and vegetables during pregnancy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Eating more fruit and vegetables than I do now would be good for my baby	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Eating more fruit and vegetables than I do now would make me look better	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Eating more fruit and vegetables than I do now would make me feel better	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Eating more fruit and vegetables than I do now would reduce my chances of having a baby that is too big	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Eating more fruit and vegetables than I do now would prevent me from putting on too much extra weight	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
It's hard to buy fruit and vegetables at the local shop	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Fruit and vegetables are hard to prepare	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I don't like the taste of fruit and vegetables	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
It costs too much to eat more fruit and vegetables	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Is there anything making it difficult for you to eat more fruit and vegetables at the moment? <i>(If so, please state)</i>	<hr/> <hr/>				

FAT IN PREGNANCY

	Strongly Disagree	Disagree	Neither Agree or Disagree	Agree	Strongly Agree
Eating too many high-fat foods during pregnancy could cause health problems for me	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Eating too many high-fat foods during pregnancy could cause health problems for my baby	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I would worry about my health if I ate too many high-fat foods during pregnancy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I would worry about my baby's health if I ate too many high-fat foods during pregnancy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Eating fewer high-fat foods than I do now would be good for my baby	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Eating fewer high-fat foods than I do now would make me look better	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Eating fewer high-fat foods than I do now would make me feel better	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Eating fewer high-fat foods than I do now would reduce my chances of having a baby that is too big	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Eating fewer high-fat foods than I do now would prevent me from putting on too much extra weight	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I enjoy high-fat foods	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Foods high in fat are easy to cook	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Eating high-fat foods during pregnancy satisfies my cravings	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Eating high-fat foods helps me deal with stress	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Is anything else making it difficult for you to eat less high fat foods at the moment? *(If so, please state)*

SUGAR IN PREGNANCY

	Strongly Disagree	Disagree	Neither Agree or Disagree	Agree	Strongly Agree
Eating too many high-sugar foods during pregnancy could cause health problems for me	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Eating too many high-sugar foods during pregnancy could cause health problems for my baby	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I would worry about my health if I ate too many high-sugar foods during pregnancy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I would worry about my baby's health if I ate too many high-sugar foods during pregnancy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Eating fewer high-sugar foods than I do now would be good for my baby	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Eating fewer high-sugar foods than I do now would make me look better	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Eating fewer high-sugar foods than I do now would make me feel better	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Eating fewer high-sugar foods than I do now would reduce my chances of having a baby that is too big	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Eating fewer high-sugar foods than I do now would prevent me from putting on too much extra weight	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I enjoy foods high in sugar	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Eating foods high in sugar satisfies my cravings	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Eating high-sugar foods helps me deal with stress	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Is anything else making it difficult for you to eat less sugary foods at the moment? *(If so please state)*

PHYSICAL ACTIVITY IN PREGNANCY

	Strongly Disagree	Disagree	Neither Agree or Disagree	Agree	Strongly Agree
Not being active during pregnancy could cause health problems for me	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Not being active during pregnancy could cause health problems for my baby	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I would worry about my health if I were not active during pregnancy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I would worry about my baby's health if I were not active during pregnancy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I am currently physically active	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I feel too nauseous to be physically active while I am pregnant	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I don't have the energy to be physically active during my pregnancy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I don't feel motivated to be physically active while I am pregnant	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I would worry that being physically active while I am pregnant is not good for my health	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I would worry that being physically active during pregnancy is not good for my baby's health	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I don't know which type of physical activity I should do during pregnancy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I don't have time to be physically active while I am pregnant	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
There is nowhere close by for me to do any physical activity	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
It is uncomfortable to be physically active during pregnancy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
It would be embarrassing to be physically active during pregnancy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
It would cost too much to be physically active while I am pregnant	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I have no one to do physical activity with	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
My GP has advised me not to be physically active during pregnancy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Is there anything else making it difficult to do physical activity at the moment? <i>(If so, please state)</i>					

	Strongly Disagree	Disagree	Neither Agree or Disagree	Agree	Strongly Agree
Being more active than I am now would be good for my baby	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Being more active than I am now would reduce my chances of having a baby that is too big	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Being more active than I am now would be good for my health	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Being more active than I am now would help prevent me from putting on too much extra weight	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Being more active than I am now would be sociable	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Being more active than I am now would help me relax	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Being more active than I am now would be good for my wellbeing	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Being more active than I am now would help me have an easier labour	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

EATING AND HEALTH IN PREGNANCY

	Strongly Disagree	Disagree	Neither Agree or Disagree	Agree	Strongly Agree
I often feel too nauseous to eat during pregnancy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I don't know which foods I should eat during pregnancy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I can eat whatever I like during pregnancy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I should 'eat for two' during pregnancy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I like being able to gain weight for a change	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
There is nothing more important to me than good health	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Regardless of the things I do during my pregnancy, whether my child is born healthy is down to chance	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
It doesn't matter what I do during my pregnancy, my baby's health will depend on the care I receive from health professionals	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Being healthy during my pregnancy will greatly increase my chances of having a healthy baby	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

WHAT OTHER PEOPLE THINK ABOUT YOUR DIET AND ACTIVITY

	Definitely not	Probably not	Don't know	Yes, probably	Yes, definitely
My family would approve of me eating more fruit and vegetables in pregnancy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
My family would approve of me eating fewer high-fat foods in pregnancy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
My family would approve of me eating fewer high-sugar foods in pregnancy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
My family would approve of me being more physically active in pregnancy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
My health care professional would approve of me eating more fruit and vegetables in pregnancy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
My health care professional would approve of me eating fewer high-fat foods in pregnancy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
My health care professional would approve of me eating fewer high-sugar foods in pregnancy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
My health care professional would approve of me being more physically active in pregnancy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

WHAT YOU DO AT THE MOMENT

Do you think the amount of fruit and vegetables you eat is...

Much too little Too little About right Too much Much too much

Do you think the amount of high-fat foods you currently eat is...

Much too little Too little About right Too much Much too much

Do you think the amount of high-sugar foods you currently eat is...

Much too little Too little About right Too much Much too much

Do you think the amount of physical activity you currently do is...

Much too little Too little About right Too much Much too much

Over the rest of your pregnancy, do you intend to...

Eat much less fruit and vegetables <input type="checkbox"/>	Eat a little less fruit and vegetables <input type="checkbox"/>	Not change <input type="checkbox"/>	Eat a little more fruit and vegetables <input type="checkbox"/>	Eat much more fruit and vegetables <input type="checkbox"/>
Eat much fewer high-fat foods <input type="checkbox"/>	Eat a little fewer high-fat foods <input type="checkbox"/>	Not change <input type="checkbox"/>	Eat a little more high-fat foods <input type="checkbox"/>	Eat much more high-fat foods <input type="checkbox"/>
Eat much fewer high-sugar foods <input type="checkbox"/>	Eat a little fewer high-sugar foods <input type="checkbox"/>	Not change <input type="checkbox"/>	Eat a little more high-sugar foods <input type="checkbox"/>	Eat much more high-sugar foods <input type="checkbox"/>
Be much less physically active <input type="checkbox"/>	Be a little less physically active <input type="checkbox"/>	Not change <input type="checkbox"/>	Be a little more physically active <input type="checkbox"/>	Be much more physically active <input type="checkbox"/>

YOUR FOOD CHOICES DURING PREGNANCY

During my pregnancy, it is important to me that the food I eat on a typical day...

	Strongly Disagree	Disagree	Neither agree or disagree	Agree	Strongly Agree
Contains a lot of vitamins and minerals	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Keeps my baby healthy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Helps me cope with stress	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Helps me cope with life	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Is easy to prepare	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Can be cooked very simply	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Smells nice	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Looks nice	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Contains no additives	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Is not expensive	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Is low in calories	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Helps prevent excessive weight gain during my pregnancy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Is what I usually eat	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

How many times a week do you eat a serving of the following foods?

	Less than once a week or never	Once or twice a week	3-5 times a week	6 or more times a week
Cheese (any except cottage cheese)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Beefburgers or sausages	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Beef, pork, lamb (if vegetarian, nuts)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Bacon, meat pies	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Chicken or turkey	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Fish (NOT fried)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
ANY fried food, fried fish, chips, cooked breakfast, samosas	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Cakes, pies, puddings, pastries	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Biscuits, chocolate, crisps	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

About how many rounded teaspoons of margarine, butter or other spread do you usually use in a day, for example on bread, sandwiches, toast, potatoes, or vegetables?

	None	1	2	3	4	5	6	7 or more
Butter or margarine or reduced (not low) fat spread (such as Flora, sunflower spread, Clover, Utterly Butterly)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Low fat spread (such as Flora Light, Diet Clover)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

YOUR PHYSICAL ACTIVITY

Think about brisk walking you did in the last week (walking for exercise, to get places, with the dog)

On how many days did you walk briskly? (separated into weekday and weekend days)

Monday – Friday _____ days

Saturday – Sunday _____ days

What was the total amount of time you spent walking briskly each day?

Monday – Friday _____ hrs _____ min per day

Saturday – Sunday _____ hrs _____ min per day

During a typical week how many times on average do you do the following type of activity for more than 10 minutes

Vigorous activity (when your heart beats much faster) e.g. jogging, vigorous swimming

_____ days per week _____ minutes per session

Moderate activity (when you breathe somewhat harder than normal) e.g. easy swimming, cycling (**NOT** walking)

_____ days per week _____ minutes per session

WHAT YOU KNOW ABOUT FOOD

Do you think health experts recommend that people should eat more, the same amount, or less of these foods?

	More	Same	Less	Not sure
Vegetables	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Sugary foods	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Red meat	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Starchy food	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Fatty foods	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
High fibre foods	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Fruit	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Salty foods	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

How many portions of fruit and vegetables a day do you think experts advise people to eat?
(One serving could be, for example, an apple or a handful of chopped carrots)

_____ servings

Which fat do experts say is most important for people to cut down on?

Monounsaturated Fat

Polyunsaturated Fat

Saturated Fat

Not Sure

What version of dairy foods (e.g. milk, cheese) do experts say adults should eat?

Full Fat	<input type="checkbox"/>
Lower Fat	<input type="checkbox"/>
Mixture of Full Fat and Lower Fat	<input type="checkbox"/>
Neither, dairy foods should be cut out	<input type="checkbox"/>
Not sure	<input type="checkbox"/>

Do you think these foods are high or low in ADDED sugar? (not naturally occurring sugar)

	High in added sugar	Low in added sugar	Not sure
Bananas	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Plain yoghurt	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Ice-cream	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Orange squash	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Tomato ketchup	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Tinned fruit in natural juice	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Do you think these foods are high or low in fat? (tick one box per food)			
	High in fat	Low in fat	Not sure
Pasta (without sauce)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Low fat spread	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Baked beans	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Corned beef	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Honey	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Meat pie	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Nuts	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Bread	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Cottage cheese	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Margarine	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Do you think these foods are high or low in saturated fat? (tick one box per food)			
	High in saturated fat	Low in saturated fat	Not sure
Mackerel	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Whole milk	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Olive oil	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Red meat	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Coconut cream or coconut milk	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Chocolate	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Do you agree or disagree with the following?			
	Agree	Disagree	Not Sure
"A glass of unsweetened fruit juice counts towards one of your daily portions of fruit and vegetables"	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
"Brown sugar is a healthy alternative to white sugar."	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
"Polyunsaturated margarine (e.g. sunflower) contains less fat than butter."	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
"There is more calcium in a glass of whole milk than a glass of skimmed milk."	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Saturated fats are mainly found in

(A) Vegetable oils (B) Dairy products Both (A) and (B) Not sure

Which do you think is higher in calories: butter or regular margarine?

Butter Regular margarine Both the same Not sure

Harder fats contain more:

Monounsaturates Polyunsaturates Saturates Not sure

Polyunsaturated fats are mainly found in:

(A) Vegetable oils (B) Dairy products Both (A) and (B) Not sure

DIET IN PREGNANCY				
Please indicate whether the foods listed should be avoided, limited or can be eaten in pregnancy				
	Should be avoided in pregnancy	Should be limited in pregnancy	Can be eaten in pregnancy	Unsure
Liver	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Brie	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Caffeine	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Strawberries	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Ham	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Pate	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Raw shellfish	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Cheddar cheese	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Oily fish	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Peanuts	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Baked beans	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

PHYSICAL ACTIVITY IN PREGNANCY

Are you aware of how much physical activity is recommended in pregnancy?

Yes No Unsure

If Yes, what do you think is recommended? _____

Are you aware of any types of physical activity you should avoid in pregnancy?

Yes No Unsure

If Yes, what do you think is recommended? _____

Do you think that being overweight in pregnancy increases people's risk of any of the following?			
	Yes	No	Not sure
Pre eclampsia	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Anaemia	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Nausea (i.e. feeling sick)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Gestational diabetes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Thrombosis (blood clots)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Migraine	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
High blood pressure	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Excessive foetal growth	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Your child becoming overweight	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Other (please state)	_____		

FINALLY...				
What is your date of birth? _____ / _____ / _____ (day / month / year)				
What is your ethnic group?				
<i>If you are descended from more than one ethnic group, please tick the group to which you consider you belong, or tick 'other ethnic group' and describe your background in the space provided.</i>				
White	Asian or Asian British	Black or Black British	Other ethnic group	Mixed
British <input type="checkbox"/>	Indian <input type="checkbox"/>	Caribbean <input type="checkbox"/>	Chinese <input type="checkbox"/>	White & Black Caribbean <input type="checkbox"/>
Irish <input type="checkbox"/>	Pakistani <input type="checkbox"/>	African <input type="checkbox"/>	Other <input type="checkbox"/>	White & Black African <input type="checkbox"/>
Other <input type="checkbox"/>	Bangladeshi <input type="checkbox"/>	Other <input type="checkbox"/>		White & Asian <input type="checkbox"/>
	Other <input type="checkbox"/>			Other <input type="checkbox"/>
If other (Please specify _____)				

Do you have any educational qualifications?					
No qualifications <input type="checkbox"/>	CSE, GCSE or 'O' Level <input type="checkbox"/>	Vocational qualifications (e.g. NVQ1 & 2) <input type="checkbox"/>	'A' or 'AS' Level/Higher School Certificate <input type="checkbox"/>	Undergraduate degree <input type="checkbox"/>	Postgraduate qualification (e.g. MA, PhD) <input type="checkbox"/>
If other qualification, please state _____					

Are you a:			
Home owner <input type="checkbox"/>	Private Tenant <input type="checkbox"/>	Council Tenant <input type="checkbox"/>	Living with parent/relative <input type="checkbox"/>