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:

<table>
<thead>
<tr>
<th>none</th>
<th>rarely</th>
<th>a few times</th>
<th>often</th>
<th>very often</th>
<th>does not apply</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td>8</td>
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</tbody>
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SAMPLE:
A. If my family rarely makes fun of the foods I eat, and my friends very often do, I would answer like this:

A. Made fun of the foods I eat

A. 2   A. 5

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

1. Encouraged me not to eat "unhealthy foods" (cake, salted chips) when I'm tempted to do so.

Family  Friends
1.  1.

2. Discussed my eating habit changes with me (asked me how I'm doing with my eating changes).

Family  Friends
2.  2.

3. Reminded me not to eat high fat, high salt foods.

Family  Friends
3.  3.

4. Complimented me on changing my eating habits ("Keep it up", "We are proud of you ").

Family  Friends
4.  4.

5. Commented if I went back to my old eating habits.

Family  Friends
5.  5.

6. Ate high fat or high salt foods in front of me.

Family  Friends
6.  6.

7. Refused to eat the same foods I eat.

Family  Friends
7.  7.

8. Brought home foods I'm trying not to eat.

Family  Friends
8.  8.

9. Got angry when I encouraged them to eat low salt, low fat foods.

Family  Friends
9.  9.

10. Offered me food I'm trying not to eat.

Family  Friends
10. 10.