

**Body mass index and ready-to-eat food consumption among sedentary staff in
Nay Pyi Taw Union Territory, Myanmar**

English questionnaire

This questionnaire is only for research. The results will not be linked to individual respondent and will be kept confidential. Name of participant is not need to describe in detail. It is requested to answer all questions. Thank you for your participation.

Office use only

Code No.

Name of interviewer _____

Place of interview _____

Date of interview _____

Part A. Background characteristics of respondents

| No | Questions | Coding Categories | | Code |
|----|-----------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------|-----------------------|------|
| A1 | How old were you at your last birthday? | Age (Completed years) <input style="width: 40px; height: 20px;" type="text"/> <input style="width: 40px; height: 20px;" type="text"/> | | |
| A2 | Sex | Male Female | 1 2 | |
| A3 | Designation | Senior officer Mid-level officer Officer Others ----- (Specify) | 1 2 3 77 | |

| | | | | |
|-----|----------------------------------------------------------------------|------------------------------------------------------------------------------------------|---------------------------------|--|
| A4 | Marital status | Single Married Divorced Separated Widow Others ----- (Specify) | 1 2 3 4 5 77 | |
| A5 | Do you have any children? (If absent, skip to question A7) | Present Absent No response | 1 2 99 | |
| A6 | If present, how many children do you have? | ----- | | |
| A7 | Type of family | Nuclear Extended Others ----- (Specify) | 1 2 77 | |
| A8 | Monthly income of family (Kyats) | ----- (Kyats) | | |
| A9 | Do you usually travel on weekends and gazette holidays? | Yes No Don't know No response | 1 2 88 99 | |
| A10 | Distance between residence and market places (in miles). | -----[mile(s)] | | |
| A11 | Transportation facilities | On foot Bike Motorbike Car Public transport Others ----- (Specify) | 1 2 3 4 5 77 | |

| | | | | |
|-----|---------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------|--|
| A12 | Housemaid | Present Absent No response | 1 2 99 | |
| A13 | Have you ever drunk liquor? (if not, skip to question A15) | Yes No Don't know No response | 1 2 88 99 | |
| A14 | If drink liquor, how often did you drink? | Socially Monthly Weekly Weekends Daily Others ----- (Specify) | 1 2 3 4 5 77 | |
| A15 | Have you ever smoke? (if not, skip to question A17) | Yes No Don't know No response | 1 2 88 99 | |
| A16 | If smoked, how much cigarette/cigar/cheroot did you smoke per day? | Ten and above Five to nine One to four Others ----- (Specify) | 1 2 3 77 | |
| A17 | Do you have a following diseases? a. Hypertension b. Ischemic heart diseases? c. Diabetes mellitus | Yes No Don't know No response Yes No Don't know No response Yes No Don't know No response | 1 2 88 99 1 2 88 99 1 2 88 99 | |

| | | | | |
|-----|----------------------------------------------------------------|--------------------------------------------------------------------------------------|---------------------------------|--|
| A18 | Do you do regular physical exercise? (if not, skip to A 21) | Yes No Don't know No response | 1 2 88 99 | |
| A19 | Average physical exercise doing minutes per week. | ----- (Minutes) | | |
| A20 | What type of physical exercise do you do? | Walking Swimming Stretching Cycling Gym Others ----- (Specify) | 1 2 3 4 5 77 | |
| A21 | What did you do in your leisure time? | ----- | | |
| A22 | Cooking role for the family | Main role Supportive role Do not cook Others ----- (Specify) | 1 2 3 77 | |

B. Ready-to-eat food consumption of respondents

| No | Questions | Coding Categories | | Code |
|----|--------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------|------|
| B1 | How frequent did you have ready-to-eat food? (A single response only) | Never or less than once a month One to three times per month Once a week Two to four times per week Once per day Two to three times per day Four times and above per day Others ----- (Specify) | 1 2 3 4 5 6 7 77 | |
| B2 | How frequent did you have instant noodle? (A single response only) | Never or less than once a month One to three times per month Once a week Two to four times per week Once per day Two to three times per day Four times and above per day Others ----- (Specify) | 1 2 3 4 5 6 7 77 | |
| B3 | How frequent did you have confections? (A single response only) | Never or less than once a month One to three times per month Once a week Two to four times per week Once per day Two to three times per day Four times and above per day Others ----- (Specify) | 1 2 3 4 5 6 7 77 | |

| | | | | |
|----|-------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------|--|
| B4 | How frequent did you have carbonated beverages?(non-alcoholic beverages) (A single response only) | Never or less than once a month One to three times per month Once a week Two to four times per week Once per day Two to three times per day Four times and above per day Others ----- (Specify) | 1 2 3 4 5 6 7 77 | |
| B5 | How frequent did you have instant mix? (A single response only) | Never or less than once a month One to three times per month Once a week Two to four times per week Once per day Two to three times per day Four times and above per day Others ----- (Specify) | 1 2 3 4 5 6 7 77 | |
| B6 | Do you have a habit of eating out? | No Yes Don't know No response | 1 2 88 99 | |
| B7 | Reason of eating out | For fun For change For family recreation For saving time Others ----- (Specify) | 1 2 3 4 77 | |
| B8 | Do you prefer for ready-to-eat food? | Yes No Don't know No response | 1 2 88 99 | |

| | | | | |
|-----|-------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------|----------------------------|--|
| B9 | How long have you ate ready-to eat food? | More than ten years Five to ten years One to four years Less than one year Others ----- (Specify) | 1 2 3 4 77 | |
| B10 | When did you eat ready-to-eat food? | Breakfast Lunch Dinner Supper Others ----- (Specify) | 1 2 3 4 77 | |
| B11 | Do you usually eat ready-to eat on your free-time? | Yes No Don't know No response | 1 2 88 99 | |
| B12 | Do you use to buy and store ready-to-eat food in your home? | Yes No Don't know No response | 1 2 88 99 | |

C. Measurement of the body weight and height of the respondents

Height ----- (cm)

Weight ----- (kg)