Reference number:	
Mobile number:	

Hong Kong firefighters' consumption of fruits and vegetables research questionnaire

		questioni	naire				
Part I: P	Personal information	Į					
1.	Age:	years old					
2.	Gender:	□ Male		□ Fe	emale		
3.	Education level:	☐ Secondary edu☐ Bachelor's deg			nunity college 's degree or above		
4.	Marital status:	☐ Single ☐ Divorced	☐ Mar	rried arated	☐ Widower ☐ Live together		
Part II:	Working characteris	tics					
5.	Years of experience	es:years	mo	onths			
6.	☐ Front-line work ☐ Civilian work (s ☐ Public relations	ent major duty? (You c (such as fire-fighti such as management hip work (such as e ork (such as coording)	ng, ement of comeducation	rgency worl nplaint case n, promotion	k, rescue work etc.)		
7.	What is your current position? □ Fireman □ Principal fireman □ Station officer □ Others □ Others						
8.	What was/were your previous duty(ies) and working experience(s)? How long did you perform on that duty(ies)? (You can choose more than one) Front-line work (such as fire-fighting, emergency work, rescue work etc.) year(s) month (s) Civilian work (such as management of complaint cases etc.) year(s) month (s) Public relationship work (such as education, promotion etc.) year(s) month (s) Management work (such as coordination etc.) year(s) month (s) Others: month (s)						
9.	Do you need to wo □ Yes (Please go t	ork 24-hours shift? to question 10)	□ No	o (Please go	o to question 11)		
10.	Your "24-hour shirt-hour off work	ft" work pattern of	h	our work al	Iternating with		

11.	On average, he hours	ow many ho	urs do ː	you work w	vithin a we	eek?		
12.	What is the per $\triangle \le 20\%$ $\triangle 61\% - 80\%$	_	□ 21%	all out duri 6 - 40% 6 - 100%	[uty in the □ 41% - □ Not su		s?
	Eating habits							
(*Last 3	On average, he	ovy many day	ve do v	ou eat fruite	a within a	week?		
13.	☐ No (Please	go to questic	on 16)				days □ 7 da	ys
14.	Where do you ☐ At home	•			lifference,	at home	and during du	ty
15.	On the day(s) that you have eaten fruit, how many fruit do you eat? (A fruit equals to a medium-sized apple or orange, a banana, two small fruit such as kiwi fruits or plums, or half bowl of small fruit like grapes or strawberries)							
	☐ Less than 1		□ 1 - 2	2		□ More	than 2	
16.	On average, he ☐ No (Please ☐ 1 day ☐ 1	go to questic	on 19)				eek? days 🗆 7 day	s
17.	Where do you ☐ At home	•	_		fference, a	t home a	and during duty	7
18.	do you eat?	·		C		ny bowls	s of vegetables	
	(*One bowl re ☐ Less than 1					□ More	than 2	
19.	On average, h	ow many da	ys do y	ou have bro	eakfast (ta	ke away	included) with	nin
	a week? ☐ None	☐ Less tha	ın 1	□ 1	□ 2 –	4	☐ More than 5	5
20.	_	ow many da	ys do y	ou have lur	nch (take a	away inc	luded) within a	ì
	week? □ None	☐ Less tha	an 1	□ 1	□ 2 −	4	☐ More than 5	5
21.	On average, howeek?	ow many da	ys do y	ou have dir	nner (take	away in	cluded) within	a
	□ None	☐ Less tha	an 1	□ 1	□ 2 –	4	☐ More than 5	5
22.	On average, howithin a week	•	ys do y	ou have nig	ght snack ((take aw	ay included)	
	□ None	☐ Less tha	an 1	□ 1	□ 2 –	4	☐ More than 5	5

23.			en you are o	on duty in the fire station
	when compared at hor ☐ Slower	\Box A little bit s	dow	☐ No difference
	☐ A little bit fast		☐ Faster	ino difference
	A fittle off fast		i aster	
Part IV	: Health promotion pro	gramme on healthy	eating	
24.	Can health promotion	programme on hea	althy eating	help you to change or
	understand your eating	_	ts?	
	☐ Absolutely cannot	☐ Cannot	□ Can	☐ Absolutely can
25.	Can namphlet on heal	thy eating alone fa	cilitate vou	to change or understand
23.	your eating attitude ar		ciiiaic you	to change of understand
	☐ Absolutely cannot		□ Can	☐ Absolutely can
	,			
26.				deliver through mobile
		_	•	ing attitude and habits?
	☐ Absolutely cannot	☐ Cannot	□ Can	☐ Absolutely can
Part V	Stage of Change			
27.		f fruits/vegetables	the respond	ent usually consumed each
27.	day?	i irans, vegetaeres	ine respond	one assumed each
	•	it and < 3 servings	for vegetab	oles (Please go to question 28)
	$\square \ge 2$ servings for fru	it or ≥ 3 servings f	or vegetable	es (Please go to question 29)
20	T	1 00		. 1 .
28.	Intention to eat ≥ 2 servegetables.	rvings a day of frui	It or ≥ 3 or 1	nore servings a day of
	□ Precontemplation (No. and I do NOT	intend to ir	the next 6 months)
	☐ Contemplation (No			
	☐ Preparation (No, bu			
	☐ Action (Yes, I have			- /
	☐ Maintenance (Yes,	· · · · · · · · · · · · · · · · · · ·	ORE than	<u>6 months</u> .)
	Please go to question	31		
29.	Had been consuming	> 2 servings for fr	uit or > 3 sei	rvings for vegetables for
2).	more than 6 months?	_ 2 servings for me		vings for vegetables for
	□ Yes		□ No	
30.	Intention to eat more?			
	☐ Precontemplation (
	☐ Contemplation (No. D. Propagation (No. b)			
	☐ Preparation (No. bu☐ Action (Yes, I have			
	☐ Maintenance (Yes,			
	= 1:1::::::::::::::::::::::::::::::::::		viitell	<u> </u>

Part VI: Decisional balance and self-efficacy

Below several pros and cons of eating (fruits/vegetables) are listed below.

How important are each of these pros and cons in your decision to eat two servings of fruit each day/ three servings of vegetables each day once or twice a week?

Pros and	d Cons	Not at all important	Not important	Neutral	Important	Very important
<i>31</i> .	Pros of fruit	•	1			1
31.1	Fruit is good for your body					
31.2	Other people eat fruit					
31.3	Fruit can substitute for unhealthy food products					
31.4	Eating fruits can help one maintain weight					
31.5	Fruit can help prevent diseases					
31.6	Eating fruits makes one feel better					
31.7	Fruits make a diet more varied					
31.8	Eating fruits can help one lose weight					
<i>32</i> .	Pros of vegetable					
32.1	Vegetables are good for your body					
32.2	Other people eat vegetables					
32.3	Vegetables can substitute for unhealthy food products					
32.4	Eating vegetables can help one maintain weight					
32.5	Vegetables can help prevent diseases					
32.6	Eating vegetables makes one feel better					
32.7	Vegetables make a diet more varied					
32.8	Eating vegetables can help one lose weight					

Pros and	d Cons	Not at all important	Not important	Neutral	Important	Very important
<i>33</i> .	Cons of fruit	•	1			1
33.1	Eating fruits is unhandy					
33.2	It is hard to find tasty fruits					
33.3	It is difficult to store fruits					
33.4	Eating fruits is tasteless					
33.5	Eating fruits is expensive					
33.6	Fruit spoils quickly					
33.7	Recommendations for fruit are unclear					
33.8	It takes time to buy fruits					
33.9	Chemicals on fruit worry me					
34.	Cons of vegetable					
34.1	Eating vegetables is unhandy					
34.2	It is hard to find tasty vegetables					
34.3	It is difficult to store vegetables					
34.4	Eating vegetables is tasteless					
34.5	Eating vegetables is expensive					
34.6	Vegetables spoil quickly					
34.7	Recommendations for vegetables are unclear					
34.8	It takes time to prepare vegetables					
34.9	It is difficult to prepare vegetables					
34.10	Chemicals on vegetables worry me					

35.	Do you think it is easy	or difficult to eat two	servings	of fruit each of	day/ three s	servings
	of vegetables each day	once or twice a wee	k?			

Self-eff	icacy	Very difficult	Difficult	Neutral	Easy	Very easy
<i>35.1</i> 35.1.1	Self-efficacy for fruit In the weekends					
35.1.2 35.1.3	During working days In winter					
35.1.4	When you don't have much time					
35.1.5	When you experience (emotional) distress					
35.1.6	When having a touch of flu or a cold					
35.2	Self-efficacy for vegeta	ble				
35.2.1	In the weekends					
35.2.2	During working days					
35.2.3	In winter					
35.2.4	When you don't have much time					
35.2.5	When you experience (emotional) distress					
35.2.6	When having a touch of flu or a cold					