

**Canadian Community Health Survey RR (CCHS\_RR)  
2012 / Rapid Response - Canadian Food Guide / Content**

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**Awareness and usage of Canada's Food Guide (CFG)**

Buy-in content

CFG\_BEG

Rapid response module asked in May-June 2012

External variables required:

SDC\_Q4B\_1: Aboriginal

HHLDSZ: Household size from the Entry

FNAME: first name of respondent from household block

DOCFG: do block flag, from the sample file

Province: from sample file

PROXMODE: proxy identifier, from the GR block.

PE\_Q01: first name of specific respondent from HSU block

PE\_Q02: last name of specific respondent from USI block

Screen display:

Display on header bar PE\_Q01 and PE\_Q02 separated by a space

CFG\_C01A

If DOCFG=1, go to CFG\_C01B.

Otherwise, go to CFG\_END.

CFG\_C01B

If proxy interview, go to CFG\_END.

Otherwise, go to CFG\_R10.

CFG\_R10

**The next questions are about eating habits.**

INTERVIEWER: Press <1> to continue.

CFG\_Q10

**In general, would you say that your eating habits are...?**

CFG\_10

INTERVIEWER: Read categories to respondent

- 1 **Excellent**
- 2 **Very good**
- 3 **Good**
- 4 **Fair**
- 5 **Poor**

DK

RF

(Go to CFG\_END)

**Canadian Community Health Survey RR (CCHS\_RR)  
2012 / Rapid Response - Canadian Food Guide / Content**

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CFG\_Q20  
CFG\_20

**Compared to one year ago, how are your eating habits now? Are they...?**

INTERVIEWER: Read categories to respondent.

- 1 **Much better now than 1 year ago**
- 2 **Somewhat better now (than 1 year ago)**
- 3 **About the same as 1 year ago**
- 4 **Somewhat worse now (than 1 year ago)**
- 5 **Much worse now (than 1 year ago)**

DK, RF

CFG\_Q30  
CFG\_30

**In the past month, how often did you eat out or order meals from a restaurant or a cafeteria?**

INTERVIEWER: Read categories to respondent.

- 1 **Never**
- 2 **1 to 3 times in the past month**
- 3 **Once a week (in the past month)**
- 4 **More than once a week (in the past month)**
- 5 **Every day (in the past month)**

DK, RF

**Canadian Community Health Survey RR (CCHS\_RR)  
2012 / Rapid Response - Canadian Food Guide / Content**

CFG\_Q40

**In the past 6 months, did you consult any of the following sources to learn more about healthy eating?**

INTERVIEWER: Read categories to respondent. Mark all that apply.

CFG\_40A

01 **Health professional such as  
a family doctor or dietician**

CFG\_40B

02 **Health or community center  
or CLSC**

CFG\_40C

03 **Food companies**

CFG\_40D

04 **Health organizations such as  
Heart & Stroke**

CFG\_40E

05 **Fitness programs**

CFG\_40F

06 **Weight loss programs such  
as Weight Watchers**

CFG\_40G

07 **Your family or friends**

CFG\_40H

08 **Canada's Food Guide**

CFG\_40I

09 **TV programs about healthy  
eating**

CFG\_40J

10 **General research on  
Internet**

CFG\_40K

11 **Other**

CFG\_40L

12 **None**

DK, RF

CFG\_E40

**You cannot select "None" and another category. Please return and correct.**

Rule :

*Trigger error alert if CFG\_Q40 = 12 (None) and any other response selected in CFG\_Q40.*

CFG\_R50

**Now a few questions on your knowledge of healthy eating principles.**

INTERVIEWER: Press <1> to continue.

CFG\_Q50

**From which of the following four food groups should people have the most number of servings everyday?**

CFG\_50

INTERVIEWER: Read categories to respondent.

1 **Grain products**

2 **Milk and alternatives such  
as fortified soy beverages,  
yogurt or cheese**

3 **Vegetables and fruits**

4 **Meat and alternatives such  
as legumes, eggs, nuts or  
tofu**

DK, RF

**Canadian Community Health Survey RR (CCHS\_RR)  
2012 / Rapid Response - Canadian Food Guide / Content**

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CFG\_Q60  
CFG\_60

**At a minimum, how often should people eat a dark green vegetable or dark leafy greens?**

INTERVIEWER: Read categories to respondent. Dark green vegetable includes broccoli, green peas, etc. Dark leafy greens include romaine lettuce, spinach, etc.

- 1    **Once a day**
- 2    **Three times a week**
- 3    **Once a week**
- 4    **Twice a month**

DK, RF

CFG\_Q70  
CFG\_70

**At a minimum, how often should people eat an orange-coloured vegetable such as carrots or sweet potatoes?**

INTERVIEWER: Read categories to respondent.

- 1    **Once a day**
- 2    **Three times a week**
- 3    **Once a week**
- 4    **Twice a month**

DK, RF

CFG\_R80

**The next questions are about Canada's Food Guide.**

INTERVIEWER: Press <1> to continue.

CFG\_C80

If SDC\_Q4B\_1 = 1 (on Aboriginal person), go to CFG\_Q80.  
Otherwise, go to CFG\_D100.

CFG\_Q80  
CFG\_80

**Have you ever seen or heard of Canada's Food Guide for First Nations, Inuit and Métis?**

- 1    Yes
- 2    No

DK, RF

CFG\_C90

If CFG\_Q80 = 1, go to CFG\_Q90.  
Otherwise, go to CFG\_D100.

CFG\_Q90  
CFG\_90

**Have you ever looked through it?**

- 1    Yes
- 2    No

DK, RF

CFG\_D100

If SDC\_Q4B\_1 = 1, DT\_GENERALPOP = " for the general population".  
Otherwise, DT\_GENERALPOP = "null".

**Canadian Community Health Survey RR (CCHS\_RR)  
2012 / Rapid Response - Canadian Food Guide / Content**

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CFG\_Q100  
CFG\_100

**Have you ever seen or heard of Canada's Food Guide[ for the general population/null]?**

INTERVIEWER: There are two food guides. One for the general population and one for First Nations, Inuit and Métis.

- 1 Yes
- 2 No
- DK, RF

CFG\_C110A

If (SDC\_Q4B\_1=1 and ((CFG\_Q80=2, DK, RF) and (CFG\_Q100=2, DK, RF))) or ((SDC\_Q4B\_1=2, DK, RF, blank or missing) and (CFG\_Q100=2, DK, RF)), go to CFG\_END.  
Otherwise, go to CFG\_C110B.

CFG\_C110B

If CFG\_Q100 = 1, go to CFG\_Q110.  
Otherwise, go to CFG\_C130.

CFG\_Q110  
CFG\_110

**Have you ever looked through it?**

- 1 Yes
- 2 No
- DK, RF

CFG\_C120

If CFG\_Q90 = 1 and CFG\_Q110 = 1 (they have looked through both Food Guides), go to CFG\_R120.  
Otherwise, go to CFG\_C130.

CFG\_R120

**You mentioned you have looked through both Canada's Food Guide for First Nations, Inuit and Métis and the one for the general population.**

INTERVIEWER: Press <1> to continue.

CFG\_Q120  
CFG\_120

**In the past 6 months, which one did you look through most often?**

- 1 First Nations, Inuit and Métis guide
- 2 General population guide
- 3 None
- DK, RF

CFG\_C130

If (SDC\_Q4B\_1=2, DK, RF, blank or missing) and (CFG\_Q110=1), go to CFG\_Q130.  
Otherwise, go to CFG\_C140.

CFG\_Q130  
CFG\_130

**When did you look through it last? Was it ...?**

- 1 **5 years ago or less (that is between 2007 and 2012)**
- 2 **More than 5 years ago ( that is in 2006 or before)**
- DK, RF

**Canadian Community Health Survey RR (CCHS\_RR)  
2012 / Rapid Response - Canadian Food Guide / Content**

CFG_C140	<p>If ((SDC_Q4B_1=1 and ((CFG_Q90=2 and CFG_Q110=2) or (CFG_Q80=2 and CFG_Q110=2))) OR (SDC_Q4B_1=2, DK, RF, blank or missing and CFG_Q110=2))</p> <p>(If Aboriginal person and they have not looked through either food guides OR not an Aboriginal person and did not use the general population guide) , go to CFG_Q140. Otherwise, go to CFG_D150A.</p>
CFG_Q140	<p><b>What are the reasons why you never looked through Canada's Food Guide?</b></p> <p><u>INTERVIEWER:</u> Mark all that apply.</p>
CFG_140A	01 <b>Not interested / No need</b>
CFG_140B	02 <b>It recommends too much food</b>
CFG_140C	03 <b>It recommends too little food</b>
CFG_140D	04 <b>Uses other information from other sources</b>
CFG_140E	05 <b>Guide is too confusing</b>
CFG_140F	06 <b>Does not trust the information it provides</b>
CFG_140G	07 <b>It takes too much time and effort</b>
CFG_140H	08 <b>On a special diet and Food Guide is not relevant to respondent</b>
	DK, RF
CFG_D150A	<p>If (CFG_Q120=1 or CFG_Q90=1) or CFG_Q80=1, DT_C_NAFOODGUIDE = "Canada's Food Guide for First Nations, Inuit and Métis". Otherwise, DT_CANADAFOODGUIDE = "Canada's Food Guide".</p>
CFG_C150A	<p>If ((SDC_Q4B_1=1 and (CFG_Q80=2, DK, RF and CFG_Q100=2, DK, RF)) OR (SDC_Q4B_1=2, DK, RF, blank or missing and CFG_Q100=2, DK, RF)), go to CFG_END. Otherwise, go to CFG_C150B.</p>
CFG_C150B	<p>If (SDC_Q4B_1=1 and (CFG_Q90 = 1 or CFG_Q110 = 1) or (SDC_Q4B_1=2, DK, RF, blank or missing and CFG_Q110 = 1)) , go to CFG_D150B. Otherwise, go to CFG_Q170.</p>
CFG_D150B	<p>If HHSZ&gt;1, DT_YOUYOURSELF = "you or household members". If HHSZ&gt;1, DT_HHMEMBERS = "you or household members". Otherwise, , DT_YOUYOURSELF = "yourself". Otherwise, DT_HHMEMBERS = "you".</p>

**Canadian Community Health Survey RR (CCHS\_RR)  
2012 / Rapid Response - Canadian Food Guide / Content**

CFG\_Q150

**Have you ever used information from [Canada's Food Guide for First Nations, Inuit and Métis/Canada's Food Guide]...?**

INTERVIEWER: Mark all that apply. Read categories to respondent. Include any use during the respondent's lifetime.

CFG\_150A

01 **To choose foods for [you or household members/yourself]**

CFG\_150B

02 **To determine how much [you or household members/you] need to eat every day**

CFG\_150C

03 **To plan meals or to help with grocery shopping**

CFG\_150D

04 **To assess how well [you or household members/you] are eating**

CFG\_150E

05 **To manage your weight**

CFG\_150F

06 **To help make healthy choices when eating away from home**

CFG\_150G

07 **Other**

CFG\_150H

08 **None**

DK, RF

CFG\_E150

**You cannot select "None" and another category. Please return and correct.**

Rule :

Trigger hard edit if CFG\_Q150 = 8 (none) and any other response selected in CFG\_Q150.

CFG\_C160

If more than one reason were identified in CFG\_Q150 (1 to 7), go to CFG\_C160.  
Otherwise, go to CFG\_Q170.

**Canadian Community Health Survey RR (CCHS\_RR)  
2012 / Rapid Response - Canadian Food Guide / Content**

---

CFG\_Q160  
CFG\_160

**For which of those reasons did you use it most often?**

INTERVIEWER: Read categories to the respondent.

- 1    **To choose foods for [you or household members/yourself]**
- 2    **To determine how much [you or household members/you] need to eat every day**
- 3    **To plan meals or to help with grocery shopping**
- 4    **To assess how well [you or household members/you] are eating**
- 5    **To manage your weight**
- 6    **To help make healthy choices when eating away from home**
- 7    **Other**

DK, RF

Programmer:

*Only show categories reported in CFG\_Q150.*

CFG\_Q170  
CFG\_170

**Do you have a paper copy of [Canada's Food Guide for First Nations, Inuit and Métis/Canada's Food Guide] at home?**

INTERVIEWER: Include paper copies printed from the Internet.

- 1    **Yes**
  - 2    **No**
- DK, RF

CFG\_C180

If CFG\_Q170=1, go to CFG\_Q180.  
Otherwise, go to CFG\_Q190.

**Canadian Community Health Survey RR (CCHS\_RR)  
2012 / Rapid Response - Canadian Food Guide / Content**

---

CFG\_Q180  
CFG\_180

**Where did you obtain your most recent copy (of [Canada's Food Guide for First Nations, Inuit and Métis/Canada's Food Guide])?**

INTERVIEWER: If ordered by phone or from the Internet, select mail.

- 01 Internet
- 02 Mail
- 03 Child's school/ daycare centre
- 04 Respondent's work or school
- 05 Health professional or personal trainer
- 06 Health or Community Centre or CLSC
- 07 Conference, workshop or health fair
- 08 Other
- DK, RF

Programmer:

*Category 6: display "Health or community center or CLSC" **only** for 24 (Quebec). For all the other provinces display "Health or community center".*

CFG\_Q190  
CFG\_190

**Have you ever accessed [Canada's Food Guide for First Nations, Inuit and Métis/Canada's Food Guide] on the Internet?**

- 1 Yes
- 2 No (Go to CFG\_END)
- DK, RF (Go to CFG\_END)

CFG\_Q200

**When you accessed the [Canada's Food Guide for First Nations, Inuit and Métis/Canada's Food Guide] on the Internet, did you ...?**

INTERVIEWER: Mark all that apply. Read categories to respondent.

CFG\_200A  
CFG\_200B  
CFG\_200C  
CFG\_200D

- 1 **Order it**
- 2 **View or consult it**
- 3 **Print it**
- 4 **Create a personalized food guide**
- DK, RF

CFG\_END