

Dietary Questionnaire

Instructions:

The 9-item diet questionnaire will ask the participants basic questions about food and drink habits over the past few months, because diet impacts development and severity of type 2 diabetes.

Instructions: Please select the option that represents the best answer for each question. Over the last few months:

- 1. How many times a week did you eat fast food meals or snacks?**
 - Less than 1 time
 - 1 - 3 times
 - 4 or more times
 - Prefer not to say
- 2. How many servings of fruit did you eat each day?**
 - 5 or more
 - 3- 4
 - 2 or less
 - Prefer not to say
- 3. How many servings of vegetables did you eat each day?**
 - 5 or more
 - 3- 4
 - 2 or less
 - Prefer not to say
- 4. How many regular sodas or glasses of sweet tea did you drink each day?**
 - Less than 1
 - 1- 2
 - 3 or more
 - Prefer not to say
- 5. How many times a week did you eat beans (like pinto or black beans), chicken, or fish?**
 - 3 or more times
 - 1 - 2 times
 - Less than 1 time
 - Prefer not to say
- 6. How many times a week did you eat regular snack chips or crackers (not low-fat)?**
 - 1 time or less
 - 2 - 3 times
 - 4 or more times
 - Prefer not to say
- 7. How many times a week did you eat desserts and other sweets (not the low-fat kind)?**

- 1 time or less
 - 2 - 3 times
 - 4 or more times
 - Prefer not to say
- 8. How much margarine, butter, or meat fat do you use to season vegetables or put on potatoes, bread or corn?**
- Very little
 - Some
 - A lot
 - Prefer not to say
- 9. How many servings of fruit juice did you drink each day?**
- Less than 1
 - 1- 2
 - 3 or more
 - Prefer not to say

Our dietary questionnaire is adapted from the Starting the Conversion (STC) survey described by Paxton et al. in 2011. This questionnaire differs from the original STC survey in two ways:

- 1) an additional question was added to ask participants how many servings of fruit juice they consumed each day (question #9)
- 2) We added a "prefer not to say" option

In the original STC survey, the three scored response options are ordered from the most healthful practices (scored 0), to less healthful practices (scored 1), to the least healthful practices (scored 2). A summary score is calculated by adding the scores across all items. Lower summary scores indicate more healthful dietary practices, whereas higher scores indicate less healthful practices and greater opportunity for improvement.

The modified version of the STC survey adds a "prefer not to say" response option to all questions. Because this response does not align with the original 0–2 scoring system, its inclusion introduces a scoring consideration. Users of the dataset will need to determine how to handle this response when calculating summary scores, including whether to treat it as missing data, exclude the item from the summary score, or apply another appropriate scoring approach.

Reference:

Paxton AE, Strycker LA, Toobert DJ, Ammerman AS, Glasgow RE. Starting the conversation performance of a brief dietary assessment and intervention tool for health professionals. *Am J Prev Med.* 2011 Jan;40(1):67-71. doi: 10.1016/j.amepre.2010.10.009. PMID: 21146770.